

Effective Weight Loss - How Women are Finding the Answer to Female Weight Loss

Rebecca Keiller May 12, 2014



Effective weight loss for women

Effective weight loss for women seems to be all about the next fad diet, pill or exercise system. Now, researchers are discovering the key to why many women struggle to lose weight. Leptin is offering answers to effective female weight loss.

([Newsire.net](#) -- May 12, 2014) Adelaide, SOUTH AUSTRALIA -- Effective weight loss for women is becoming more understood by researchers and nutritionists due to the discovery and subsequent study of Leptin and its effect on female metabolism. But it's not just about another quick-fix weight loss system with a

new Leptin pill to pop. According to leading researchers and weight loss specialists, like John Barban, many women simply don't lose weight using the traditional weight loss methods.

John Barban has spent years working in the field of weight loss supplements, with some of the world's biggest brand names. "Science has now discovered that virtually everything to do with weight loss in both men and women is controlled by one master hormone." said John. The key to effective weight loss for women is understanding how the human body produces and uses this hormone, Leptin.

Discovered in 1994, Leptin is a protein made in fat cells. Leptin tells the body that energy levels are normal. Dieting leads fat stores to drop, reducing Leptin levels and, in turn, telling the brain to slow down metabolism in order to store enough fat for normal function. This actually leads to weight gain. When Leptin levels are high, the body increases its rate of metabolism, burning excess fat.

The good news for women is that they have twice as much [Leptin](#) as men, meaning they can burn fat twice as fast as men. However, it's not as simple as increasing Leptin intake with a pill or diet, [John Barban](#) is quick to point out. Every person has a different threshold to Leptin, most likely determined by genetics. This threshold identifies if someone has Leptin resistance, explaining why one woman may eat anything she wants and not put on a pound, while another woman just has to look at a doughnut and her weight goes up. Joking aside, "Women have much more fat burning potential than men. It's just almost completely untapped. It's like your genetics have been playing a cruel trick on you." said John Barban. "It's all about resetting the way your body utilizes Leptin to permanently turn your fat burning switch all the way on, and never let it drop again."

Robert H. Lustig, MD, is Professor of Pediatrics at the University of California. He confirms that a Leptin supplement is not the answer. Leptin resistance is generated by insulin resistance. Reducing resistance to insulin, which affects blood sugar levels in the body, is an important factor in assisting with correct Leptin functioning. Factors that contribute to Leptin resistance include high sugar intake, high carbohydrate intake, high stress levels, lack of sleep and even excessive exercising.

John Barban's, [The Venus Factor](#), is an in depth weight loss system specifically for women who can't seem to lose weight, no matter what diet, supplement or exercise program they try. John's tried and tested female weight loss system focuses on metabolic override. With simple, inexpensive strategies, women find they lose weight fast, and the weight stays off. For effective weight loss, now there is no need for restricting food intake, no strict diet plan and no harsh daily exercise routines. It is simply about working with your body to restore healthy Leptin levels and reduce

Leptin resistance.

And research has not only found Leptin to be a vital part of weight loss, but it also affects bone density and calcium levels in the body, it may have some links to cancers, like melanoma, and even may have an effect on [female infertility](#). Studies are also being carried out on Leptin and its effect on heart health, the immune system as well as chronic inflammatory conditions. Chances are, those who suffer from high blood pressure, heart disease, diabetes and obesity, are likely to have a problem with how their bodies produce and respond to the Leptin hormone.

Intensive research continues to progress on the links between the Leptin hormone and weight loss. Although Leptin is not the latest pill to pop to cure obesity, understanding how Leptin works in and on the body and ensuring maintenance of appropriate Leptin levels is the key to helping women lose weight and keep it off. The good news is that Leptin resistance is reversible. One of the most successful weight loss systems available, targeted directly at women, is The Venus Factor, developed by John Barban. It focuses directly on reversing the effects of Leptin resistance. This system continues to help thousands of women to get themselves to a healthy weight and get their lives back on track.

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