



**The Fat Resistance Diet: Unlock the Secret of the
Hormone Leptin to: Eliminate Cravings,
Supercharge Your Metabolism, Fight
Inflammation, Lose Weight & Reprogram Your
Body to Stay Thin-**

Leo Galland Md

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No more counting carbs, calories, or fat grams! This revolutionary diet plan works with your hormones to curb your appetite, boost your metabolism, take weight off—and never put it on again.

Cutting-edge scientific research shows that losing weight is not about carbs, calories, or even willpower—it's about a hormone called leptin and how it functions in your body. Leptin is your body's natural weight-loss mechanism: it curbs your appetite and jump-starts your metabolism. And when those hormones are working properly, they make you literally *fat resistant!* You will lose weight effortlessly and efficiently, and never gain those pounds back.

A leading expert in the field of nutritional medicine, Dr. Leo Galland knows that if you've struggled to lose weight on diet after diet but still can't shake those excess pounds, chances are you are "leptin resistant"—your body no longer responds to leptin, making it impossible to slim down, no matter what size portions or how few carbs you eat. But here's the good news: by adding the right foods to your diet, you can quickly reverse leptin resistance and reprogram your body to start melting away the pounds.

The Fat Resistance Diet is the first weight-loss plan designed specifically to combat leptin resistance, using a unique combination of anti-inflammatory and hormone-balancing foods to get your hormones working again. Used by hundreds of Dr. Galland's patients with remarkable results, the three-phase regimen includes:
STAGE 1: A fourteen-day starter program that delivers **a loss of ten to fourteen pounds in the first two weeks**. Inflammation-fighting superfoods work to trigger rapid weight loss and set your hormones straight.
STAGE 2: A ninety-day plan that builds on the benefits of Stage 1 and delivers a loss of **at least five pounds a month**. You can enjoy a greater variety of foods while still keeping your hormones working overtime.
STAGE 3: Sustainable for life, the meal plans in this phase keep your hormones doing their job, even after you reach your target weight, and offer an expanded, flavorful menu.

With delicious recipes that are rich in healing carbs, healing fats, and powerful phytonutrients, the diet is a breeze to stick with—there are no hard-to-find ingredients, no expensive supplements, and no complicated proportions to figure out. Best of all, when you make the Fat Resistance Diet part of your life, your hormones will do your weight-loss work for you! This groundbreaking program at last reveals the true secret to weight loss success, and will transform you from a chronic dieter into a lean, fat-fighting machine.

From the Hardcover edition.

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George Cornelius:

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James Johnson:

In this era which is the greater man or woman or who has ability in doing something more are more important than other. Do you want to become considered one of it? It is just simple strategy to have that. What you need to do is just spending your time not much but quite enough to enjoy a look at some books. On the list of books in the top checklist in your reading list is usually The Fat Resistance Diet: Unlock the Secret of the Hormone Leptin to: Eliminate Cravings, Supercharge Your Metabolism, Fight Inflammation, Lose

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