



The Leptin Diet: How Fit Is Your Fat?

Byron J. Richards

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The Leptin Diet explains how to unleash the power of hormones to resolve fatigue, food cravings, thyroid problems, and body weight issues. Mastering the fat hormone leptin is the single most important factor in preventing obesity, diabetes, and heart disease. The Leptin Diet contains five simple lifestyle guidelines to get the hormone leptin into balance for permanent weight loss, increased energy, and optimum health.

What is Leptin? Fat cells produce the powerful hormone leptin, a primary force instructing metabolism, weight loss, and hormone balance. Leptin communicates directly to your brain, telling the brain how much fat is in storage. It controls appetite, energy, and metabolic rate. Leptin problems are the primary reason for food cravings, overeating, faulty metabolism, the obsession with food, and heart disease.

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