



Mastering Leptin: Your Guide to Permanent Weight Loss and Optimum Health

By *Byron J. Richards, Mary Guignon Richards*

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First published in 2002, Mastering Leptin was the first and most in-depth book explaining the hormone leptin and its relationship to obesity, difficult weight loss, yo-yo dieting, low energy, heart disease, low thyroid, stress eating, food cravings, and hormonal imbalance. Mastering Leptin cuts through the confusion of countless ways to eat and provides individuals with a workable lifestyle for permanent weight loss. Renowned leptin expert, Byron Richards analyzes over 8,500 leptin-related scientific studies and brings amazing findings to the public in an easy-to-understand format. Readers loved the first and second editions of Mastering Leptin due to the fascinating connections made between leptin, weight loss, energy, hormone balance, and disease. Thousands of people have been able to lose weight and keep it off. The third edition is newly edited and updated. It is much more than a diet book. It is a true guide for healthy weight loss, improved energy, and optimum health.

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Mastering Leptin: Your Guide to Permanent Weight Loss and Optimum Health By **Byron J. Richards, Mary Guignon Richards** Bibliography

- Sales Rank: #60812 in Books
- Brand: Brand: Wellness Resources Books
- Published on: 2009-07-26
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 1.13" w x 6.00" l, 1.33 pounds
- Binding: Paperback
- 409 pages



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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)

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

About the Author

Byron J. Richards, is a board certified clinical nutritionist, and the first to explain the meaning of over 8,500 studies on the hormone leptin and its link to solving obesity. With twenty-five years experience, he is a pioneer in the field of applied clinical nutrition and has an extensive understanding of nutritional biochemistry as it applies to all aspects of health. Mary Guignon Richards is a women's health educator, and has encouraged individuals take charge of their own health for the past thirty years.

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Elizabeth Murphy:

This Mastering Leptin: Your Guide to Permanent Weight Loss and Optimum Health book is simply not ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book is definitely information inside this publication incredible fresh, you will get facts which is getting deeper you actually read a lot of information you will get. This Mastering Leptin: Your Guide to Permanent Weight Loss and Optimum Health without we understand teach the one who examining it become critical in considering and analyzing. Don't possibly be worry Mastering Leptin: Your Guide to Permanent Weight Loss and Optimum Health can bring whenever you are and not make your handbag space or bookshelves' turn out to be full because you can have it within your lovely laptop even cellphone. This Mastering Leptin: Your Guide to Permanent Weight Loss and Optimum Health having excellent arrangement in word and also layout, so you will not sense uninterested in reading.

Jasmine Myers:

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Katie Johnson:

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