

# **'From Belly Fat to Belly Flat', With it's New Revolutionary Approach, is Already a Bestselling Diet and Exercise book within the First Week of Publication**

*Hormones are adding inches to waists and subtracting years from lives. It's time to end all the years of failure, Dr.C.W. Randolph shows how to achieve the weight loss results and flat tummy that women and men have always wanted in his new book.*

([PRWEB](#)) January 7, 2008 -- Dieting and exercising alone are not going to get your stomach flat. 'From Belly Fat to Belly Flat' by C.W. Randolph, M.D., one of the nation's leading medical experts on natural hormone replacement, finally explains how to achieve the weight loss results and that flat tummy you have always wanted.

'From Belly Fat to Belly Flat', just released this week, is already one of Amazon's 2008 Bestselling Diet and Exercise Books.

It's now the New Year, and the effects of all those holiday splurges have many wondering if they will ever be able to get back into their skinny jeans? For woman over 30 and men over 40, chances are that too many of those new extra pounds will stay stuck to their no matter how much they diet or exercise. Weight loss research shows that the average person will add one to two pounds around their abdomen each year between the ages of 35 and 55 even if they eat a low caloric diet and exercise daily. Sound depressing? Then do something different. Dr. Randolph's Belly Flat Plan will not only shrink your waistline, it will change your life.

Dr. Randolph explains that "estrogen dominance," a natural shift in hormone production which begins around 30 for women and around 40 for men, is the culprit causing weight gain and sabotaging even the most steadfast attempts to shed it. Dr. Randolph also explains that hormone related belly fat is not only unattractive; it can be a health hazard. Medical studies have shown that extra fat carried around the abdomen can increase the risk of heart disease, diabetes, and several types of cancer including breast, uterine and prostate.

Dr. C.W. Randolph and Genie James originally partnered on the best-selling book 'From Hormone Hell to Hormone Well'. In the just released 'From Belly Fat to Belly Flat', Dr. Randolph and Ms. James share their groundbreaking weight loss and weight management plan proven to eliminate the mid-line bulge for life. Dr. Randolph shares a unique three-step plan he developed while successfully helping thousands of patients finally lose their paunch. The foundation is a nutritional plan (30 day menu/recipes) designed to guard against or reverse estrogen dominance, a daily supplement regimen, and bioidentical hormone replacement therapy. As an added bonus, Dr. Randolph and Ms. James provide

tips on how not to let stress or sleepless nights sabotage weight loss success. A personal hormone symptom journal and diet diary are also included to help readers stay honest and on track.

In 'From Belly Fat to Belly Flat', Dr. Randolph and Ms. James also shares real life case studies revealing how men and women on their plan not only got thinner, but, also developed more energy, a stronger libido and clearer thinking.

With Dr. Randolph as your coach, you CAN finally lose that Belly Fat! Make 2008 your year of long lasting weight loss success with 'From Belly Fat to Belly Flat'.

#### BIOGRAPHIES:

C.W. Randolph, M.D., one of the nation's leading bio-identical hormone physicians, has treated thousands of women and men with hormone imbalances for more than 20 years. He is a board certified obstetrician and gynecologist who practiced as a compounding pharmacist before returning to medical school. He is also board certified by The American Board of Holistic Medicine. Dr. Randolph continues to be a frequent speaker for medical and women's organizations across the country and is the coauthor of the best selling book, 'From Hormone Hell to Hormone Well'.

Genie James, M.M.Sc., cofounded The Natural Hormone Institute of America with Dr. Randolph. A writer and consultant with an emphasis on women's health and integrative medicine, Ms. James also serves as the Executive Director of Women Evolving, LLC, an

organization dedicated to educating women how to take full responsibility for their overall health and well being. In addition to coauthoring 'From Hormone Hell to Hormone Well', Ms. James is the author of 'Making Managed Care Work' and 'Winning in the Women's Healthcare Marketplace'.

'From Belly Fat to Belly Flat' is available in bookstores everywhere or at [www.amazon.com](http://www.amazon.com). For more information, go to [www.hormonewell.com](http://www.hormonewell.com). For Media Inquiries, contact Nanette Noffsinger at nanette @ burkehollowmedia.com

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