

—HOW TO—

LOSE

WEIGHT

WITHOUT DIETING

ADAM GLASS

Copyright © 2018 Puregreens Nutrition Pte Ltd

All rights reserved.

Published by Adam Glass

Notes to the Reader:

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopied, recorded, scanned, or otherwise, except as permitted under U.S copyright law, without the prior written permission of the author.

The statements found within the pages of this book have not been evaluated by the Food and Drug Administration. This publication is designed to provide accurate and authoritative information with regard to the subject matter covered. If a product or treatment is recommended in these pages, it is not intended to diagnose, treat, cure, or prevent any disease. The information contained herein is meant to be used to educate the reader and is in no way intended to provide individual medical advice. The publisher and the contributors are not engaged in rendering medical advice.

All information contained in this book is received from sources believed to be accurate, but no guarantee, express or implied, can be made. Readers are encouraged to verify for themselves, and to their own satisfaction, the accuracy of all information, recommendations, conclusions, comments, opinions or anything else contained within these pages before making any kind of decisions based upon what they have read herein.

The author of this e-book is not a licensed practitioner of medicine; therefore, the techniques, ideas, and opinions here are not intended as a substitute for proper medical advice! The information provided here is solely for informational purposes only. If medical advice or other professional assistance is required, the services of a competent professional should be sought.

The author does not accept any responsibility for any liabilities resulting from any health decisions made by purchasers of this book.

The words contained in this text which are believed to be trademarked, service marked, or to otherwise hold proprietary rights have been designated as such by the use of initial capitalization. Inclusion, exclusion, or definition of a word or term is not intended to affect, or to express judgment upon the validity of legal status of any proprietary right which may be claimed for a specific word or term.

Individual results may vary.

CONTENTS

Introduction	4
Chapter 1 First Step: Checking Yourself Out	5
Chapter 2 Regaining Leptin Sensitivity The Epi-Paleolithic Way.....	6
Chapter 3 Fuel Yourself According To Your Circadian Rhythm.....	7
Here Are A Few Rules To Follow If You Want To Maximize The Fat-Burning Rate In Your Body:	7
Chapter 4 The (Beginning Of The) End To Your Cravings.....	9
Signs That Your Body Is Regaining Leptin Sensitivity.....	9
Welcome Back To Leptin Sensitivity	11

INTRODUCTION



You step on the weighing scale for the umpteenth time. The numbers don't lie – you're far from your ideal weight. Even if you do lose a few pounds after a juice cleanse or some intense cardio, they always come back – sometimes with *more*.

If that sounds familiar to you, you're not alone. Like thousands of Americans, you're probably stuck with a body that doesn't seem to slim down – no matter how much you diet or how often you go to the gym.

If you're wondering why, the answer is: you could be leptin-resistant.

Researchers observed that those who are overweight or obese tend to have 1 thing in common: leptin resistance (LR). Leptin is a protein produced in your body's fat cells, and it tells your brain whether your body has enough energy to function properly or not.

With adequate levels of leptin, your brain will know that there is sufficient energy (fat) stored, and there's no need for more food. This results in a normal metabolic rate.

However, leptin-resistant individuals have faulty receptors. You may have just eaten a huge meal, but your brain doesn't pick up the signal that you don't need to eat more. Instead, it thinks you're being starved – and tells you to eat more. ALL THE TIME.

That's why leptin is often touted as the 'starvation' hormone. You may have plenty of fat stored – in fact, maybe too much! – but your body is oblivious to that fact.

So, are you leptin-resistant? Let's test your body to find out.



CHAPTER 1 FIRST STEP: CHECKING YOURSELF OUT



Take a good look in the mirror and observe if you have any excess rolls of fat around your stomach, thighs, and arms. Generally, the most obvious sign of leptin resistance is being overweight.

Belly fat is also another sign to look out for. It indicates that your brain isn't aware of how much extra energy you have stored away as fat.

And if you crave food, especially carbohydrates at night, you're even more likely to be leptin-resistant.

What if you have these food cravings but aren't physically overweight but fit?

It may pay to get have your Reverse T3 (RT3) levels checked, as they might be elevated. T3 is a hormone produced by the thyroid that helps to regulate your metabolism, temperature, and heart rate.

Being an inactive form of T3, RT3 is unable to deliver oxygen and energy to your body cells. That's why high RT3 levels are a sure sign of a sluggish metabolism and leptin resistance.

A blood or a salivary cortisol level test are some ways you can check your RT3 levels.

If you're indeed leptin-resistant, there are several ways to reverse this diagnosis and get your leptin levels right.

Read on to find out how.

CHAPTER 2 REGAINING LEPTIN SENSITIVITY THE

EPI-PALEOLITHIC WAY

Whether your body is leptin-sensitive or resistant depends on what you fuel your body with. To transform your metabolism, you must eliminate foods that cause your leptin receptors to 'switch off'. In short, you must eat well and eat right.



The first way to do so is to **eat as soon as possible in the morning**, preferably **within 30 minutes of waking up**. Breakfast should consist mainly of protein (50-75g) and fat, with as little carbs as possible (less than 50g).

Good protein sources include pastured or organic eggs, lean meats, poultry, or fish.

If you're not accustomed to eating meals in the morning, try for some low-sugar protein shakes. They're healthy yet delicious; hearty yet easy to prepare.

