



Leptin Resistance Recipes: Leptin Diet for Rapid Permanent Weight Loss

Marc Forte

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Obesity is a major worry as it can cause a number of illnesses and medical conditions. We know this already. Many among us will want to get rid of those excess pounds. But it often proves very difficult. The fat doesn't seem to go away, in spite of our best efforts. Sadly, even a changed diet fails.

It could be because a hormone inside your body – Leptin. We all have it. But too high or too low Leptin levels will always be a problem. Here in this book, I will tell you how you can master this hormone by eating the correct foods. This is the key to improved health, more energy, and weight loss.

I will share with you some yummy Leptin resistance recipes that can be prepared at home. I will give you a list of ingredients and a step-by-step preparation guide for each one of these recipes.

Plus, you will also learn about Leptin and Leptin resistance, how the hormone makes us obese, the foods to eat and avoid, and much more.

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