

# **[PDF] The Fat Resistance Diet: Unlock The Secret Of The Hormone Leptin To: Eliminate Cravings, Supercharge Your Metabolism, Fight Inflammation, Lose Weight & Reprogram Your Body To Stay Thin-**

**Leo Galland - pdf download free book**



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## Description:

### Review “The new new thing in dieting.” —*The Wall Street Journal*

“*The Fat Resistance Diet* teaches us how to alter our biological hardwiring to lose weight and keep it off. Dr. Galland spotlights Leptin Resistance—a condition that drives millions to gain weight, despite futile dieting efforts.”

--Mehmet Oz, M.D., #1 *New York Times* bestselling author of *You: The Owner's Manual*

“In a world of fad diets, Dr. Leo Galland’s *Fat Resistance Diet* brings leading-edge science to bear on the problem of obesity. This program revolutionizes our understanding of weight loss and health enhancement.”

—David Perlmutter, M.D., F.A.C.N., author of *The Better Brain Book*

“Dr. Galland cuts through the diet myths to reveal the critical relationship between hunger, inflammation, and body weight, and provides delicious ways to reduce all three.”

--Lawrence J. Cheskin, M.D., Director of the Johns Hopkins Weight Management Center

“A welcome change from the most recent diet fashions, Galland’s book deserves a wide readership.”

--*Library Journal*

**About the Author Leo Galland, M.D.**, is an internationally respected expert in nutritional medicine and the Director of the Foundation for Integrated Medicine in New York City. He received his education and medical training at Harvard and NYU, and is the author of two highly acclaimed books. He has appeared on *Good Morning America*, CNN, and PBS.

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