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

Byron J. Richards, Mary Guignon Richards

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First published in 2002, Mastering Leptin is the first and most in-depth book explaining the hormone leptin and its relationship to obesity and 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, CCN analyzes over 8,500 leptin-related scientific studies and brings amazing findings to the public in an easy-to-understand format. Learn how to eat in harmony with the fat hormone leptin, reduce food cravings, improve energy, and permanently lose weight.

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