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Mastering Leptin cuts through the confusion of countless ways to eat and provides individuals with a workable lifestyle for permanent weight loss. Renowned leptin expert, Byron Richards analyzes over 8,500 leptin-related scientific studies and brings amazing findings to the public in an easy-to-understand format.

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Mastering Leptin Your Guide to Permanent Weight Loss & Optimum Health by Byron J Richards available in Trade Paperback

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Mastering Leptin, by Byron J. Richards, explains how we can conquer the obesity epidemic in America. Finally the mysteries of the hormone leptin have been unlocked, opening the door for permanent weight management, resolution of low thyroid symptoms, and significantly improved energy. Learn why diets do not work and how weight management can be easy, safe, and long-lasting.

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Mastering Leptin: Your Guide to Permanent Weight Loss and Optimum Health Byron J Richards Published by Wellness Resources Books 26/07/2009 (2009)

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