



## 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

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

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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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## **Editorial Review**

From Publishers Weekly

Even if dieters have cut out the cheese pizza and ice cream, losing that extra fat around the middle can prove frustrating, especially for those over 30. Author and doctor Randolph (From Hormone Hell to Hormone Well), along with women's health expert James, asserts that much of the blame can be placed on estrogen. A three-pronged approach to reverse the trend, resulting in additional weight loss, involves eating foods to balance one's hormone levels (primarily cruciferous vegetables, citrus and fiber); using a natural, topical progesterone treatment (naturally, he suggests Dr. Randolph's Natural Balance Cream); and taking seven key dietary supplements, including a range of vitamins, a "calcium-magnesium combo" and DHEA. The importance of exercise and physician visits are acknowledged but not discussed ("When You Will Need a Doctor" is essentially two paragraphs about getting one's hormone levels checked). The month's worth of meal plans provided are generally tasty, healthy dishes such as Cauliflower Crab Cakes, Pickled Beets and Grilled Salmon with Dill and Lemon; that said, Randolph's bold assertions and self-promotion give the book an infomercial feel that compromises an otherwise medically sound diet.

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## **Review**

Middle age is dreaded by many as all too often people can't seem to lose that little extra weight that comes with achieving the age 40+. "*From Belly Fat to Belly Flat: How Hormones Are Adding Inches to Your Waistline and Subtracting Years from Your Life*" will explain exactly why this happens to so many people, and more importantly, how to remedy it. It has less to do with carbs and calories says C.W. Randolph, a physician who has treated more than 100,000 women for their hormonal imbalance issues over the year, and more to do with hormones. "*From Belly Fat to Belly Flat: How Hormones Are Adding Inches to Your Waistline and Subtracting Years from Your Life*" will teach readers how to self-diagnose their estrogen dominance problems, everyday culprits that will mess with your hormones, and vitamins that support and hinder your hormonal balance. "*From Belly Fat to Belly Flat: How Hormones Are Adding Inches to Your Waistline and Subtracting Years From Your Life*" is highly recommended to women approaching middle age everywhere and for community library health shelves.

**The Midwest Book Review** (May 2008) (*The Midwest Book Review*)

## **About the Author**

C.W. Randolph, M.D., graduated from Auburn University's School of Pharmacy and received his medical degree at Louisiana State University's School of Medicine. In 2000, Dr. Randolph attended Columbia University Medical School where he completed an intensivetraining in the field of integrated medicine under Andrew Weill, M.D. He is a frequent speaker at medical organizations and is the coauthor of *From Hormone Hell to Hormone Well*.

Genie James, M.M.Sc., cofounded The Natural Hormone Institute of America with C. W. Randolph, M.D. A writer and consultant with an emphasis on women's health and integrative medicine, James also serves as the Executive Director of Women's Medicine, Inc., an organization dedicated to offering women natural medicine products.

## **Users Review**

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#### **Ryan Parker:**

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 can be one of your beginner books that are good idea. All of us recommend that straight away because this book has good vocabulary that could increase your knowledge in vocab, easy to understand, bit entertaining however delivering the information. The article writer giving his/her effort to put every word into joy arrangement in writing 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 yet doesn't forget the main point, giving the reader the hottest and also based confirm resource details that maybe you can be one among it. This great information may drawn you into completely new stage of crucial pondering.

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