



## Leptin: Leptin Resistance: The Hunger Effect, Leptin and Its Resistance - Losing Weight and Staying Healthy (Paperback)

By J S West

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Over 25 healthy recipes from an experienced chef included in this book! Once you are done reading this book you will feel a rebirth to life. Your health will be regenerated and your stress will fly away as you learn to block out all of the poor choices that you made. In this short book I will elaborate on Leptin, better known as the little voice inside your head that begs you to stop eating. This book will also treat on the side effects of Leptin, its role in our body, the foods that stimulate Leptin response, tricks on how to manage your cravings that can influence the production of Leptin as well as treating Leptin resistance. The purpose of this book is to reconnect with your inner voice and further understand the basics of the art of ingesting food. So let s get started! This is A Preview Of What You ll Learn. Controlling your appetiteConfronting your urgesInsight on making healthier choicesReversing the damage doneSome home-made recipes from an experienced chefand much, much more! Would You Like To...



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