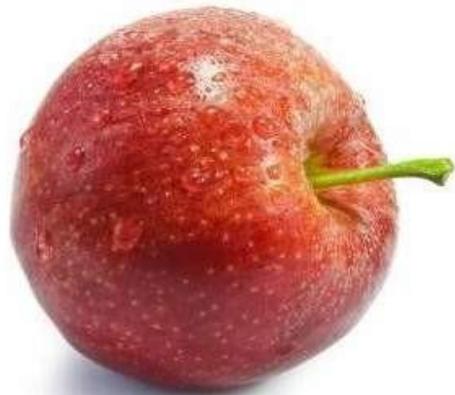


# Understanding Leptin Resistance



Secrets To Managing  
Your Metabolism

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## Secrets to Managing Your Metabolism

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## Chapter 1: Understanding Leptin

Leptin is the hormone secreted by fat cells contained in white adipose (fat) tissue. It is the most significant hormone there is in understanding the function of the human body.

Leptin is a hormone that plays a key role in regulating energy intake and energy expenditure. It is one of the most important hormones in your body that helps to determine your health and lifespan. Another equally important hormone is insulin and the two work in tandem, hence enabling efficient metabolism in your body.

Metabolism can roughly be defined as the chemistry in our bodies that turns food into life. Therefore, insulin and Leptin are both critical to health and diseases. Insulin and leptin work together to control the quality of your metabolism and, to a significant extent, your rate of metabolism. Both insulin and Leptin resistance are associated with obesity and impairment of their ability to transfer the information to receptors is the true foundational core of almost all chronic degenerative diseases

As I said, Leptin is essential for survival. It has a regulating effect on other hormones, not in a passive way but as a prime controlling signal. Leptin tells thyroid hormones, adrenal hormones, pancreatic hormones, and sex hormones how to perform. Leptin can function without any help from those other hormones but the other hormones cannot function properly without Leptin. In their book "Mastering Leptin" - The Leptin Diet: Solving Obesity and Preventing Disease", Byron and Mary Richards say the following:

*Somewhat quietly, at the end of the twentieth century, a hormone called leptin was discovered. The immense importance of this hormone was not immediately recognized. In fact, all that it does is not yet fully understood.*

They add:

*One thing is very clear; mastering Leptin transforms the subjects of weight management and disease prevention to an astounding new level, opening the door for solving many major health issues*

They continue:

*Leptin is the hormone secreted by fat cells contained in white adipose (fat) tissue. It is the most significant hormone there is in understanding the function of the human body.*

Leptin is responsible for bizarre and erratic behavior and cravings related to food, including the inability to attain and maintain a healthy body weight. Without Leptin the human race would have perished from starvation long ago. However, in the land of abundant food constantly available on every corner, it is also the hormone that fuels addictive and compulsive behavior. It is the reason individuals start their diet “tomorrow.”

### **How it works in the body**

According to Mark's Daily Apple:

*Leptin is the lookout hormone – the gatekeeper of fat metabolism, monitoring how much energy an organism takes in. It surveys and maintains the energy balance in the body, and it regulates hunger via three pathways:*

- *By counteracting the effects of neuropeptide Y, a potent feeding stimulant secreted by the hypothalamus and certain gut cells.*
- *By counteracting the effects of anandamide, another feeding stimulant.*
- *By promoting the production of  $\alpha$ -MSH, an appetite suppressant.*

It is also directly connected to insulin levels. Many people these days are Leptin resistant, resulting in many health issues.. High Leptin levels have been tied to high blood pressure, obesity, heart disease and stroke, as well as blood sugar related problems. When Leptin signaling is working properly in your body, your fat stores are "full". The extra fat will cause a surge in your Leptin level, which consequently signals your body and your brain to stop feeling hungry and to stop eating. The body stops storing fat and starts burning extra fat off. In other words, it controls your hunger.

