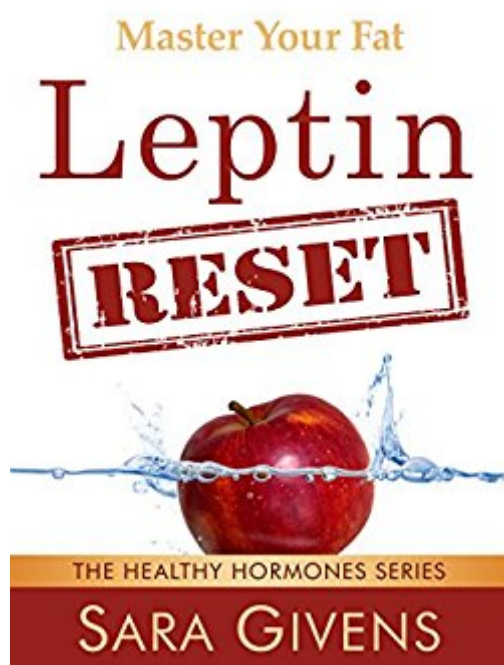


The book was found

Leptin Resistance: The Leptin Reset: Discover How To Fix Your Fat Hormones And Reboot Your Fat Burning Engine Into First Gear Again (Leptin Resistance, ... All Grain, Ketogenic Diet, Atkins Diet)



Synopsis

The Leptin Reset: Reboot Your Fat Burning Engine And Lose Up To 15 Pounds FAST! This Book Will Help You Reset Your Fat Burning Hormones And Begin Losing Fat Again! BONUS - Leptin Reset Meal Plan, Recipes and Cookbook!! Today, get this amazingly simplistic and very popular Leptin Reset for just \$3.33 cents Regularly priced at \$6.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Has Your Fat Loss Stalled Even Though You've Cut Your Calories Even More And Work Out Harder Than Ever? Leptin could very well be the most important hormone you have never heard about when trying to reach your fat loss goals. If your goal is to lose fat, get lean and not rip someone's head off when you're dieting, then it's time to get your Leptin levels in order. The longer your body stays in a calorie deficit, the more your leptin levels and metabolic rate decrease. It's a catch 22 situation. Regardless of how much you increase your exercise or decrease your calories, if your metabolism slows, then you will find it near impossible to lose any more fat. In fact, exercising more and dieting harder is the very thing responsible for your slowed metabolism and increased appetite. On the flipside, if you constantly eat above your caloric maintenance levels, then your body can become leptin resistant. The more leptin resistant you become, the harder it is to lose fat. It's Time You Became Smarter Than Your Fat When fighting fat, it's important to remember that our bodies have evolved over tens of thousands of years to avoid starvation. Your body is designed to hold onto fat. You will have to outsmart it. The Leptin Reset is specifically designed to combat leptin resistance by using specific combinations of hormone-balancing foods to get your hormones working for you again instead of against you. Here's what you'll get: A 14-day kick-starter program that can help you get your fat loss back on the fast track. An easy to follow meal plans that keep your leptin levels balanced and happy. Delicious Recipes that are rich in hormone healing foods and powerful phytonutrients, that makes the program a breeze to stick to. The 3 foods you should never eat when it comes to healthy hormones... The long term effects of leptin resistance and how they effect your overall health and happiness. The 4 clear signs that you are leptin resistant. The most common ingredient found in foods that throws your leptin levels out of whack. Much, much more! Download your copy today! Hurry! Take action today and download this AMAZING New Declutter Your Life book for a limited time discount of only \$3.33 cents!

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Customer Reviews

I love with weight loss books, that there are recipes included in the book. I did not know what Leptin resistance was until now. I like how the book explains Leptin resistance and now you can reset your hormones so you don't lose weight. You can eat foods that can reset your body so you can lose weight and feel great. I am glad how the author fully explains what Leptin resistance is and how you can reset your body to help you lose weight. I like the well written and well organized book. I am glad that I purchased this book.

Not worth the money

Love it

This is a good book. It was a quick read. I obtained information that I had not known. Thanks

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Leptin Reset: 14 Days to Resetting Your Leptin and Turning Your Body Into a Fat-Burning Machine

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