

Mastering Leptin (2nd Edition): The Leptin Diet, Solving Obesity and Preventing Disease


By Byron J. Richards, Mary Guignon Richards

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Mastering Leptin contains exciting health advancements in solving obesity and weight problems, fatigue and low energy, low thyroid function, hypothyroidism, stress eating and food cravings, hormonal imbalance, menopausal weight gain, accelerated aging, fibromyalgia. More than a diet book, Mastering Leptin includes lifestyle solutions that will help individuals lose weight, increase energy, and reduce risk for disease.

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Editorial Review

Review

"No other guest in my 30+ years of broadcasting has spoken with more credibility and understanding of nutrition." -- *Brad Walton, WCCO Radio (CBS/Infinity Radio)*

"Richards presents a technical subject through analogies, examples, diagrams and detail in forty-five chapters organized by topic." -- *Chronic Fatigue Syndrome and Fibromyalgia Association of Minnesota, April 12, 2003*

"With over 700 references, but written in a clear format, this gem can lead to optimum health, vitality, and wellness." -- *Marriage Magazine, March 2003*

From the Publisher

Our feedback from readers has been astounding! Many individuals agree that the 5 Key Rules for eating in Mastering Leptin make so much sense and are easy to follow as a lifestyle, not a diet. Thousands of people have healthily lost weight and kept it off by following the guidelines and getting the leptin hormone into balance.

We are excited to present this breakthrough in weight management and successfully contribute to resolving the obesity epidemic, which claims 400,000 lives per year. Be among the first to find out about leptin and its immense importance to your health!

From the Author

The obesity epidemic is preventable, especially if enough people know what to do. Most diets rely on calorie manipulation of one type or another, a technique that usually results in weight loss in the short term and even more weight gain in the future.

The big breakthrough is in understanding the hormone leptin. It becomes obvious that when a person eats is actually more important than what they eat. Snacking turns out to be one of the most harmful eating habits. Those individuals who make a habit of eating late at night are on a fast track to accelerated aging, poor sleep, and poor health. This is not a fad diet, this is the new science – and every person needs to understand what it is all about.

Mastering Leptin brings clarity to a lifestyle of healthy eating, with the consequence of better energy and a higher quality of health. It is the first time it has been possible for individuals to eat in a pattern that actually resolves the symptoms of low thyroid and prevents the onset of many diseases of aging that are currently plaguing our society.

Byron J. Richards, CCN

Users Review

From reader reviews:

David Anthony:

Do you have favorite book? In case you have, what is your favorite's book? Book is very important thing for us to know everything in the world. Each reserve has different aim or maybe goal; it means that publication has different type. Some people truly feel enjoy to spend their time to read a book. They may be reading whatever they get because their hobby is reading a book. Why not the person who don't like examining a book? Sometime, person feel need book whenever they found difficult problem or perhaps exercise. Well, probably you will require this Mastering Leptin (2nd Edition): The Leptin Diet, Solving Obesity and Preventing Disease.

Andrew Hall:

Information is provisions for people to get better life, information nowadays can get by anyone in everywhere. The information can be a knowledge or any news even restricted. What people must be consider if those information which is from the former life are hard to be find than now's taking seriously which one is acceptable to believe or which one typically the resource are convinced. If you receive the unstable resource then you understand it as your main information you will see huge disadvantage for you. All of those possibilities will not happen with you if you take Mastering Leptin (2nd Edition): The Leptin Diet, Solving Obesity and Preventing Disease as the daily resource information.

Joel Jones:

This Mastering Leptin (2nd Edition): The Leptin Diet, Solving Obesity and Preventing Disease is brand new way for you who has curiosity to look for some information as it relief your hunger associated with. Getting deeper you upon it getting knowledge more you know or perhaps you who still having little bit of digest in reading this Mastering Leptin (2nd Edition): The Leptin Diet, Solving Obesity and Preventing Disease can be the light food in your case because the information inside this kind of book is easy to get simply by anyone. These books acquire itself in the form that is reachable by anyone, yep I mean in the e-book form. People who think that in book form make them feel tired even dizzy this reserve is the answer. So there is absolutely no in reading a e-book especially this one. You can find what you are looking for. It should be here for you. So , don't miss the idea! Just read this e-book sort for your better life in addition to knowledge.

Karen Perl:

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