



Wired to Eat: Transform Your Appetite and Personalize Your Diet for Rapid Weight Loss and Amazing Health

Robb Wolf

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'GROUNDBREAKING' *The Times*

NEW YORK TIMES BESTSELLER

- One month to reset your metabolism for lasting fat loss
- One week to discover the carbs that are right for you
- With weekly shopping lists and over 70 fully-anglicised recipes

In WIRED TO EAT, superstar US diet expert, Paleo sensation and *New York Times* bestselling author of THE PALEO SOLUTION Robb Wolf will show you how to **change your eating habits** for good, **tailor** your diet to fit your **personal needs** and **shed weight** fast – and never put it back on!

'A landmark guide for regaining and maintaining health.'

David Perlmutter, MD, author of #1 New York Times bestseller, *Grain Brain*

'You're not crazy, weak, or lacking willpower... it's the food! *Wired to Eat* digs into the science to show you how the "healthy" foods you've been eating are keeping you sick, tired, and overweight, and provides an effective, easy-to-follow action plan to help you look, feel, and live your best.'

Melissa Hartwig, *New York Times* bestselling author and Whole30 co-founder

'*Wired to Eat* is a scientifically sound and very easy-to-understand road map to optimal health. Robb Wolf presents clear, concise tools and strategies you can use to lose weight, control blood sugar and inflammation, and customize your diet. I highly recommend this groundbreaking program for anyone who has struggled with weight or health issues or who simply wants to get to the next level of well-being.'

Mark Sisson, author of *The Primal Blueprint*

'A cutting edge view that goes way beyond paleo and proves that resetting your metabolism is not about which foods you eat, it's about how *your* body responds to those foods. Robb Wolf offers readers an easy to follow, personal solution of how they can work with their bodies to finally find the foods that are right for them in order to achieve the optimal health they desire.'

Amy Myers, MD, *New York Times* bestselling author of *The Thyroid Connection* and *The Autoimmune Solution*

Wired to Eat: Transform Your Appetite and Personalize Your Diet for Rapid Weight Loss and Amazing Health Details

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Mehrsa says

Mmm....no. Just read about the paleo diet if you're interested in that and skip this pseudo science. There are way better science books out there and way better diet books. It occurs to me that there is this weird conversation happening among all of these tech/bio-hacker guys and they're just saying the same stuff: take cold showers, no carbs, orange sunglasses, fasting, etc. I think most of this stuff is probably good advice, but few of these dudes are qualified to make these assertions and they aren't really saying anything super interesting.

Darrin Holst says

I liked that he didn't push LC or Paleo and explained why one solution doesn't work for everyone. Great real world advice and explanations.

Pam says

Some very interesting ideas. I especially like how the author said there is no "cheating" on a diet. Food is not a relationship. It's food.

Ragan Sutterfield says

Robb Wolf has long been a source of good advice, but this book brings together the best balance I've seen of the essentials of health. From the need for community and good sleep to the therapeutic potential of ketogenic diets, this is will now be my go to book to recommend for people who want to improve their health. Even though I was familiar with much of the terrain, Wolf helped articulate the key ideas of ancestral eating and added in some important new insights. More importantly the book offers a way to experiment and customize the recommendations to your own needs depending on your genetics and gut microbiome.

Jenny Luebbe says

While I did not find a lot of new information in this book and I'm not paleo I liked this book because:

- 1) The chapter on "cheating" was well done
- 2) I liked the 7 day part two test where you check your blood sugar with some carb food to see the impact - I hope to do this at some point with some of my favorite carb foods and see the impact
- 3) Some of the recipes were interesting twists on low carb (for example I like the idea of using cabbage and

onions as a sub for rice or pasta). I like the idea of personal nutrition

4)The idea of a seasonal reset to keep on track during maintenance seemed like a good way to maintain

5)Also I simply liked the author's voice

Lara says

This book updates the author's previous work on nutrition, lifestyle, and health based on new research. It is still based on a lower-carb diet, but is adjusted based on how the individual person handles different carbohydrates. There is a 30 diet plan that is ketogenic, then you bring carbs back in to figure out which ones are tolerated and to which extent. It is an approach to personalized nutrition for the home self-experimenter.

The book has handy tables and a number of recipes, along with information on serving sizes to help plan ahead. I was surprised that he didn't spend more time discussing issues related to FODMAPS as there is more research showing that people may have trouble with certain types of sugars, but not others. That can help pinpoint issues and assist in planning what (not) to eat.

