

[PDF] 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. - pdf download free book

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Author: Genie James, C.W. Randolph M

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Description:

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*)

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