

THIRD EDITION



Mastering LEPTIN

YOUR GUIDE to Permanent Weight Loss
and Optimum Health

The **FIRST** book to
explain the fat hormone
LEPTIN and what you
can do to master it!



BOARD-CERTIFIED CLINICAL NUTRITIONIST

BYRON J. RICHARDS, CCN
WITH **MARY GUIGNON RICHARDS**

Mastering Leptin Permanent Weight Optimum

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