I received a digital copy from the publisher but the review is solely from my perspective.

Meredith says

Three stars is only because I'm a veteran listener of Robb Wolf's podcast, so there is very little new information here for me. I read the main text and skipped the recipes because I already know how to cook this way. But I would NOT underestimate the value of this highly accurate and straightforward nutrition guide to anyone who is suffering from diabetes, epilepsy, cancer, MS, obesity, kidney disease, hypertension, eczema or any other autoimmune disorder. Chances are good that the trouble has been strongly influenced by a poor diet and lifestyle. Robb has also included important insight on how good sleep, stress control and manifesting loving relationships are important to good health. As a bonus, this is an entertaining and light read, because of Robb's droll humour and accessible style.

I hope this sort of book becomes more popular with the general public, and reawakens interest in paleo and ketogenic diets as a viable (and free) therapy for a host of ailments, as well as resuscitating work on the mitochondrial theory of cancer development. But unfortunately it's unlikely in the short term, as there is no way for the medical industry to make money from anything that's painfully obvious and widely available.

Aneliya Petrunova says

This is the first book by Robb Wolf I have read. In fact I had only been vaguely familiar with his work, all I knew was he was a proponent of paleo, one of the first to write about the autoimmune protocol and kind of opposed to low carb eating. I have had an interest in nutrition and especially low carb eating for years, having recently started to read more about paleo and adjust my own diet accordingly. I was intrigued by "Wired to Eat" and decided to give it (and Robb Wolf) a chance. And I must say the book has been a very pleasant surprise (actually I am not sure why I was expecting it to be anything else - I was prejudiced, I guess...).

First of all, I found Wolf's style quite pleasant to read and this is a big plus in a book of this kind that

inevitably must present some science to make its point. He explains the basics about the hormones that regulate appetite and how food affects them. He makes the claim that humans are "wired to eat (more and move less)", so the current environment we find ourselves in is poorly suited to our genetic makeup and disrupts the neuroregulation of our appetite and that in turn gives rise to both obesity and the diseases of civilization. He also discusses the digestive process. The book is not science-heavy by any means, but it does provide very valuable information, especially if you are new to this stuff (I am not).

I found a couple of things slightly surprising. One is that the dangers of fructose are not discussed separately and in more detail. Yes, he does point out that sugar and all modern, refined, carb-heavy foods are bad for you (duh), but he does not go into much detail about fructose, which is just as well, because this topic has been discussed in other books already.

Something else that could have been discussed in a little more detail is the autoimmune protocol. Robb Wolf does mention very briefly how people with an autoimmune issue could modify his basic recommendations, but this book is not particularly helpful in this respect, if you are not already familiar with the autoimmune protocol from other books (his for example).

The most helpful part of the book is the suggested nutrition plan - it consists of a 30-day reset which is more or less the standard paleo template with meat/fish/eggs, vegetables (including some starchy ones, to be consumed in moderation until weight loss goals are reached), fruit and nuts. This kind of reset is old news. Others have suggested it before him and it is certainly a very useful approach, so no surprises there. But what is really valuable is the 7-day carb test readers are supposed to do afterwards in an attempt to introduce carb-heavier foods and give more latitude to their diet. The test is based on blood sugar readings and requires a simple glucometer. In fact the primary focus of the book on the whole is how to achieve good blood sugar control, and not the paleo diet per se.

As for the 7-day carb test, what I found odd was the recommendation to consume the foods to be tested on their own, with no protein, fat or other sources of fiber - not the typical meal a person would eat.

Ketosis and ketogenic diets, as well as fasting, are also discussed, but with the caveat that they are tools that can be very useful in some situations and less so in others.

Readers who are not familiar with paleo and/or low carb eating will surely find the recipes included in the book quite helpful. Wolf also provides a handy matrix that can be used to compose meals with no need for recipes at all. Examples of weekly shopping lists are included as well.

Other quite valuable aspects of the book are the chapters on sleep, stress and community as contributors to good health.

All in all, I find the book very well written and informative and will certainly be recommending it (and I myself will be checking out Robb Wolf's website more often in the future).

Julia says

There were a few things in this book I found helpful that surprised me. Nice to read a book by one of the founders of AIP.

