



THE FASTING PODCAST **WOW**: EPISODE 115 – LEPTIN & GHRELIN HUNGER HORMONES

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The **Fasting** Podcast **WOW** (Wellness & Optimal Weight)



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What About Leptin & Ghrelin?

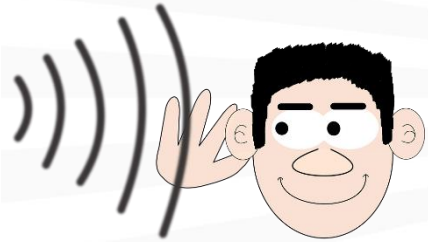
- Leptin is the peptide hormone secreted by the fat cells to signal the brain whether you need more food for energy or whether you have enough fat stored - satiety
- Ghrelin is a peptide hormone produced in the gastrointestinal tract, especially the stomach, to trigger intake of more food – hungry
- In our last episode 114 we talked about insulin resistance, similarly many of us are LEPTIN resistant and insulin resistance situation can also affect leptin resistance – leading to over-eating even after meals
- As many of us have leaky gut situation, we also may have leaky brain with deterioration and dysfunction of the blood brain barrier
- The leptin and ghrelin hormone balancing happens primarily in deep sleep, so high quality sleep, perhaps starting at 10pm may help you
- These hormones are made of protein, so they can become glycated (episode 38) contributing to inefficiencies of leptin/ghrelin handling





Possible Signs of Leptin Resistance

LISTEN to your
body



- Overweight tendency especially around middle
- Difficulty in losing weight
- Large appetite
- Craving sweets after a meal
- Eating sweets doesn't fully relieve craving
- Tendency to regain weight after weight loss – yoyo dieting or rebounding
- Poor quality or not enough sleep
- Brain fog or difficulty concentrating
- Sedentary lifestyle
- Excessive inflammation
- Poor energy level
- Blood sugar imbalances
- High triglycerides
- High blood pressure
- Feeling stressed out often



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Test for Leptin Resistance




- Doctors normally don't test for leptin resistance because there are no medications for that condition
- Functional doctors can request a fasting leptin level test, with ideal range of 4-6 ng/L
- Without a test, look at the list of possible signs and assess your likelihood of having a challenge that may need to be dealt with



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Possible Solutions

- 
- ✓ Clean balanced keto – ep 16 – lower net carbs with **all natural eating, plentiful pure water, natural personal & cleaning products... (low toxins)**
 - ✓ Focus on high quality deep sleep, ideally starting 10pm
 - ✓ Manage or reduce stress – along with deep breathing
 - ✓ Reduce body fat including visceral fat
 - ✓ Longer fasting window (e.g. 16:8 or 18:6), avoid snacking & grazing
 - ✓ Soluble fiber e.g. chia and flax – slows absorption of glucose decreasing likelihood of becoming insulin resistant – helps satiety
 - ✓ Plant-based protein, ideally with omega 3 good quality salmon, wild caught fish, grass fed – some plant-based protein powders – helps satiety
 - ✓ Omega 3 fats – anti-inflammatory and crucial to cell membrane health and insulin sensitivity – many diets are too high in omega 6 – flax and chia seed have a combination – can help satiety



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More Possible Solutions (Goal = Leptin Sensitivity)

- ✓ Optimal vit D levels, B vitamins especially B12 & B6, anti-inflammatory nutrients, fermented foods, adaptogens, curcumin, resveratrol...
- ✓ Digestive & gut health – see episode 67 for enzyme/probiotic/mineral blend – w/ niacin-bound GTF chromium (best form blood sugar balance)
- ✓ Open and cleanse detoxification pathways
- ✓ Increase resistance training workouts & activity or movement
- ✓ Molecular hydrogen (H₂) – selective antioxidant, anti-inflammatory...
www.wowh2water.com
- ✓ Mitochondria nutrients – reduce glycation, aid blood sugar levels, and cross blood brain barrier – contact Julie@JPWOWPrograms.com for details
- ✓ Use a body composition scale to know your body fat % and visceral fat #
- ✓ Review previous episode 114 – Insulin, Weightloss & Fasting



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Possible Next Steps



Check out our website: www.JPWOWPrograms.com

Please refer others to the podcast / youtube & give us a good Itunes review

For questions such as which supplement brands I prefer and quantities with timing and feedback, email Julie@JPWOWPrograms.com



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Stay Positive, Focused, & Determined Because
Where the Mind Goes, Energy Flows... *Ernest Holmes*