Hunger is a very powerful, ancient, and deep-seated drive that, if stimulated long enough, will make you eat and store more energy. Controlling hunger is a major (though not the

only) way that Leptin controls energy storage. The easiest way to eat less in the long-term is to not be hungry and the only way to do this is to control the hormones that regulate hunger, the primary one being Leptin.

There are other effects of high levels of Leptin besides obesity. High levels of Leptin and the accompanying Leptin resistance can also decrease fertility and speed aging. So, if you're trying to lose weight or improve a health problem, chances are you have Leptin resistance. If you cannot seem to stick to health changes, chances are you have Leptin resistance.

Have you unsuccessfully tried to conceive for a couple of years and your doctor still says your reproduction system is okay? Relax. Don't go for Invitro-Fertilization, my dear. Spare those bucks for your kids' nappies. It could be the Leptin levels in your body. In other words, if you want to make lasting health changes or lose weight and keep it off, *you must fix your Leptin.*

The good news is if you have failed at other diets or health fads in the past, it was likely because you failed to regulate your Leptin levels and in doing so you can help make final, lasting changes. Leptin resistance and its related problems are a complex issue involving the endocrine system and reversing them requires more than simple caloric restriction or sheer willpower.

## Chapter 2: Leptin Resistance

### What is Leptin resistance?

When Leptin has lost its ability to function well in the body we call it “Leptin Resistance.” A Leptin resistant person needs more and more Leptin to tell the brain it is satisfied and that they don’t need more food. You become Leptin-resistant by the same way/mechanism that you become insulin-resistant, which is due to the continuous overexposure of high levels of the Leptin hormone. Eating a diet that is particularly high in sugars (like fructose), grains, and processed foods – the same diet that increases inflammation in your body, can also be the cause of sugars being metabolized in your fat cells. The metabolized fat releases surges of Leptin into your body. Over time, if your body gets exposed to too much Leptin then it becomes Leptin resistant, just as it would to insulin. The only way to re-establish proper Leptin (and insulin) signaling is to prevent those surges and the only known way to do that is by eating a proper diet. The bottom line is diet can have a more profound effect on your health compared to the known modalities of medical treatment around the globe.

A strategic whole food diet, as detailed in our free nutrition plan, emphasizes good fats and avoids blood sugar spikes. This coupled with targeted supplements will enhance insulin and Leptin sensitivity so that your brain can once again hear the feedback signals from these hormones.

### The Downward Spiral

As I had said earlier, Leptin is the satiety hormone produced by fat cells. It would seem logical that those with more fat cells would produce more Leptin, which would in turn signal the body to eat less food. This is the process that would lead to weight normalization. This oversimplified idea is great in theory but doesn’t always occur, especially in those with damaged metabolisms or endocrine problems (which includes most overweight people).

According to Kent Holtorf’s article- Long Term Weight Loss:

*The problem is not in the production of Leptin, but rather, studies show that the majority*

*of overweight individuals who are having difficulty losing weight have a leptin resistance, where the Leptin is unable to produce its normal effects to stimulate weight loss. This Leptin resistance is sensed as starvation, so multiple mechanisms are activated to increase fat stores, rather than burn excess fat stores. Leptin resistance also stimulates the formation of reverse T3, which blocks the effects of thyroid hormone on metabolism.*

The thyroid is the one that controls the endocrine hormones which may affect your body's metabolism. Therefore the person eating excess food stimulates the body to think it is starving and therefore signals the person to eat more. It's easy to see how this cycle could contribute to weight gain!

### **Causes of Leptin resistance**

There are several known factors that contribute to Leptin resistance.

