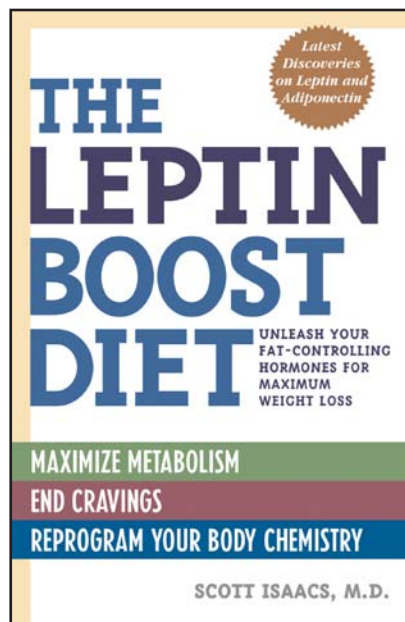


**A scientifically based hormone management program**



\$14.95, Trade Paper  
ISBN10: 1-56975-586-8  
ISBN13: 978-1-56975-586-0  
240 pp, 5 1/2 x 8 1/2

February 2007

#### **About the Author**

**Scott Isaacs, M.D., F.A.C.P., F.A.C.E.**, is a board-certified endocrinologist in Atlanta, GA, where he is the medical director at Intelligent Health Center, a multidisciplinary center for the treatment of endocrine disorders and obesity. He conducts research on obesity, stress, and diabetes and has published many articles in peer-reviewed medical journals, including the *Journal of Endocrinology and Metabolism*, *Diabetes Care* and the *Journal of Critical Care*.

# The Leptin Boost Diet

**Unleash Your Fat-Controlling Hormones for Maximum Weight Loss**

A series of recent medical breakthroughs have confirmed what physicians suspected all along—obesity is a hormonal disorder. *The Leptin Boost Diet* transforms these findings into a unique and easy to follow weight-loss program that is perfect for people whose out of balance hormones make it impossible to lose weight on other diets. The book shows how to optimize leptin and other fat cell hormones so that the body's natural chemistry becomes an ally, instead of a barrier, in the fight against fat.

Dr. Scott Isaacs, a metabolic expert, clearly explains complex topics relating to the newest medical treatments, the endocrinology of fat cell hormones, leptin deficiency and leptin's performance in the body. His program includes clear and concise recommendations on nutrition, physical activity and vitamins/supplements.

By boosting the body's leptin levels, the plan produces positive effects, including appetite reduction and increased energy levels, and long-term benefits like reduced body fat and a healthy metabolism—right away.

Contact Person: Beth Cook, Publicist  
510/601-8301 Fax: 510/601-8307  
E-mail: bethcook@ulyssespress.com  
P.O. Box 3440 Berkeley, California 94703-3440



**Ulysses Press**