



## Mastering Leptin: The Leptin Diet, Solving Obesity and Preventing Disease

*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.

## **Mastering Leptin: The Leptin Diet, Solving Obesity and Preventing Disease Details**

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## **From Reader Review Mastering Leptin: The Leptin Diet, Solving Obesity and Preventing Disease for online ebook**

### **Barbara says**

Another one that I read for information, but eventually abandoned as "too much trouble for too little benefit". I did give the timing of meals a try, and it did have an interesting way of detecting inflammation by two daily weigh-ins, morning and evening while following the meal timing. That was revealing. Fascinating.

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### **Lorena Zorrilla says**

#### **A must read if having metabolic syndrome**

Take charge of your health, know how your body responds to food and environment. This is an empowering read. Will keep as a reference and will read again soon.

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### **Marcus says**

An exhaustive book, but one that's probably needed. All other diets like Atkins, South Beach, et all, apparently build on leptin management and don't even really know why. Richards does an excellent job, if a bit repetitive at times.

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### **Lionkhan-sama says**

Superb book on a subject not very well known. The book talks about every single aspect of the hormone leptin and the way it works and its effects on the body. It goes far beyond body composition. You will discover how leptin relates to both the mental and physical health of any person.

You will gain knowledge about yourself and how to further improve your health, from an angle you have never seen before. Definitely information you want in your arsenal for bettering yourself and your loved ones.

A very detailed book containing all information related to leptin, and citing many research papers and studies on the subject. Very happy with this read!

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### **Susan says**

This book explains leptin's role in obesity prevention and overall health. It is full of excellent information!! I have read it twice.

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**Tiffini says**

This book helped me to understand how important it is to have the hormone leptin in balance, as it controls all the digestive organs and lets you know when you are full.

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**N.L. Riviezzo says**

While informative, I disliked the disjointed writing style. The information was heavily abbreviated, lacked depth, and often seemed more like an advertisement for specialized supplement blends. Despite the flaws, there are some very useful nuggets of content.

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**Cailean says**

Read in a day! Easy to understand and very interesting. Targeting a specific group - those stuck in leptin resistance. Very helpful. Will be trying their method!

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**Kevin says**

Sucked.

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**Ray says**

I've been following the advice in this book and have been feeling pretty healthy the last six months.

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**Zeeples says**

Beyond awesome. Now I know why I am fat :)

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**Sally Smith says**

If you are overweight, consider reading this book. They are not pushing any particular product, but have very good practical advice on eating habits that are pretty new for me. I'm already doing what they say. It makes sense.

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## **Jennifer says**

The 5 rules are not easy. I have been working on some of them already like not eating to full. Reduce carbs as a rule seems very vague. Most of this book is why Leptin is so important. It falls short on really saying how to curb the cravings which is what I wanted, the best I got out of it is grit my teeth until it becomes a habit.

The leptin diet centers around five rules:

- 1 Eat foods that supply 20 to 30 grams of protein for breakfast.
- 2 Don't eat after dinner. Make sure not to eat anything for at least three hours prior to bedtime.
- 3 Eat three meals a day only, with no snacking in between. Allow for five to six hours to pass between each meal.
- 4 Reduce your carbohydrate intake, but don't eliminate carbs completely.
- 5 Practice portion control at each meal. Don't eat until you are stuffed. Stop before you feel completely full.

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## **Galina says**

### **Excellent wealth of needed information**

Excellent wealth of information on leptin, basically you have to follow 5 rules to balance it out in order to stay healthy!

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## **Trisha says**

This book was very comprehensive and was too detailed for the average person. Perhaps physicians who deal with weight loss would be geared for this. Leptin is a chemical in our body that regulates fat cell movement.

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