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Mastering Leptin cuts through the confusion of countless ways to eat and provides individuals with a workable lifestyle for

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First published in 2002, Mastering Leptin was the first and most in-depth book explaining the hormone leptin and its relationship to obesity, difficult weight

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Product Information. First published in 2002, Mastering Leptin was the first and most in-depth book explaining the hormone leptin and its relationship to obesity, difficult weight loss, yo-yo dieting, low energy, heart disease, low thyroid, stress eating, food cravings, and hormonal imbalance. Mastering Leptin cuts through the confusion of countless ways to eat and provides individuals with a workable lifestyle for permanent weight loss.

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**Mastering Leptin : Mary Guignon Richards :
9781933927251**

Much more than a diet book, Mastering Leptin explains how your hormones govern weight loss and what you can do to once and for all take control of your weight, increase energy, and improve overall health.

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There's nothing easy about losing weight and often it's more of a challenge to maintain your ideal weight once the excess pounds are gone. Dr. William T. Boulware and Dr. Robert J. Boulware at Boulware Medical Clinic in Liberty, Missouri offer weight loss management in the form of prescription medications together with the ongoing support you need to achieve success.

Weight Loss Management Specialist - Liberty, MO: Boulware ...

Drinking Water to Lose Weight - How Water Effects Weight Loss
July 22, 2017 June 10, 2009 by Blythe Alberg After reading the book Turn up the Heat by Dr. Philip Goglia, I am even more

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convinced that at least 50% of our population operates in a habitually dehydrated state.

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