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## From Belly Fat to Belly Flat: The Medically Proven Diet to Reshape Your Body

By C. W. Randolph, Genie James

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, From Belly Fat to Belly Flat: The Medically Proven Diet to Reshape Your Body, C. W. Randolph, Genie James, If you're a woman over 30, or a man over 40, it could be happening to you! It's an all-too-common problem when you hit 30: despite your best efforts, you just can't seem to lose the extra weight around your middle. Medical research proves you're not alone - that the average person gains one to two pounds a year after the age of 30, usually around the stomach. Hormone imbalance specialist, Dr C W Randolph, explains that the real reason behind this problem has less to do with calories and carbs, and everything to do with a little-known but very real medical problem known as 'estrogen dominance'. In "From Belly Fat to Belly Flat" you will learn: how to self-diagnose estrogen dominance; the top ten belly-blasting foods; the everyday culprits that impact hormone levels; which vitamins and supplements support and sabotage hormone balance. The result. Within four weeks you'll lose pounds and inches to reveal a flat belly.

### Reviews

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