

Leptin Program

The Basics:

1. Never eat after dinner. Allow 11-12 hrs between dinner and breakfast. Never go to bed on a full stomach. Finish eating dinner at least 3 hrs before bed.
2. Eat 3 meals a day- No snacks. Allow 4-6 hrs between meals if you can, but **do not** let your blood sugar crash*. You may have to build up to this.
3. Do not eat large meals. Eat slowly and stop before full.
4. Eat a high protein breakfast.
5. Greatly reduce the amount of carbohydrates eaten. No sugars. Eliminate the white stuff (white bread, sugar, etc)
6. Eat plenty of healthy fats (organic butter, olive oil, avocados, coconut oil/milk, and raw nuts)

*Do Not let your blood sugar crash! Eat a snack if you need to, but learn from it. If you cannot go 4-6 hours til the next meal, look at the meal before- it was not enough food, not enough protein, or too many carbs. It may also be the type of carbs you have eaten. Generally the lower glycemic index, more complex the carb the better (i.e. beans, sweet potatoes, brown rice, millet, quinoa, even sprouted breads). Nuts and dairy are part protein and part fat; soy and other beans are part protein and part carb! Your daily food needs will vary with activity and stress levels also. Other reasons for blood sugar crashes include poor physical fitness, sluggish liver/gall bladder with weak adrenals, excess toxins, poor digestion. The need to snack is a reflection of poor liver/pancreas/muscle health and may need gradual conditioning.

*This is a very individual process and you will need to find your own rhythm, but once you learn to balance your leptin levels you will feel the difference!

Other helpful tips:

1. Get enough sleep
2. Exercise your cardiovascular system for a minimum of 40 minutes 3x a week
3. No artificial sweeteners, no MSG
4. Reduce caffeine
5. Drink $\frac{1}{2}$ of your body weight in water per day
6. Eat from the “superfoods” list** –include lots of veggies and herbs
7. Keep your Essential Fatty Acids balanced
8. Avoid all Trans fats(hydrogenated) and other vegetable oils (canola, safflower, soy, etc). Olive oil and coconut oil are the only healthy oils
9. Eat fish 4x week
10. Get enough fiber- 25mg/day minimum
11. Use spices and herbs to add flavor--helps stimulate dopamine & pleasure centers in the brain

****SUPERFOODS**

These foods will help you fast-track your weight loss by healing inflammation and restoring your sensitivity to leptin

Vegetables

Arugula

Bell peppers

Broccoli

Broccoli sprouts

Cabbage

Carrots

Field green lettuces

Leeks

Onions

Scallions

Shiitake mushrooms

Spinach

Fruit

Apples

Blueberries

Cherries

Grapefruit

Pomegranates

Nuts/Seeds

(soak 1st)

Almonds

Flaxseeds

Sesame seeds

Walnuts

Herbs & Spices

Basil

Cardamom

Chives

Cilantro

Garlic

Ginger

Parsley

Turmeric

Green tea