



From Belly Fat to Belly Flat: How Your Hormones Are Adding Inches to Your Waist and Subtracting Years from Your Life -- the Medically Proven Way to Reset Your Metabolism and Reshape Your Body

Genie James, C.W. Randolph M.D.

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Discover the hidden culprit behind the 'middle-age spread'--and the simple plan that's helped hundreds of women over 30 break the fat cycle!

It's an all-too-common problem once you hit thirty: Despite your best efforts, you just can't seem to lose the extra weight around your middle, and you look in the mirror wondering what month and year you lost your waistline. Medical research proves you're not alone--that the average American gains one to two pounds a year after age thirty--usually around the stomach. Not only does this excess belly fat make you look and feel bad, it's the most damaging kind of fat; a precursor to heart attacks and certain types of cancer.

To the contrary of other diet books, C.W. Randolph, M.D., a champion for women's health, explains that the real reason behind this problem has less to do with calories, carbs, or crunches and everything to do with a little-known but very real medical problem called 'estrogen dominance.' By treating thousands of women safely and effectively for over two decades, Dr. Randolph has discovered why we are in the midst of an estrogen epidemic and how you can save your waistline . . . and your health . . . using his 3-step plan comprised of an anti-estrogenic diet, natural progesterone supplementation, and exercise. You'll learn:

- How to self-diagnose estrogen dominance
- The top ten belly-blasting foods that jump-start weight loss and maintain hormone balance
- How your sleep patterns, exercise habits, and stress levels impact your hormone levels
- Which vitamins and supplements support, not sabotage, your overall hormone balance

The result? Well within four weeks you'll lose pounds and inches... and reveal the flat belly--and the health and vitality that go along with it.

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