



# **Leptin Resistance: The Complete Beginners Guide to Controlling Your Weight and Understanding the Leptin Hormone (Leptin Diet)**

*Heather Leiman*

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## **Leptin Resistance: The Complete Beginners Guide to Controlling Your Weight and Understanding the Leptin Hormone**

For many people the need or desire to lose weight can be overwhelming. However, dieting is hard and it can become an endless cycle of weight loss and weight gain. If this sounds familiar then this book – and the astounding revelations it contains – may just be for you! If you have never heard of Leptin before this book will teach you what the hormone is and the massive impact it can have on our ability to lose weight. Recent research into obesity has highlighted that hormones play a much bigger part in our battle with weight loss than has previously been understood. The primary culprit is Leptin, a hormone that balances energy in the body. For many people, modern diets and lifestyles create a resistance to this hormone. The brain should, with normal Leptin responses, tell us when we need to take on fuel and when we don't. Leptin acts as our “fuel gauge”. When that gauge becomes “stuck” our body and our brain no longer react normally, leading to an unstoppable cycle of weight gain. This response has nothing to do with willpower or determination; it's chemical warfare and our body is the enemy! In this book you'll learn how to establish if you are Leptin resistant and how to rebuild your sensitivity to the hormone. There is nothing in the book that cannot be achieved by anybody – including you! Regaining Leptin sensitivity requires some simple steps and adjustments to lifestyle and diet – which don't include cutting out food!

### **Here Is A Preview Of What You'll Learn...**

The Steps You Can Take To Rebuild Your Leptin Sensitivity

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Tracey Egan: *Leptin Resistance: The Complete Beginners Guide to Controlling Your Weight and Understanding the Leptin Hormone (Leptin Diet)* can be one of your basic books that are good idea. Most of us recommend that straight away because this e-book has good vocabulary that can increase your knowledge in words, easy to understand, bit entertaining but still delivering the information. The writer giving his/her effort to set every word into pleasure arrangement in writing *Leptin Resistance: The Complete Beginners Guide to Controlling Your Weight and Understanding the Leptin Hormone (Leptin Diet)* yet doesn't forget the main place, giving the reader the hottest along with based confirm resource information that maybe you can be one among it. This great information can easily drawn you into brand-new stage of crucial pondering.

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