As with all hormone issues, Leptin resistance is a complex issue with no singular cause, yet there are many factors that can negatively impact Leptin levels including:

- Consumption of foods that contain fructose (especially in forms like High Fructose Corn Syrup)
- High stress levels
- Eating excessive amounts of simple carbohydrates
- Inadequate sleep patterns
- High insulin level in the body- (you know both Leptin and insulin work in tandem with each other)
- Eating more than what your body needs
- Over-exercising, especially if your hormones are already damaged
- Grain and Leptin consumption

### **Chances that you have Leptin issues**

There are several pointers regarding your Leptin status that tell you that you may be having leptin issues that would need to be addressed. It could be that you are having problems/

troubles sticking to a certain diet. Maybe you have been on a certain diet that you found very hard to stick to. Don't worry, you are not the problem. It is the excess Leptin in your body.

Do you constantly crave foods? Are you the kind of person that finds yourself frequenting fast food joints? Are you overweight? Maybe your weight has been the greatest hindrance to your happiness and rips you from your self-esteem. Do not blame yourself or curse those 'unforgiving genes'. It is your high Leptin level.

Sometimes you may feel that persistent urge to snack. This happens more especially at night, a few hours after dinner. All indications that you have Leptin issues.

Drug treatments are not likely to solve Leptin resistance, just as they are ineffective and even counterproductive for insulin resistance. The ideal way to correct Leptin resistance is through your diet. A strategic whole food diet that emphasizes good fats and avoids blood sugar spikes will enhance insulin and Leptin sensitivity.

### **Obesity can trigger growth of cancer cells.**

Cancer related deaths. The growing population of cancer patients is alarming. This is the news that has been hitting our screens. It is something devastating to think about, given the grim statistics of the ever-increasing number of patients. Leptin and insulin resistance is front and center to the issue of obesity. Obesity is now a problem of epic proportions as it increases your risk to a wide variety of other diseases. In fact, there are at least 20 different diseases and conditions that are *directly* attributing to being overweight. This societal problem has emerged in just the past four decades, largely due to misguided dietary guidelines and our bodies ancient urge to store foods in case of starvation.

Cancer is one disease related to excess weight. According to recent research, being obese promotes the growth of existing tumors regardless of diet, which may help explain why lean cancer patients often have better outcomes than their obese counterparts. The animal study, published in the Oct. 15 issue of the journal *Cancer Research* showed that tumors in obese mice grew much faster than in lean mice eating the same diet. According to the

authors:

*In this study, we show that obesity facilitates tumor growth in mice irrespective of concurrent diet, suggesting a direct effect of excess white adipose tissue [fat tissue]. When transplanted into mice, adipose stromal cells can serve as perivascular adipocyte progenitors that promote tumor growth, perhaps helping explain the obesity-cancer link.*

Obesity is a leading lifestyle disease and to a woman, it means more than this, especially during these times when the pressure to appear a certain way means everything. Obesity can make you feel sexually unattractive and helpless in your attempts to thwart it. Do you have this problem? Do you want to achieve amazing weight loss without any pain? What do you need to do? Continue reading to find out.

### **Fight Obesity and Reduce Tumor Potential**

Obesity can trigger the development of tumors in your body. As stated in the featured journal, the implications are clear:

*Reduce obesity before the appearance of tumors and after. Previous research has shown exercise can convert cancer-boosting “white” fat cells to the more health-promoting “brown” fat (a heat-generating type of fat that burns energy instead of storing fat).*

If you won't hinge your health and well-being on that, you're likely going to miss the boat and join the ranks of cancer statistics. Research has shown that certain groups of people tend to have more brown fat than others, and there are direct correlations between the activation of brown fat and metabolic measures of good health.

For example, slim people have more brown fat than obese people do and younger people have more brown fat than elderly people. Also, people who have normal blood sugar levels have more brown fat than those with high blood sugar. So, one may ask whether there is a way of converting harmful white fat into health promoting brown fat without using drugs (supplements)? The answer is: a solid yes! And by solid I mean solid muscle.

