

## RESTORE *Hunger Control Leptin Signaling*

Achieve & Live a Healthier Quality of Life by Charting Your Success

The biggest challenge for appetite/weight/craving control is continuity, so we designed this chart to help you succeed. Regularly taking **RESTORE Hunger Control Leptin Signaling** is essential to establish correct cell signaling, especially the beginning weeks. Consistent use as needed could also help avoid the yo-yo effect when your body seeks to regain lost weight after weight is lost. Simply check each time you take **RESTORE Hunger Control Leptin**, in the late morning, mid-to-late afternoon, and evening boxes. Measure and record your waist circumference (over the navel) as desired to watch your progress, (it's more accurate than total weight). On the back journal changes you might see in appetite, improved energy & sleep, and reduced anxiety or stress.

### Month 1

### Month 2

Day	AM	PM	EV	Waist	Observations	Day	AM	PM	EV	Waist	Observations
1						1					
2						2					
3						3					
4						4					
5						5					
6						6					
7						7					
8						8					
9						9					
10						10					
11						11					
12						12					
13						13					
14						14					
15						15					
16						16					
17						17					
18						18					
19						19					
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24						24					
25						25					
26						26					
27						27					
28						28					
29						29					
30						30					
31						31					

The hormone leptin is expressed in the hypothalamus (appetite & satiety) and hippocampus (desires and memory) areas of the brain. Leptin is unique in that it controls our sense of fullness, and additionally, directly signals to decrease the emotional and sensory desires for addictive food cravings such as sugars and fats, while promoting awareness and self-control of food intake. Leptin helps establish control of eating decisions.

Please remember that continuity is crucial for re-establishing correct signaling to control cravings and appetite! Due to cell memory, periodic use once goals are achieved helps continue your success and avoid yoyo weight regain.