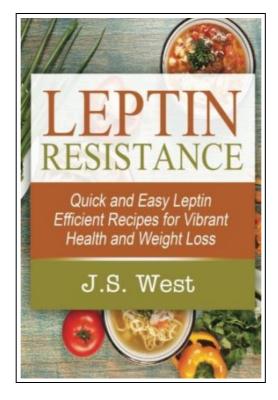
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Print on Demand ******. Over 25 healthy recipes from an experienced chef included in this book! After reading this book, you will know how to nourish yourself properly instead of how other people want you to eat. You will become your very own chef and nutritionist and by the time you start cooking out of The Hunger Effect, Leptin and Its Resistance, your life will be changed. Why would you spend your life trapped in a world of stress when life goes by so fast? Take a deep breath and remove all negativity. Soon everything will become clear in the kitchen and your life. What is more refreshing for the mind and soul than a comforting meal cooked by your mother or wife? Nothing. Remember coming home from school and smelling your mother cooking dinner? How did you know how delicious it would taste and how great it would be for your body before taking the first bite? Because our memories told us that the food would be satisfying for the body and mind. As a child, your hypothalamus and leptin were not developed enough, so your parents would regular your appetite. The combined effort of the gland and hormone let you know when you are full and prevent you from becoming overweight. When the leptin resistance sets in, you have been taking in too much food and the leptin does not function properly. To correct it, you will need to be resilient and instill healthy eating habits and an exercise regimen. To assist you, you can use these easy recipes you can make at home, easily and quickly, giving you time for other things. Your body needs fat, protein, healthy carbohydrates, vitamins,...

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