In one mouse study, (never dismiss them as animal studies,) the animals converted white fat into brown fat simply by exercising. The study, published in the journal *Disease Models and Mechanisms* in May 2012 found that, during exercise, the animals muscles released an enzyme called irisin, which sparked the conversion of white fat cells to brown fat. Another study published in *Nature* also suggests irisin may be a key to explaining the therapeutic benefits of exercise on metabolic disease. The authors wrote:

*Irisin acts on white adipose cells in culture and in vivo to stimulate UCP1 expression and a broad program of brown-fat-like development. Irisin is induced with exercise in mice and humans, and mildly increased irisin levels in the blood cause an increase in energy expenditure in mice with no changes in movement or food intake. This results in improvements in obesity and glucose homeostasis.*

In other words, the study emphasized good exercise as a key to conversion of white fat - the unhealthy fat - to brown fat. By exercising, you reduce the risk of developing cancer.

So, in a summary form, exercise to avoid being obese, which in turn will decrease your chances of developing cancer.

## Chapter 3: The Leptin Diet

For years people have been gaining weight while shunning the diet that is/ (has been) touted as unhealthy. We have been told that fat is no good for us to eat and that we should consume low fat diets. Because of this erroneous advice, our bodies have glucose-based burning metabolisms when they are supposed to be have fat-based burning metabolisms! The reason as to why we should have a fat-based metabolism? Glucose-based metabolisms are for sudden bursts of energy while fat-based metabolisms are slow and efficient and what the body prefers.

As we saw earlier, Leptin is a fat hormone that tells your brain when to eat and when to stop eating. A few years ago the pharmaceutical industry was enthusiastic to produce Leptin in an attempt to help people lose weight. They succeeded, not in helping people lose the excess fat on their tummies but in producing the hormone itself. Why? They realized that obese people had more of this hormone that should have helped them cut their weight. However they desired more and more food to get satisfied. This sounds contradictory, I know, but note that the levels of Leptin were not the issue. The only important thing would be their Leptin sensitivity, however little it was!

The brain, not sensing the Leptin, frantically signals for more and more fat to be stored in the body. Since Leptin is made by fat cells, your body has to make more fat to produce enough Leptin that would finally get its message across to the brain to stop being hungry and stop fat storing. The unfortunate thing is that foods that trigger Leptin resistance are exactly the foods that we are taught are the foundation of the healthy food pyramid such as grains, pasta, cereal, breads and starchy vegetables. These starches and simple carbs lead to higher blood sugar levels and the inability of insulin to function properly. This is what is known as insulin resistance or dysinsulinism.

We are finding ourselves in situations whereby our bodies are aging faster. High blood sugar levels are the hallmark of aging. This is how it happens: when sugar combines with proteins in your body (a process called glycation), it triggers chemical reactions that can promote free radicals (unstable protein molecules) that cause damage to fat cells.

The objective of this diet is to burn fat to yield energy. Good fat will help burn Leptin. Eating fat doesn't make you unhealthy, it is being unable to burn fat that does. Eating good fat lowers Leptin levels.

Leptin resistance will desensitize your taste buds to sugar and make you crave more sweet foods. Sugar that is not burned is converted into saturated fats, a kind of fat that is resistant to burning. It is then stored as fat and produces even more Leptin in response to sugar thereby worsening Leptin resistance.

You will realize that grain fed animals produce more saturated fat than grass-fed animals. So, if you are eating sugar (or foods that will convert into sugar) and fat together, normally the body will burn the sugar and store the fat.

There are many different types of fats but the basics are the fats that are good for you and the fats that are bad for you.

We have polyunsaturated fat that is liquid at room temperature. This includes: vegetable oils, which contain Omega-6 fatty acids such as soy, sesame, corn, peanut and sunflower oils. Other examples of polyunsaturated fats are Omega-3 fats such as fish oils. All unsaturated fats are unstable and are easily oxidized and hence easily promote the formation of free radicals (cancer causing cell damagers). Frying polyunsaturated fats in a pan accelerates the rate of the formation of free radicals.

