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ATLANTA FUNCTIONAL & INTEGRATIVE MEDICINE

5 WAYS

TO IMPROVE LEPTIN RESISTANCE!

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1 Stop Snacking

Focus on getting 3 meals/day and no snacks! When we are snacking in between meals and during the day, our body doesn't have enough time to digest and reset our insulin levels before spiking again. Also when your communication with leptin is off because you are either overeating or your body is holding on to your fat cells, we need to make sure your hypothalamus is getting the message to reset itself. So by limiting or stopping the snacks, your brain gets the message. Cut out your evening snack first and then slowly cut out the rest during the day!

2 Try A 12 Hour Fast

This is perfect because most people eat too late at night especially in the summer because the sun is out later or they are binging on their favorite unhealthy snacks while watching their favorite TV shows. Aim to have a 12 hour fast, at minimum, to reset your digestion, circadian rhythm as well as insulin production. A good rule of thumb, your last meal should end by 7pm and you don't eat again til 7am in the morning. When you reset your fast in the morning, don't overeat, and start off with protein and fiber to keep you full and going til lunch!

3 Avoid Fruit

As healthy as people think fruit is, it actually increases triglycerides in your liver causing fatty liver disease, and insulin resistance. When this happens, this also impacts your leptin hormone. The way to curtail that is to significantly lower fruit consumption or avoid it completely while we are actively trying to bring this number down.

4 Make Sleep A Priority

You have to make sleep a priority! That being said, you have to ensure you have a good sleep hygiene protocol in place. When you're not sleeping properly, this impacts your blood sugar levels, your cortisol production as well as your energy and productivity the next day. Focus on getting 7hours of good quality, restful sleep which will lower your leptin levels over time.

My favorite sleep hacks include meditating, breathing techniques, blue light blockers, sleeping in a very cold environment and I'm personally a huge fan of a weighted blanket as well. Talk to your doctor if a mild herbal sleep aid may be helpful

5 Manage Stress

You may have heard this 1000 times, but it's so important. You have to manage your stress. You may eat perfectly and exercise daily but if your stress is not managed, your waistline and scale will tell you and your metabolism slow down!. You have to make time for self care and self awareness is the first step. Maybe that means you're journaling, coloring, organizing; whatever brings you joy, you need to do that. But essentially learning how you react to stress is the key. There are numerous supplement including shatvari, ashwaghanda, rhodiolla and more that you may be able to try. Talk to your doctor to see if one of those could benefit you!