

The Leptin Diet: How Fit Is Your Fat?

By Byron J Richards

Truth in Wellness. Paperback / softback. Book Condition: new. BRAND NEW, The Leptin Diet: How Fit Is Your Fat?, Byron J Richards, 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. Break free of food obsession, learn the five simple rules for healthy weight loss, and take charge of your health!.



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