



## **Dr. Randolph's Groundbreaking Belly Flat Program Reverses the Risk of Stroke for Middle-Aged Overweight Women**

*Belly fat tied to hike in women's strokes.*

Jacksonville, FL ([PRWEB](#)) March 1, 2008 -- Strokes have tripled in recent years among middle-aged women in the U.S., an alarming trend doctors blame on the obesity epidemic.

"The spike in the number of middle aged women suffering a stroke is frightening," says C. W. Randolph, Jr., M.D., one of the nation's leading bio-identical hormone replacement doctors and co-author of the newly released best-selling book, *From Belly Fat To Belly Flat*, "This is why I wrote my latest book, we must get the word out that belly fat is a real concern for middle age women. Women on my program not only finally succeed in losing those extra pounds around their middle, they also take the most aggressive strides possible to eliminate their stroke risk."

Findings from the study presented at the International Stroke Conference in New Orleans this month indicates that belly fat stood out as the most significant risk factor. "I found it very telling that the research focused on women ages 35 to 54," says Randolph, "because current weight gain research shows that the average woman will gain one to two pounds around her middle each year between the ages of 35 to 55 regardless of how healthily she eats or how much she exercises."

"Shifts in hormone production," says Randolph. "Particularly the hormone progesterone, begins to decline in a woman's early thirties. This results in a condition medically termed 'estrogen dominance'. Abdominal weight gain in middle age is one of the most significant symptoms of estrogen dominance."

"Estrogen dominance not only negatively impacts the shape of the body," continues Randolph, "it is a dangerous precursor for many chronic diseases." In *From Belly Fat To Belly Flat*, Dr. Randolph outlines a groundbreaking life solution to eliminating estrogen dominance, restoring optimum hormone balance, finally losing those stubborn pounds and -- most importantly -- protecting the body not only from the risk of stroke, but also heart attack, breast and uterine cancers and even Alzheimer's disease.

"Belly fat and health concerns like stroke do not have to be an inevitable consequence of aging," concludes Randolph. "My Three Step Belly Flat Plan consisting of natural, bio-identical hormone replacement, foods and supplements that reduce the body's extra estrogen load. We have also developed lifestyle recommendations to help keep stress from wreaking havoc on hormone production and balance. This lifestyle plan can give middle age women peace of mind that they are leaving no stone unturned to protect themselves from suffering a stroke in middle-age and beyond."

For more information on Dr. Randolph, go to [www.hormonewell.com](http://www.hormonewell.com). *From Belly Fat To Belly Flat* is available in bookstores everywhere.

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