Trans-fats and hydrogenated fats are particularly unhealthy and you should avoid them completely. They can be found in most baked goods like cakes, cookies, pie crusts and crackers.

Saturated fats are solid at room temperature and are found in grain fed meat and dairy products (milk, cheese, lard and butter). Coconut oil is also considered a saturated fat. Our bodies store fat as saturated fats. Saturated fats are unhealthy and should be limited as they increase "bad" cholesterol and promote heart disease.

## **Are there 'Good' and 'Bad' Foods?**

It is time I should clarify something about various foods. It is something to do with a phenomenon that I would call 'disinhibited' eating. There is this belief that there are good meals that you should eat and others that you should shun completely. Research shows us that a psychological phenomenon happens when you believe that you have eaten a 'bad' food that you were warned against. So, when you step over the forbidden lines this will lead you to an all-out feeding frenzy (Lemmens S.G et al.2010, Sterling and Yeomans, 2004). You probably have experienced something like this before, say when you join your friends for a night-out. When you are with your friends, instead of ordering something like salad, you go for something like wings or pizza as a group. Well, you had been faithful to your diet over the week, eating only the 'healthy' foods: vegetables, some fruits, salads, lean protein, salads and had said "no" to grains and processed foods so why not indulge a little?

Having already crossed your line with the order, you throw caution to the wind and over-indulge in the 'bad' food. That one slice of pizza you take turns into five slices and a few beers. Afterwards, you will find yourself again and again craving that meal and you might even plan to meet up with your friends again sooner just for another bite. So, if you found/find yourself in such a scenario, then you are a victim of 'disinhibited' eating. The only way to experience that all-out eating frenzy is by having the belief in your mind that there are in fact 'good' and 'bad' foods.

It is the calories in your food that matter, not the type of food. It would be more logical and even more helpful to you, if you view food from a standpoint of total calories. The total calories that you consume are the ones that will determine your weight loss success. It doesn't matter where the calories come from, the only thing that should worry you, in fact, is hitting your calorie targets for your personal weight loss goal and more importantly, balance your diet.

Did you notice the word 'balance' pop up again? You should balance your food which includes a range of foods from all forms of vegetables, all forms of fruits, grains, dairy, meat, poultry, fish and seafood to even the processed foods, fast food, candy and whatever people would call 'junk' food.

The bottom line is that *all foods* are okay to eat, while some just need to be limited in their consumption. This goes a long way to keeping your sanity and satisfaction intact while being healthy, losing weight and appreciating your body and what keeps it that way.

### **Know your Hot Button Foods**

You are likely to have some foods that do not work well with your body. Do yourself a favor in *limiting* their consumption if you want to be on the safe side, although we should never label them as 'bad' foods. Everyone has their best foods and trouble makers too. Like for some of my friends, peanut butter is their troublemaker food, or in this context their 'hot button' food. This would mean that one bite would lead to the whole jar. So, if you know your hot button food, just limit your exposure to it.

If you don't know what your hot button food is, take your time, identify it, expose yourself less to it. You will notice that I am not labeling any food as bad; all I am saying is to identify your triggers and save yourself from constant set-backs.

## Chapter 4: Controlling Leptin Resistance

From the previous discussions, we have learned that high levels of Leptin cause Leptin resistance and its preceding health complications. It is essential to find ways to correct Leptin resistance in a natural and healthy way.

As I said, this is a complex problem, but not an irreversible one. Dr. Jack Kruse (a neurosurgeon) and Stephan Guyenet (an obesity researcher) have both written in depth about the causes of Leptin imbalance and the possible ways to reverse it.

