



Leptin Diet® 101

Tips and Strategies for Your Weight Loss Success



www.wellnessresources.com/leptin

What is LEPTIN?

Fat cells produce the powerful hormone leptin, a primary force instructing metabolism, weight loss and hormone balance. Leptin communicates directly to your brain and tells the brain how much fat is in storage. Leptin problems are the primary reason for food cravings, overeating, faulty metabolism, the obsession with food and heart disease.

Learn how to eat in harmony with the fat hormone leptin and take charge of your health following The Leptin Diet®!

Know the Five Rules and Follow Them.

1. Never eat after dinner.
Finish eating dinner at least three hours before bed.
2. Eat three meals a day.
Allow 5-6 hours between meals. Do not snack!
3. Do not eat large meals.
Finish eating when you are slightly less than full.
4. Eat a breakfast containing protein.
5. Reduce the amount of carbohydrates you eat.

The goal of these rules is to help you restore fitness to your fat cells, hormones, and cellular metabolism, enabling you to have better energy from the food you eat while attaining or maintaining your optimal body weight.

See *chapter 5 of The Leptin Diet*

Exercise

Exercise turns on genes that facilitate healthy leptin function and metabolism. Consistency is more important than intensity. Do enough to see progress in terms of a fitness feeling and support of your weight loss effort. Do something you enjoy – walking, running, yoga, strength building, etc.!

Eat Well

Just as timing of eating is important, so is what you eat. Eat a variety of fresh, organic foods that give you good energy! It's important to cut out the chemicals and additives and eat REAL food.

>> See *chapter 8 of The Leptin Diet*

What and how much should I eat? The idea of a 2000 calorie diet is for food labeling purposes. The calorie need for women generally falls somewhere between 1200-1800 calories and the range for men generally falls between 1800-2500. The heavier your ideal weight and the more active you are, the more calories you can consume.

For weight loss, consume: 30% protein, 30% fat, 40% carbohydrates. You don't need to be calorie obsessed, but don't be calorie ignorant. Familiarize yourself with the content of the foods you regularly eat.

Daily Protein and Fiber Intake:

- ▶ **Protein** – 65-75% of your ideal body weight in grams of protein per day.
- ▶ **Fiber** – 35-50 grams per day.

High-protein foods include:

Cottage cheese, red meat, eggs, milk, cheese, fish, chicken, legumes, nuts and seeds.

Wellness Resources® Daily Protein and Daily Protein Plus are both delicious whey protein options. We do not recommend soy products, as soy can irritate the thyroid gland and can inhibit weight loss.

Dietary Supplements

Supplements are helpful to keep energy up, cravings at bay, hormones working better, and metabolism engaged properly in calorie burning. Dietary supplements make progress easier for most and are quite helpful for getting started, staying on track, or breaking through a weight-loss plateau.*

The Leptin Control Pack®

The Leptin Control Pack® provides our top weight management supplements in convenient on-the-go packets. These are comprehensive nutrients to support leptin and thyroid function, improve energy and mood, reduce food cravings and more.*



Each packet contains:

- 1 - Leptinal®
- 1 - Thyroid Helper®
- 1 - LeptiSlim®
- 1 - Stress Helper®
- 1 - Cinnamon Plus™
- 1 - Mangosteen Plus™
- 1 - Quercetin

Dose recommendation: 2-3 packets per day.
60 packet container: \$152; 20% off: \$121.60

Sign up for Auto-Ship and Receive:

- 25% off The Leptin Control Pack, and ALL other supplements!
- FREE standard shipping on AutoShip orders over \$120

New! The Leptin Diet®
Online Community Forum

Learn, Share, Succeed! Check it out today:
www.WellnessResources.com/forum

To Order or Speak with a Leptin Diet® Coach Call: 800-717-WELL • 952-929-4575

JumpStart Your Weight Loss Program

(Optional Program)



JumpStart Your Weight Loss Program Details...

- Rapidly get your weight loss on track
- Shrink your stomach
- Boost energy & muscle function while eating less food
- Balance leptin & other metabolic signals

MUST read article for program details at WellnessResources.com

Phase 1

Days 1-3:

- 3 Daily Protein smoothies per day, spaced 5-6 hours apart
- NO SNACKING between meals
- First 2 days are hardest, especially at night.
- Use willpower, after several days you will be amazed that most of your cravings are totally gone!

Day 4:

- Breakfast & lunch - smoothie
- Dinner - 400-500 calories
- 4-6 oz portion of lean protein or 2% cottage cheese
- 2 servings of vegetables
- 1 serving complex carbohydrate

Beverage/Caffeine Allowance:

- Coffee or tea at breakfast & lunch, but not dinner
- Cream or 1/2 and 1/2 okay
- No sweeteners, natural or artificial
- Drink 8 - 8 oz glasses of water per day (total 64 oz)

Phase 2

Decide how much weight you want to lose and the rate you want to go. You can either do two protein drinks per day, usually breakfast and lunch, and then eat a 400 to 500 calorie dinner or you can do the three protein/fiber drinks and eat a dinner every other day or every third day.

Phase 3

Once you've done this for three to four weeks then either continue Phase 2 as long as you wish, or go to one protein/fiber drink at breakfast and two meals per day.

You should notice that you feel full and energized on the 400 to 500 calorie meals, you have no desire to snack or eat after dinner at night, and you continue to lose weight if weight loss is needed.

If you find yourself back in a bad eating pattern, go back to Phase 2 or if needed, Phase 1.

Daily Protein Smoothie:

- 1 1/2 scoops of Daily Protein Plus
- 1 heaping tbs of LeptiFiber
- 8-10 oz. of 2% milk, rice or almond milk, vegetable juice OR 50:50 juice:water
- 1 serving (or 2 - 1/2 servings) of fruit - in smoothie or separate
- 400-500 calorie minimum



Tips for the Leptin Control Pack®:

- Take 1 packet before 2 meals with 8oz of water for a total of 2 packets per day.
- If lunch and dinner are typically more vulnerable to make less healthy food choices or to over eat, then take the Leptin Control Pack at those times.
- Be sure to cut out snacking between meals! This includes any naturally or artificially sweetened beverage. If you experience chronic hunger in between meals, try these tips:
 - ▶ Take extra LeptiSlim® or Pine Nut Oil between meals to help cravings.
 - ▶ Drink 8-16oz of water as the hunger and thirst signals are often confused.
 - ▶ Take a look at what you ate at your last meal. You may need more protein or healthy fat to sustain energy.
 - ▶ Be sure to get 20-30 grams of protein at breakfast. This helps reduce cravings later in the day.

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Get Started NOW!

Total Support Package

- Leptin Control Pack®
- 2 Daily Protein Plus Original
- LeptiFiber® - Powder
- Daily Energy Multiple Vitamin
- *The Leptin Diet* book
- FREE Protein Shaker!

Retail \$331.45, 25% off ONLY \$245.21

Basic Support Package:

- Leptinal®
- 2 Daily Protein Plus Original
- LeptiFiber® - Powder
- Daily Energy Multiple Vitamin
- *The Leptin Diet* book
- FREE Protein Shaker!

Retail \$234.45, 25% off ONLY \$172.46

To Order or Speak with a Leptin Diet® Coach Call: 800-717-WELL • 952-929-4575