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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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