In short, the (non-negotiable) factors that will help improve leptin response are:

- Consuming little to no simple starches, refined sugar, refined foods, and fructose.
- Eating large amounts of protein and healthy fats, as the first meal in the morning, possibly as soon as you wake up. This has two benefits: it promotes satiety and gives the body the building blocks to make hormones.
- Getting outside during the day, most preferably barefoot and with your skin exposed to mid-day sun.
- Avoid snacks: constant eating, even small amounts, during the day will keep your liver working and doesn't give hormones a break.
- Don't work out at first, especially if you are highly Leptin resistant. This will just be additional stress on the body. Allow your body a little time to heal first, and then you can start exercising.
- When you do begin exercise, do only sprints and weightlifting. Walk or swim if you want to but limit high-impact cardio workouts like long-distance running as it is too stressing on the body. High intensity intervals and weight lifting on the other hand give the hormone benefits of working out without the stress from excess cardio and are great to begin after the first few weeks. Also, workout in the evening, not the morning, to support hormone levels.
- Remove toxins from your life as these are a stress on your body. There will be more specifics on how to accomplish this in the next few weeks, but getting rid of processed foods, commercial deodorants (make your own) and commercial soap

(use microfiber) will go a long way!

- Eat (or supplement) more Omega-3s (fish, grass-fed meats, chia seeds) and limit your Omega-6 consumption (vegetable oils, conventional meats, grains, etc.) to reduce inflammation.

Your daily calorie burn is what we call 'maintenance'. When we say 'maintenance' we are referring to the number of calories your body burns in a day vs. the number consumed should even out so you don't gain or lose weight, but you rather 'maintain' your weight and your metabolism. For example, if you burn 1800 calories today and you eat 1800 calories today you are eating up to maintenance. This is what an 'eat up' day is in this program - Eating up to the total number of calories you burn in each day. This is in contrast to a 'cheat' day where you're instructed to eat significantly above maintenance, in some cases 1000's of calories above maintenance. In my experience having full out 'cheat' days just leads to a string of days of binge eating that sets you spiraling backwards both physically and metabolically.

### **What should I be eating and how much?**

Generally, the caloric need falls somewhere between 1800-2500 calories for men and 1200-1800 calories for women.

If you want to lose weight you should consume: carbohydrates, protein and fat and in the target ratios of 40:30:30.

You don't need to be calorie obsessed but again do not be calorie ignorant— familiarize yourself with the caloric content of the foods you commonly eat.

The following Leptin rules will help you:

- i. Never eat after dinner. Finish eating dinner at least three hours before bed.
- ii. Eat three meals a day. Allow 5-6 hours between meals.
- iii. Do not snack!
- iv. Do not eat large meals. Finish eating when you are slightly less than full.

- v. Eat a breakfast containing protein. Reduce the amount of carbohydrates you eat.

Why you should:

1. Never snack - snacking keeps the liver busy working to breakdown the food you consume instead of burning stored food for energy. Notice that you feel full and energized on the 400 to 500 calorie meals.
2. Never eat after dinner - you are likely inactive at this time, hence most of your food will be converted to sugar and stored rather than burned off. Furthermore, this is the period you can optimize your Leptin.
3. Eat only three large meals a day - eating only three meals gives your body all the energy it requires. When the meals are well spaced, the body will have enough time to burn the stored fats.
4. Eat more proteins (than standard protein recommendations) - proteins have a better utilization to storage ratio in the body. Eating more proteins than fats and carbohydrates will give the body more energy and not overwork the system.

### **Determine your Portion Sizes**

There are two ways in which you can determine your daily meal portions.

Please note that all diet programs have one thing in common; they help you prepare a daily diet with adequate calorie content for your daily body 'maintenance'.

Within this setup of the program, particularly on Low Carbohydrates and Moderate Carbohydrates days, you have two options to determine the quantity of food you will eat at each meal – either the portion method or the calorie method. I personally prefer the portion method.

We will discuss more on that in a moment. But let us first talk about how to determine the

appropriate portion size for you and your body for each of the three major nutrients: protein, carbohydrates, and fat. This method is known as the hand/fist/thumb method.

