



**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

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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, and take the pounds off for good!

Cutting-edge 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, jump-starts your metabolism, and when working properly makes you literally *fat resistant*—you will lose weight effortlessly and efficiently and never gain those pounds back.

If you're struggling to lose weight, chances are you are "leptin resistant"—your body no longer responds to leptin, making it impossible for you to slim down. The Fat Resistance Diet is the first and only eating plan designed specifically to combat leptin resistance and reprogram your body to start melting away the pounds. Using a breakthrough combination of anti-inflammatory and hormone-balancing foods, the three-phase regimen delivers:

A loss of six to ten pounds in the first two weeks.

A loss of at least two pounds a week thereafter.

Fun, flavorful meals that make sticking with the plan a breeze.

An easy maintenance program that keeps you fat resistant for life.

With over 100 delicious recipes designed for maximum satisfaction and eating pleasure, the Fat Resistance Diet is the only diet you'll ever need—a brand new way to eat that will transform your body into a lean, fat-fighting machine.

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From reader reviews:

Steve Garcia:

Playing with family in the park, coming to see the ocean world or hanging out with close friends is thing that usually you might have done when you have spare time, after that why you don't try thing that really opposite from that. 1 activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love 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-, you can enjoy both. It is fine combination right, you still would like to miss it? What kind of hang type is it? Oh come on its mind hangout people. What? Still don't understand it, oh come on its called reading friends.

Christopher McCormick:

Your reading sixth sense will not betray anyone, why because this 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- e-book written by well-known writer we are excited for well how to make book that could be understand by anyone who read the book. Written within good manner for you, dripping every ideas and publishing skill only for eliminate your current hunger then you still question 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- as good book not only by the cover but also by the content. This is one publication that can break don't evaluate book by its deal with, so do you still needing another sixth sense to pick this specific!/? Oh come on your reading sixth sense already alerted you so why you have to listening to another sixth sense.

Elizabeth Acker:

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