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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

These types of publication is the greatest publication available. It really is filled with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Prof. Lenna Beatty III

This sort of book is everything and taught me to seeking forward and more. This really is for those who statte there had not been a well worth reading. I found out this pdf from my i and dad advised this book to discover.

-- Prof. Griffin Murphy