Next, continue to **limit your carb intake to 25g** throughout the day. This is especially so if you're more than 30lbs overweight. Try to **avoid starchy foods** such as potatoes or rice as much as possible, at least until you've successfully conquered your hunger cravings.

This may sound counter-intuitive, but **don't count your calories**. They're not as important as you think they are. In fact, it makes more sense to **keep track of the macronutrients – carbohydrates, proteins, and fats** – you consume daily as they provide the necessary nutrients your body needs.



Last but not least, spend a little more on **good fats and oils, like butter, coconut, olive, and palm oil**, but make sure to avoid nut oils for now. They contain high amounts of good cholesterol and anti-inflammatory compounds.

Coconut oil is especially effective because it's a superb source of MCTs (a form of saturated fatty acid called medium-chain triglycerides) which can work wonders for your metabolism. Plus, it can help heal and improve the gut functions of leptin-resistant individuals.

CHAPTER 3 FUEL YOURSELF ACCORDING TO YOUR

CIRCADIAN RHYTHM

Other than knowing what to eat, it's equally important to know *when* to eat. Since leptin production follows a circadian rhythm, an internal 24-hour clock that's constantly running in the background of your brain, it's important to know when to start and stop eating.

Here Are A Few Rules To Follow If You Want To Maximize The Fat-Burning Rate In Your Body:

1. **Don't snack.** At all. Doing so stresses your liver and prevents it from carrying out its daily duties, which work according to your body's natural circadian rhythm. Your meals need to be synchronized with your circadian clock so that your liver is able to work hand in hand with leptin to digest food properly.
2. **Have 3 meals daily.** Any more and it'd be too much food for your body. The excess would be converted to fats, which is not what you want. Eventually, as your hunger and cravings fade, you'd be able to adapt to two meals a day.
3. **Eat breakfast immediately.** As mentioned before, have a meal as soon as you wake up and make sure it's rich in fats and protein while low in carbs.
4. **Don't exercise before or after breakfast.** If you do want to work out, do it after 5pm.



5. **Aim to eat dinner at least 4-5 hours before going to bed.** This will make sure your stomach has sufficient time to digest all the food you've eaten. That way, you won't wake up with a bloated tummy every morning.
6. **Make your surroundings as dark as possible within an hour of sunset.** This helps to set your body's natural circadian rhythm and encourage you to sleep at your body's desired time.
7. **If you struggle with nodding off, try 3-5 minutes of strength training exercise just before bed.** Push-ups or air squats are a good start, but make sure to avoid this if your evening cortisol levels are usually high.
8. **Practice mindfulness when you prepare for bed.** Exercises such as transcendental meditation can help you to de-stress and induce sleep. They are also especially helpful if your evening cortisol levels are elevated.



CHAPTER 4 THE (BEGINNING OF THE) END TO YOUR CRAVINGS

Within the first 4 - 6 weeks, you'll likely notice a change in your appetite. Your cravings will begin to fade as your body adjusts to your new eating habits. During this period, it is a good time to supplement your body with high-grade purified fish oils as they help to reduce inflammation and heal your body from the effects of your past bad eating habits.

Signs That Your Body Is Regaining Leptin Sensitivity

One of the most common reasons many people give up on their diet regime is because most of the time, they're unable to see tangible improvement. Likewise, you may be tempted to fall back to your previous eating habits when you don't see any significant progress initially. But persevere! Over time, you'll begin to notice positive changes such as:

1. **Weight loss.** By becoming leptin-sensitive, you'll naturally have a higher metabolism, which translates into you effectively shedding those extra pounds. Though you might not experience any drastic changes at first, you'll start to feel as if your clothes are getting looser, and perhaps even getting a tad big for you!
2. **Mood and sleep changes.** Instead of feeling hungry and fatigued all the time, you'll be able to feel calm and positive throughout the day. Plus, you won't have to spend hours staring at your ceiling every night before sleep takes over.
3. **Better quality of sleep.** When you wake up in the morning, you'll be more refreshed, energized, and ready to tackle the day head-on.



4. **Less sweating.** If you're one to perspire loads on just a simple walk around the block, you may notice that you sweat much less after you reset and increase your leptin levels.
5. **Shorter post-workout recovery time.** As your energy levels and muscle strength increases over time, not only will you recover faster, you'd experience fewer muscle aches as well.
6. **Appetite and craving changes.** You'll realize that your appetite isn't as huge as it used to be – you are satiated with a smaller helping; your cravings for certain foods tend to fade with time, and you don't struggle with them anymore.

Once you've begun to experience all these, you can start to accelerate your weight loss plan with high-intensity interval training (HIIT) and weights.



WELCOME BACK TO LEPTIN SENSITIVITY

The great thing about regaining leptin sensitivity is that the results are real and tangible to the eye and body.

Once your brain is able to detect leptin signals again, it'll command your body to start burning fat – fast. That means it'll stop telling you to eat more, and you'll stop craving high-carb foods like bread and pasta.

Your body's natural circadian rhythm will be restored and you'll sleep better and feel more relaxed.

In short, your metabolism will return to the way it was supposed to be.

Not only will you have a lean and strong body, you'll also have sufficient energy to last you throughout the day.

By eating the right foods at the right time, you'll be able to naturally lose weight without having to diet!

Adam Glass

