

Why Leptin is Your Friend

Leptin is a hormone that is produced by the fat cells in the body. Your brain communicates with your body's Leptin level and triggers hunger (or no hunger.) It's KEY to understand that weight maintenance has more to do with brain sensitivity than with eating.

We eat -> body fat goes up -> leptin goes up -> we eat less and burn more.

Or...

We don't eat -> body fat goes down -> leptin goes down -> we eat more and burn less.

This is ONLY true if our leptin receptors in our brain are functioning well... If the receptors are not functioning, which is what science is finding in obese people, then this statement is not accurate and only serves to frustrate people struggling with weight loss. To help with leptin receptor functionality, it's important to reduced inflammation first, then remove toxic load, and remove refined sugar.

DAILY REMINDERS:

1. Do Your Best To Minimize Eating After Dinner
2. Eat Three Meals a Day
3. Eating Smaller Meals, More Often, Supports Optimum Leptin Response.
4. Eat a Protein-Rich Breakfast - with healthy fat
5. Reduce Carbs

DIET BASICS:

Avoid processed food: Highly processed foods may compromise the integrity of the gut and drive inflammation.

Eat Soluble Fiber: Eating soluble fiber can help improve gut health and may protect against obesity.

Exercise: Physical activity may help to reverse leptin

resistance (do high intensity activity—sprints, etc., with resistance training)

Sleep: Poor sleep has been implicated in problems with leptin.

Lower your triglycerides: Having high blood triglycerides can prevent the transport of leptin from blood and into the brain. The best way to lower triglycerides is to reduce carbohydrate intake.

Eat Healthy Fats: Eating plenty of healthy fat can improve leptin sensitivity. Most people need upwards of *50-70 percent* fats in their diet for optimal health. Good sources include coconut and coconut oil, avocados, butter, nuts, and animal fats. Also take a high-quality source of animal-based omega-3 fat, such as krill oil.

SUMMARY

Insulin and leptin resistance are core factors in obesity, which in turn is a risk factor for cancer and may boost tumor growth. But the answer lies in fueling with smaller meals, more frequently, which contain healthier fats, moderate protein and a low carb ratio. By focusing on improving leptin response, you'll enjoy less cravings, which helps with health goals.

MENU OPTIONS:

Breakfast Foods: Eggs w/Meat; Oatmeal w/Almonds; a nutritional shake with moderate protein and higher healthy fat content

Lunch Foods: Salads with Boiled or Grilled Meats, Nuts, Seeds, Oil and Vinegar; Broth-based Soups; Vegetable Soups; Tea

Dinner Foods: Vegetables with a Grilled Meat cooked with olive or coconut (or other healthy oil). If you need something sweet, try fruit.

NOTE: Whole foods are best. Stay away from canned, take-out,

salted, creamed versions of foods.

Fats for energy:

- Coconut oil
- Avocados
- Butter
- All Nuts – cashews – peanuts – almonds – macadamia – pistachios – walnuts
- Omega 3 oil such as fish oil.
- Animal fat.

Proteins for your muscles:

- Fish – tuna fish – haddock
- Poultry – chicken – turkey
- Meat – pork – beef – eggs

Vegetables and fibers for everything else:

- Cauliflower
- Beans
- Lentils
- Tomatoes
- Spinach

Note that fruit is absent from this list because even though it is perceived as healthy, it is rich in sugar and should be kept to a minimum. Eat more vegetables instead.

NOTES: