Leptin Problems Cause Heart Disease and Obesity

New science linking the hormone leptin to heart disease and obesity. Announcing the second edition of Mastering Leptin.

(PRWEB) June 2, 2004 -- Obesity-related diseases claimed approximately 400,000 lives in the last year, closing the gap on smoking as the leading cause of preventable death in America. Heart disease continues to be the number one killer in America, taking 950,000 lives per year. New scientific discoveries regarding leptin are opening the door to a true solution to the obesity epidemic in America. Startling new breakthroughs now show that leptin problems are the actual cause of high cholesterol, high blood pressure, and hardening of the arteries regardless of a person’s body weight. Scientists have now demonstrated that leptin problems are the most important risk factor known for heart disease.

Leptin is a powerful hormone produced in fat cells, in control of ALL other hormones in the body. It is essential for survival, guiding the proper response to starvation and use of energy throughout the body. Key signs of a leptin problem include: uncontrollable sugar and food cravings, late night eating, stress eating, weight gain around the middle, inability to reach a goal weight, yo-yo dieting, fatigue, and low-thyroid symptoms. Left unhandled these problems lead to obesity, fibromyalgia, diabetes, heart disease, and cancer.

Eating in harmony with leptin is essential for healthy metabolism, especially as a person grows older and begins to struggle with abdominal weight-gain. New science, explained in the ground-breaking health book Mastering Leptin, by Byron J. Richards, is showing that diets that place an emphasis on calorie restriction are doomed to failure in the long run. The precise reason for the yo-yo diet problem has now been identified. When an individual reduces the amount of food they eat, they may lose weight in the short-term, as their body is used to metabolizing a higher amount of calories. However, after a period of time on such a diet the metabolic response to starvation is activated.

The hormone leptin, which is in control of subconscious survival, senses the lack of food during the diet and slows down metabolism to survive the period of famine. Once this happens weight loss stops, usually long before the goal weight is reached. If a person tries to cut calories even more, there is extreme fatigue, poor mood, irritability, and depressed immunity entering into the zone of anorexic-like malnutrition even if significantly overweight.

When more food is eaten these undesirable feelings go away. Leptin levels now indicate that the starvation period is over. At this point leptin commands that calories have the priority of replenishing fat storage. Thus, a person gains all the weight back and usually 5-20 extra pounds before metabolism starts running again.

The more times a person tries this, the more weight they gain. Advanced leptin problems, noticeable in the obese, are reflected in no response to calorie restriction at all and weight gain even when eating moderate amounts of food. These problems occur because the history of dietary abuse causes the leptin fuel gauge to register empty even though there is plenty of fat in storage. The more a person attempts calorie restriction, the worse the problems become.

Leptin problems are prevalent in individuals as they gradually gain weight and cannot easily get back to their goal weight by watching what they eat and increasing their exercise. This type of problem is rampant for individuals in their 30s and 40s, creating a metabolic pattern that induces disease as time goes by. Weight gain around the middle is a sign of resistant leptin problems.
Leptin problems cause the subconscious brain to constantly struggle with a perceived state of starvation even though the individual is not starving. It is now proven that this causes the subconscious brain to direct the liver to produce excess cholesterol, in order to survive! At the same time the excess leptin circulating in the blood generates chronic inflammation. This inflammation uses up the friendly nitric oxide that helps the circulatory system relax, thus causing high blood pressure and sticky blood. These factors are combined with the misguided production of excess cholesterol, creating the newly recognized number one cause of hardening of the arteries, heart attacks, and stroke. The science behind these discoveries is fully explained in the newly released second edition of Mastering Leptin.

Mastering Leptin brings clarity to a lifestyle of healthy eating, resulting in better energy and a higher quality of health. This is the first time it has been possible for individuals to eat in a pattern that actually resolves difficult weight loss and prevents the onset of many diseases of aging. The book describes how to put an end to the confusion of countless ways to eat, maintain a healthy body weight without dieting, and increase energy and metabolism. The findings are backed by 850 of the most crucial and recent leptin-related scientific studies. Richards states, "It becomes obvious that when a person eats is actually more important than what they eat. Snacking turns out to be one of the most harmful eating habits. Those individuals who make a habit of eating late at night are on a fast track to accelerated aging, poor sleep, and poor health. Keep in mind that this is not a fad diet, this is the new science and every person needs to understand it."

The key is eating in such a way that the body does not think it is starving, while at the same time restoring the natural rhythms that regulate a more efficient metabolism. This makes it possible to healthily lose 1 pound per week that will not come back as long as one maintains healthy habits.

Learning to take charge of the hormone leptin can put a person back in control of their metabolism and on a stable path to healthy and permanent weight loss. Doing so directly reduces the health problems that are associated with this epidemic, as well as restoring an individual's energy, mood, and vitality for life.

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Sought-after speaker and on-air guest, Byron Richards, CCN is the first to explain the meaning of over 7,000 studies on the hormone leptin and its link to solving obesity. With 20 years clinical experience, Richards is a pioneer in the field of applied nutrition, and has an extensive understanding of nutritional bio-chemistry as it applies to all aspects of health. He is an expert on the hormone leptin and its amazing relation to weight, thyroid, anti-aging, hormone balance, and disease.

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