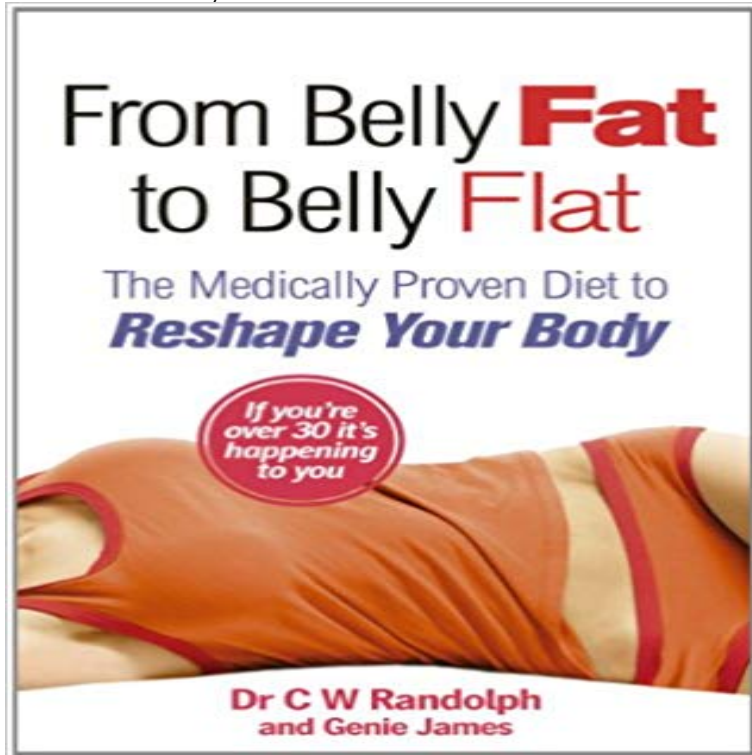


# From Belly Fat to Belly Flat: The Medically Proven Diet to Reshape Your Body



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 oestrogen dominance. In *From Belly Fat to Belly Flat* you will learn:- How to self-diagnose oestrogen 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.

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