

The Leptin Diet: How Fit Is Your Fat?

By Byron J. Richards

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The Leptin Diet explains how to unleash the power of hormones to resolve fatigue, food cravings, thyroid problems, and body weight issues. Mastering the fat hormone leptin is the single most important factor in preventing obesity, diabetes, and heart disease. The Leptin Diet contains five simple lifestyle guidelines to get the hormone leptin into balance for permanent weight loss, increased energy, and optimum health.

What is Leptin? Fat cells produce the powerful hormone leptin, a primary force instructing metabolism, weight loss, and hormone balance. Leptin communicates directly to your brain, telling the brain how much fat is in storage. It controls appetite, energy, and metabolic rate. Leptin problems are the primary reason for food cravings, overeating, faulty metabolism, the obsession with food, and heart disease.

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The Leptin Diet: How Fit Is Your Fat? By Byron J. Richards Bibliography

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Editorial Review

From the Publisher

Entering the 21st Century America finds itself with a new problem, an obesity epidemic. The cause of this epidemic is multifaceted: personal choices, quality of food, hormone-disrupting chemicals polluting the environment, stress, and a lack of activity. The result of the epidemic is poorly functioning thyroid, stress intolerance, fatigue, depression, fibromyalgia, cognitive decline, diabetes, many forms of cancer, and heart disease.

Navigating the pitfalls of life, staying out of the greedy clutches of Big Pharma, and remaining healthy requires considerable expertise. The problem is that our bodies came without an owner's manual. We are left on our own, working by trial and error, to eat in a way that boosts our energy. All too often we get it wrong, and the very food that is vital for survival turns into excess fat that sends us on a path headed for disease.

The Leptin Diet, by Byron Richards, is far more than a diet; it is a way of life. It is the first book on health that explains the owner's manual as to how your body functions, why you crave various foods, and how to get more energy by eating less food. Central to understanding your needs is learning about the powerful hormone leptin, the "king of hormones."

Byron Richards is our nation's foremost nutritional expert on leptin. He has appeared on hundreds of radio programs around the country. He has been interviewed on *Fox News Live*, CBS syndicated news, and written about in the *Wall Street Journal*. He has the uncanny ability to translate complicated science into simple everyday language. As a clinician with over twenty years experience on the front lines of clinical nutrition, he also has his eye on the practical. He explains your symptoms and behavior so well you are almost certain he has been living at your house.

His writing style is refreshing, seeking to appease no one, he simply tells it like it is. Especially provocative is his disdain for snacking. Richards explains how snacking disrupts the hormone leptin and causes major energetic problems, including overeating at subsequent meals. His advice runs contrary to almost every diet pundit on earth, yet it is obviously rooted in the most basic common sense.

He lays out the case for his *Five Rules* that comprise *The Leptin Diet*with flawless logic and an easy to understand presentation of how food works in your body. He then ties in the findings of over 11,000 scientific studies relating to leptin. Key references are provided in an appendix. *The Leptin Diet* will open your eyes and show you a clear path to health that is easy to follow.

Richards was the first nutritionist to write about leptin. In 2002, he and his wife Mary wrote the first book on leptin called *Mastering Leptin*. This was the first time leptin had ever been explained to the general public as well as to the entire professional field of alternative health. Prior to his writing, leptin research was conducted for the purpose of developing drugs, which to this day do not work. Richards went through all of this research, unraveling the complexity of leptin function and translating the key parts of the information into dietary principles. Not only did he introduce the *Five Rules* of the Leptin Diet, he was the first to explain the precise mechanisms behind how leptin problems cause cancer, fibromyalgia, thyroid problems, heart disease, and of course - obesity. When *Mastering Leptin* was written, it was from the perspective of new discovery. It was the first time a diet had ever been founded on solid cutting-edge science.

Many thousands of readers have benefited by reading *Mastering Leptin* and implementing his dietary

guidelines. The gratifying stories of weight loss and improved heath, including the frequent reversal of Type II Diabetes, are the norm. Along with great success came countless questions as to the nuances of leptin. Could the Five Rules be tweaked in some way and yet still maintain the principles of the Leptin Diet?

Richards analyzed all of these questions, looking for common threads. He also continued his work as a clinician, keeping his fingers on the pulse of "the real world." He realized that what the general public now needed was a "how to" manual. Most of the questions asked were simply because people did not understand the underlying principles of how their bodies work. How does leptin work in response to your common day-to-day experiences? What happens to leptin under stress? Is a craving good or bad? Why is your mind always on food? Why can't you lose the weight around your midsection? What does menopause have to do with it? Why did pregnancy change your metabolism? Is the risk for obesity inherited? These, and many other questions, are answered in *The Leptin Diet.*

Richards starts at the beginning by explaining how leptin aids the survival of the human race. Indeed, leptin enables us to withstand starvation. Without leptin, we would have all perished long ago. He then goes on to explain how leptin is in charge of the hormonal management team. We learn how the "hormone switches" that are thrown as we eat are every bit as important, if not more important, than the number of calories eaten. And most importantly, we learn how leptin problems are the primary cause of obesity and heart disease. Amazingly, it becomes clear how to eat less food and have more energy.

Going through life without an owner's manual is like paddling a canoe upstream. Sure, it can be done, but it's not the easiest way to do it. *The Leptin Diet* is not a fad diet. It is a way of eating based on the science of leptin. It is easy to eat this way for the rest of your life, no deprivation is involved. Once you tame leptin, your abnormal cravings for food disappear and you regain control over your life and health. *The Leptin Diet* offers a true path to escape the obesity epidemic.

From the Author

The Leptin Diet is a revolution in the midst of societal decay. Those entrusted with the public health have failed miserably to provide a high quality food supply or meaningful dietary advice based on anything other than "eat less and exercise more." Undermining the public health are the profits of various companies, both in and out of the food industry, in near complete collusion with our government (especially the FDA).

Problems that undermine leptin function and your health include:
* Chemical adulteration of the food supply, known as FDA-approved food additives (coal-tar derived food coloring, MSG, aspartame, etc.)
* Genetically altering the food supply, a toxin is now expressed in every cell of food (especially soy and corn)
* Mass merchandising of highly addictive refined junk food
* Contamination of food with neurotoxic chemical agents known as pesticides
* Industrial-scale production of sickly animals used as food
* Poisoning of our water supply with fluoride and perchlorate
* Pollution of our environment with PCBs and other chemicals

In the face of such obstacles it is incredibly difficult for any person to maintain their health. It is time for change, time to take charge of your health. *The Leptin Diet* explains how your body works, how to identify good quality food, and how to have the best chance for a healthy life and healthy family. Enjoy!

About the Author

Byron Richards is a Board-Certified Clinical Nutritionist, nationally-acclaimed health expert, and author of the breakthrough book Mastering Leptin, the first book to explain leptin and its link to solving obesity. Richards has over 20 years in the health field and has interpreted over 11,000 leptin studies.

Users Review

From reader reviews:

Robert Arnett:

Have you spare time for a day? What do you do when you have a lot more or little spare time? That's why, you can choose the suitable activity with regard to spend your time. Any person spent their particular spare time to take a wander, shopping, or went to typically the Mall. How about open or maybe read a book titled The Leptin Diet: How Fit Is Your Fat?? Maybe it is to be best activity for you. You understand beside you can spend your time with your favorite's book, you can smarter than before. Do you agree with their opinion or you have other opinion?

Nancy Tandy:

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Joseph Ortiz:

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Lily Tarver:

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