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What is the next step in the evolution of the Leptin Rx? The Cold Thermogenesis Protocol should be added gradually to the Leptin Rx rest protocol. This blog post is additive to the Leptin Rx, and is an evolution extension of it for those who need it. I hope you all realize that not everyone will

The Cold Thermogenesis Protocol - jackkruse.com

[Content note: food, dieting, obesity] I. The Hungry Brain gives off a bit of a Malcolm Gladwell vibe, with its cutesy name and pop-neuroscience style.

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