

## The High Cost of Being Fat – Affecting Not Only Your Health but Your Wallet

*If you are one of the 127 million overweight Americans, your extra pounds are putting an additional burden on your wallet as well as your health. Dr. C.W. Randolph's medically-proven 3-Step program works at a cellular level to help you lose those pounds, protect your health and put dollars back into your pocket.*

**JACKSONVILLE BEACH, Fla. (April 6, 2009)** – Overweight and obese Americans spend \$700 more a year on medical bills than those who are not overweight, according to a newly released economic analysis.

Being overweight not only burdens your health, but it also costs you more. Insurance companies recognize that being fat increases the risk of heart disease, stroke, joint problems, diabetes and even Alzheimer's disease. In fact, some health insurance plans now require overweight individuals to pay a higher premium, co-pay or both. In addition, life insurance costs for the overweight continue to soar sometimes triple or even five times the normal premium costs. The numbers also show that many Americans are desperately trying the latest fad in an attempt to lose weight spending a total of \$33 billion a year of weight loss related products. In the same study, there is also evidence that overweight workers often receive lower wages than their fit and trim co-workers.

C.W. Randolph, Jr., M.D. author of *From Belly Fat to Belly Flat* says millions of people despairingly watch their weight creep up year after year believing that those extra pounds and their changing body shape is an inevitable result of aging. Randolph debunks the "age-weight gain myth. He says that escalating weight gain that typically begins in mid-life is more about hormone levels that age or calories.

"If you have tried exercise with one or more medically-sound diets (such as the South Beach Diet, the Zone or the Mediterranean Diet) and have excitedly lost a few pounds only to yo-yo back up once you returned to "normal" eating, don't give up yet," says Randolph. "Those stubborn pounds may have more to do with what is going on within your body at a cellular level than what you are -- or are not -- putting into your mouth."

In his second best selling book, *From Belly Fat to Belly Flat*, Dr. Randolph describes how an age-related decline in hormone production often combined with stress-induced hormone traffic jams sets you up at a cellular level to pack on more and more pounds - especially around your belly, butt and thighs - each year between the ages of 35 and 55. That is the bad news. The good news is that it is possible to safely, effectively and naturally restore your body's optimum hormone balance. Once you do, your body's inner switch is finally flipped catalyzing those pounds to melt off once and for all.

Dr. Randolph's solution is not a quick fix or a fad. He outlines a medically-proven Three Step Belly Flat Plan that includes a specific diet, lifestyle recommendations (stress management and exercise techniques) and nutritional supplements that, in combination, restore the body's optimum inner hormone balance. His plan is simple, wallet-friendly and easy to stick to for the rest of your life.

Most of his patients on the Three Step Belly Flat Plan report losing between eight and twelve pounds the first month and four or more inches off their waists. The good news is that the pounds keep coming off and, before you know it, you can toss out those elastic waist jeans. Most people needing to lose between 25 - 35 lbs report optimum results after three to four months. Even better, this program is heart healthy and cancer protective. Better health and a thinner torso will save you real money over the long run.

"In this economy, the best investment is your health," says Dr. Randolph. "Take the time to learn and understand what is really causing you to be fat, and then take three important steps to get that weight off once and for all.

C.W. Randolph, M.D., an internationally recognized medical expert in the field of bio-identical hormone replacement, has successfully treated thousands of women and men with hormone imbalances for more than a decade. He is a board certified obstetrician and gynecologist who practiced as a compounding pharmacist before returning to medical school. Dr. Randolph is also the co-founder of The Natural Hormone Institute of America, a Diplomate of the American Board of Holistic Medicine and a member of The International Academy of Compounding Pharmacists. He continues to be a frequent speaker for medical and women's organizations across the country and is also the coauthor of the best selling book, *From Hormone Hell to Hormone Well*.