



# Mastering Leptin (2nd Edition): The Leptin Diet, Solving Obesity and Preventing Disease

*Byron J. Richards, Mary Guignon Richards*

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Mastering Leptin contains exciting health advancements in solving obesity and weight problems, fatigue and low energy, low thyroid function, hypothyroidism, stress eating and food cravings, hormonal imbalance, menopausal weight gain, accelerated aging, fibromyalgia. More than a diet book, Mastering Leptin includes lifestyle solutions that will help individuals lose weight, increase energy, and reduce risk for disease.

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