With this method, a “portion” of protein is equivalent to the size and thickness of the palm of your hand. This could be anything from a chicken breast or pork chop to a serving of tofu. For carbohydrates, a “portion” is the size of your clenched fist. Think of an apple or orange to a scoop of pasta or beans similar in size.

Lastly, for fat a “portion” is equal to the size and thickness of the tip of your thumb. We will find this particularly for “pure” fats like olive oil and butter, but some major sources of fat come in the form of mixed-nutrient foods (like nuts or cheese). For nuts, we pick a small handful, and for cheese the equivalent of two "thumbs" is acceptable.

A list of fats that fall into this category will be provided in the food lists section of the manual.

In a summary, here are the portion guidelines:

Protein - Size and thickness of the palm of your hand

Carbohydrates - Size of your clenched fist

Fats - Size and thickness of the tip of your thumb for oils and butter

Cheese - Two "thumbs"

Nuts - Small handful

Hand-based portion sizes work so well because they are relative to the size of the individual. Smaller people with smaller hands will eat less food because they require fewer calories. Similarly, larger people with correspondingly bigger hands will eat more food because they require more calories.

## Conclusion

You should now have a fairly good understanding of why it is important to have healthy Leptin levels in your body. To maximize the benefits Leptin can give us and avoid Leptin resistance we should learn and follow these simple rules of Leptin.

1. Never eat after dinner. You should finish eating dinner at least three hours before bed.
2. Take only three meals a day allowing 5-6 hours between meals.
3. Do not snack!
4. Do not eat large meals, just take what is enough. In fact, finish eating when you are slightly less than full.
5. Always take a breakfast containing protein.
6. Reduce the amount of carbohydrates you eat.

This will aid you in restoring fitness to your fat cells, hormones, and cellular metabolism and enable you to have better energy from the food you eat while at the same time attaining or maintaining your optimal body weight.

We have also learned that insulin and Leptin resistance are core factors in obesity, which in turn is a risk factor for cancer and may boost tumor growth. We have seen that the answer to addressing Leptin resistance has nothing to do with pills (Leptin supplements). For you to reverse insulin and Leptin resistance:

- Limit your exposure to sugar, fructose, grains, and processed foods that may trigger Leptin resistance.
- Eat a healthy diet comprising of whole foods, ideally organic or grass-fed meat and replace the grain carbohydrates with protein.
- Eat meals with more proteins than fats and carbohydrates.
- Eat as much high quality healthful fat (polyunsaturated) as you want while limiting your saturated fats. For optimal health, most people need upwards of 50-70 percent of fats in their diet. Some good sources of fats include coconut and coconut oil,

avocados, nuts, and animal fats. You should also take a high-quality source of animal-based omega-3 fat, such as krill oil.

Other helpful tips include adding healthy goodies to your diet. Make sure that you take fruits like juicy grapes, crunchy snow peas or deep red cherries after every meal. Veggies should be added into stews, soups and sauces. Do not eat like you are running to catch a train.

When eating, make sure you eat slowly and mindfully, savoring every bite and use small serving plates to reduce the amount you eat but don't starve yourself as this slows down your metabolism. Limit fried foods, mainly cooking by roasting, boiling or grilling.

Take a lot of water at every available opportunity. It is good that you take a lot of water before meals as it will make you feel full and hence eat less. It will also help in your workout as you will be able to exercise more. Then you should end each meal with a glass of water.

Exercise Regularly. You can burn calories by riding a bike, cleaning, shovelling snow, washing your car, maintaining your yard, walking your dog or even by having some great sex.

Go for walks! Taking a walk when the weather is cooperative is a simple and natural way to keep fit. Take the stairs or park your car far from your destination. Sweep your drive instead of blowing the leaves. Talk with coworkers, friends or loved ones while strolling outdoors instead of sitting down!

**Thanks again for downloading this ebook. For more up to date information on this topic, Please Visit our Website at [leptinwisediet.co](http://leptinwisediet.co)**