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The Secret to Keeping your New Year's Weight Loss Resolution

JACKSONVILLE BEACH, Fla. (February 3, 2011) – “Dieting and exercising alone are not going to get your stomach flat.” C.W. Randolph, Jr., M.D., R.Ph., one of the nation's leading medical experts in the field of bioidentical hormone replacement therapy and co-author of *From Belly Fat to Belly Flat*, explains how to achieve the weight loss results and that flat tummy you have always wanted.

"From my experience in treating thousands of overweight women and men, I can safely say that - if a person's hormones are out of balance -- then even the strongest willed efforts to make lifestyle changes and lose weight will be sabotaged at a cellular level," says Dr. Randolph.

Dr. Randolph has safely and successfully treated women and men with hormone imbalances for more than a decade. "My clinical experience has been that most women over 30 and men over 40 experience a shift in their hormone production called estrogen dominance, causing those pounds to start to pack around the middle. In fact, weight loss research proves that because of shifting hormone production the average person will add one to two pounds around his or her middle between the ages of 35 and 55. As long as the body's cellular metabolism is compromised by an untreated hormone imbalance, those extra pounds around the middle will be nearly impossible to lose no matter how healthy you eat or how much you exercise."

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, metabolic syndrome, cognitive decline, Alzheimer's disease, diabetes and several types of cancer including breast, uterine and prostate.

"The good news," says Randolph "is that women and men do not need to accept that it is inevitable that as they age they gain weight, get sick and die early." Now in four languages, *From Belly Fat to Belly Flat* outlines a 3-step program to safely and naturally eliminate estrogen dominance via bioidentical hormone replacement, a nutritional program of specific foods and supplements that eliminate extra estrogen through the bowel and lifestyle recommendations to keep stress and sleeplessness from sabotaging hormone balance." Once you naturally restore your body's optimum hormone balance, you'll finally lose those pesky pounds for once and for all.

If you struggle losing that 10-30 extra pounds around the middle and think you're a high-risk candidate for hormone imbalance, Dr. Randolph's books can help you. Not sure if you are a high-risk candidate for hormone imbalance? Take our free hormone imbalance quiz by visiting www.hormonewell.com.

Purchase your copy of [From Hormone Hell to Hormone Well](#) (winner of the 2010 Bronze National Consumer Health Information Award), [From Belly Fat to Belly Flat](#) (now in published in four languages) and [In the Mood Again](#) now.

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