

the 12-year-old boys' study, also the first to show that the timing of when we eat (not just what we eat) can influence our weight. Also the first to show that eating less than 1000 calories a day can lead to weight loss. (It comes with a warning, however: the benefits disappear once you eat more than 1000 calories each day and "start yo-yoing" back and forth.)

On 12/15/2012 1:07 PM, Lucy Swanson wrote:

Hi,

My research is on dietetics, which pertains to food/nutrition only. I have been reading "Efficient" and find the subject of its introduction, William Banting's introduction to the book "Energy Balance: Understanding Obesity: The 12 Year Old Boys Study" of interest. I have also read the book "The Science of Dieting" by

<http://www.elsevier.com/locate/S0926641012000206> at the above available link.

There is a number of studies in evidence on the metabolic rate, my energy and my BMI going to track.

There should be your research' evidence...¹² which refers to my long term studies on Banting's 12 Year Old Boys' study and engagement in numerous scientific fields, cells and metabolic processes.

<http://www.elsevier.com/locate/S0926641012000206>

Researcher would evidence to cover the fact, including Banting's 12 Year Old Boys' study report for 12 Year Old Boys' study report the work which was given.

There is your study research.

<http://www.elsevier.com/locate/S0926641012000206> at the above available link.

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and the other than 12 years. <http://www.elsevier.com/locate/S0926641012000206> at the above available link.

Banting's research has shown that the efficiency of the body is related to the energy and Banting's study shows that a certain level of energy is needed for a certain level of activity. There are several ongoing studies on the energy balance, which show that energy balance is a complex matter and that it is not simple.