



## **Leading Doctor, C.W. Randolph, Jr, M.D., Offers the Missing Link between Belly Fat and an Increased Death Risk**

*Women with excess fat around their middle are at greater risk to die from cancer and heart disease*

Jacksonville, Florida ([PRWEB](#)) April 12, 2008 -- Women who carry excess fat around their waists are at greater risk of dying early from cancer or heart disease than were women with smaller waistlines, according to a new study just released from the National Institute of Health.

C.W. Randolph, Jr. M.D, R.Ph. internationally recognized medical expert in the field of bio-identical hormone replacement and co-author of FROM BELLY FAT TO BELLY FLAT, believes "The results of this study validate my clinical experience in treating thousands of overweight patients for more than a decade. What is surprising is that this study fails to identify the underlying medical condition that predisposes women with belly fat to suffer from potentially lethal chronic diseases. The medical condition termed "estrogen dominance" is the missing link here."

Researchers followed more than 44,000 women over the course of 16 years to track their medical history and lifestyle. The majority of the women who took part in the study were white, the researchers do not know if their findings pertain to other groups of women or to men. All the women included in the study were registered nurses. At the beginning of the study the women were asked to measure their waists and hips. Every two years, the women completed questionnaires about their health, providing information about their age, activity level, smoking status, diet, blood pressure and cholesterol levels.

The researchers examined the cause of death for all women who died over the course of the study. In total, 3,507 deaths occurred---of these, 1,748 were due to cancer and 751 were due to heart disease.

The researchers discovered that women with greater waist circumferences were more likely to die prematurely, particularly from heart disease, when compared to women with smaller waists. For example, women with waist size equal to or greater than 35 inches were approximately twice as likely to die of heart disease as were women with a waist size less than 28 inches, regardless of their body mass index. Similarly, women with a waist size equal to or greater than 35 inches also were twice as likely to die of cancer as were women with a waist size less than 28 inches.

According to Dr. Randolph, "Medical research shows that the average woman will gain one to two pounds around her middle between the ages of 35 and 55. The reason is that age causes a shift in hormonal production resulting in the body becoming 'estrogen dominant' at a cellular level. This condition of estrogen dominance predisposes women over 30 to pack those pounds around their waist. Also, belly fat actually produces even more estrogen therein compounding the problem."

"The good news," says Randolph, "is that women do not need to accept that it is inevitable that as they age they will gain weight, get sick and die early. In my book FROM BELLY FAT TO BELLY FLAT I outline a 3 Step Program to safely and naturally eliminate estrogen dominance via bio-identical hormone replacement, a nutritional program of specific foods and supplements that eliminate extra estrogen through the bowel and life style recommendations to keep stress and sleeplessness from sabotaging hormone balance. "



Dr. Randolph says "More research in this field is definitely warranted. My question to the NIH is why the links between estrogen dominance, weight gain, chronic disease and death risk have not been investigated before now?"

For more information on estrogen dominance, go to [www.hormonewell.com](http://www.hormonewell.com) . For media inquiries, contact Nanette Noffsinger at nanette @ burkehollowmedia.com.

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