Emily Blasik says

The fact that I devoured this book in three days just goes to show how much of a geek I am when it comes to this stuff. Wolf's approach to nutrition and lifestyle is fascinating, and even though I don't subscribe to a Paleo diet—limited amounts of gluten and dairy have never bothered me; therefore I don't see the need to cut them out of my diet completely—I believe he's onto something here.

Ashleigh Mattern says

Wired to Eat by Robb Wolf reads like a more scientific, better written version of his 2010 The Paleo Solution. Along with an improvement in his writing, he's gained a deeper understanding of metabolism, nutrition, and motivation, and applied his insights to this book. He steps away from the Paleo diet a bit, focusing more on the science that supports low-carb diets and personalized nutrition. The 7-day carb test is especially enlightening, encouraging you to use a blood glucose meter to record your own personal reaction to certain high-carbohydrate foods. (For example, I've discovered bananas and rice bring my blood sugar to diabetic levels, while I can handle oats and potatoes with no problem.) Personalized nutrition is a fascinating topic, and it's great to read a health book that has a wide view of what might work for you.

Sandy says

I was underwhelmed by this book, for a few reasons:

- 1) Most of it is standard justification-for-a-Paleo/Whole Foods-way-of-eating. Great info, but I've read it all before, multiple times. So unless you've never read a book on Paleo before, most of this will be repetition for you.
- 2) The 30-Day Reset only covers one chapter, and I can sum it up for you in one sentence: try Paleo for 30 days. Seriously, that's all it is.
- 3) The 7-Day Carb Test chapter was newish for me, but I have serious doubts as to how it's going to work out in practice. The way it works is, you purchase a blood glucose-testing monitor. Then, for breakfast, you eat enough of *just one* carby food to reach 50g of effective carbohydrate. You then wait 2 hours, then measure your blood glucose level to determine if this particular food is a problem for you or not. The thing is, the quantities of food you need to eat to reach 50g of effective carb are ludicrous. Want to test carrots? You've got to eat 6 CUPS of chopped raw carrot! Oranges? Eat 3.5 of them. Onions? Eat 2.3 of them. To repeat, eat nothing but 2.3 WHOLE onions... for breakfast. yeah, that sounds like a good time. O.o Not only do these tests seem unpleasant, and possibly even physically impossible, to me, but they seem unrealistic. Nobody eats 2 whole raw onions, all by themselves. You eat a far smaller quantity, with fat and protein, which partially offset the glycemic hit. So I don't know, maybe I'm missing something, but this seems really weird to me.
- 4) Robb Wolf seems like a good guy with his heart in the right place, and I'm not trying to be mean here. But... he's not funny. He makes a lot of jokes that just aren't funny. In fact, fairly early into this book, I

remembered having the same thought in his LAST book.

There is a chapter dedicated to ketosis and intermittent fasting, which was good info. I appreciated the fact that he points out that very low carb is NOT for everyone (since I seem to be one of those people).

I was really hoping there was more to the "personalized nutrition" part of this book, but the 7-Day Carb Test is it. Seems like that could have been covered in one blog post, as opposed to a 400 page book.

Ester Serrano says

Since I've followed the author for a while I had great expectations for this one (reviews from his colleagues were really good but I guess that's how it works).

I have to say it's a great resource for beginners and it does bring some new ideas for those who already know the basics but I felt an important part of the book was kind of repetitive in relation to what the author had already said on previous books, articles or podcasts.

That said, Robb Wolf's philosophy around food, far from guilt and "cheating" and focused in the flexibility personalized nutrition requires, represents, IMHO, the place where we should be headed to.

Spencer Currie says

A bit simplistic look into his diet. Still worth the read but I can see the book being written for a layman audience who is over weight and under educated in that regard. Luckily it was quick and easy to breeze through.

Tina says

I loved this book. If you have read anything by Robb Wolf you know he is a geek. He loves to explore things to the extreme. There is a ton of information in this book. If you aren't into the details you can skip to the 30 day reset, very similar to The Whole 30. Once you have done that you then test a different carbohydrates on yourself each day and check your blood sugar after 2 hrs to see your response. The theory is that once you know what carbs are best for you you can eat them and lose or maintain your weight. He did this test with his wife on his FB page. He also has an AIP diet plan and a Ketogenic diet that you can transition to after the 30 day reset. And recipes to follow for the 30 days.
