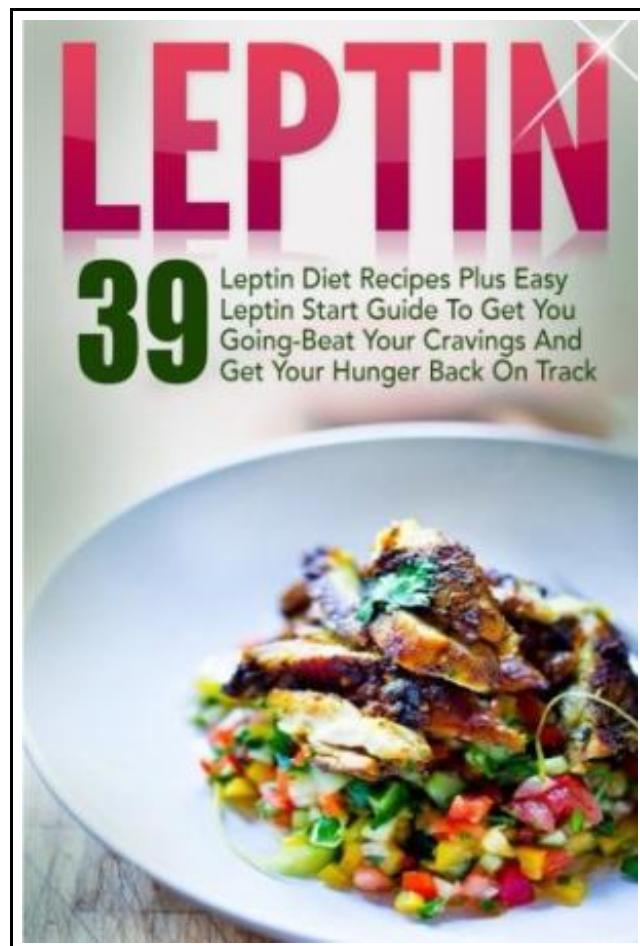


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.39 Leptin Diet Recipes Plus Easy Leptin Start Guide To Get You Going-Beat Your Cravings And Get Your Hunger Back On Track Most people who go on a diet and lose weight end up regaining that weight within a year. Doesn't sound too promising. Why does this happen? There are a very few people who genetically have leptin problems, but more often, it's something that developed over time, in response to (you guessed it!) diet and lifestyle. And that implies that diet and lifestyle might also be a way to alleviate the problem. Leptin is a naturally occurring hormone in the body. Its main function is to promote energy balance via metabolism. In simple terms, leptin helps the body regulate the intake and release of calories through the food and drinks you consume. Ideally, when your energy (calorie or joule) level is down, your leptin sensitivity increases. This spurs your leptin hormones to send out signals to the brain indicating your body's need to eat or drink. After consuming something, your body's leptin sensitivity decreases. This tells the brain that you are full and that you can stop consuming calories. Your body then automatically converts food and drink into vital nutrients that the blood absorbs. Again, this increases your body's leptin sensitivity, but in a different way. It now instructs the body on just how much calories you can burn off while doing a specific action. If you are expending too much energy (e.g. while exercising, or while sweating on an extremely hot day, ) your leptin sensitivity increases again. Your hormones send out signals to your brain that say...



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