

Belly fat is the most common complaint from women. No end of sit ups and crunches makes it disappear. Starving and running the treadmill for hours every week doesn't seem to budge belly fat either. Most women know there is a connection between the loss of their waist and their changing hormones—and they are correct. There are several hormones involved in the development of belly fat, but the main hormone contributing to our expanding girth is insulin. But it doesn't end there. Insulin is a powerful hormone that when in excess also causes an elevation in circulating male hormones (called androgens). These male hormones particularly testosterone can cause **male facial hair growth** in women, acne, and worsen Polycystic Ovarian Syndrome (PCOS) too. Elevated insulin is related to **weight gain**, high cholesterol and triglycerides, diabetes and especially excess belly fat. **Skin tags** are an early sign of pre-diabetes due to higher than normal blood sugar and insulin. And often the foods we choose also cause blood sugar and insulin to become further disrupted. Thankfully the secret

Discover the Connection Between Belly Fat, Skin Tags, Male Facial Hair Growth and Diabetes

to busting belly fat and **normalizing insulin** and male hormones just got easier. For the past 25 years, a nutrient called D-chiro-inositol has been involved in over 30 published studies at the Virginia Medical School. Sold as **Chirositol™** in Canada, this new nutrient derived from carob is a great supplement for insulin-resistant conditions including metabolic syndrome, Type-2 diabetes, **PCOS**, and excess androgen-related conditions like **acne** and male facial hair growth in women. It has also been shown to **reduce appetite** and improve our **happy hormone** serotonin. Reduced serotonin or poor

metabolism of serotonin is linked to increased **sugar cravings**. So by balancing serotonin, Chirositol™ also helps **control appetite**. Chirositol™ mimics insulin activity, thereby helping to control blood glucose levels, glucose storage or disposal of glucose in the cell. And it will not cause low blood sugar in those with normal blood sugar levels.

Beyond Chirositol's insulin and blood glucose control benefits, studies show Chirositol™ is beneficial for PCOS, **building muscle** and weight control. In women with PCOS, weight gain around the hips and thighs, insulin resistance, higher-than-normal male hormones and **infertility** due to not ovulating are major components of the condition. PCOS is a very challenging condition to treat and Chirositol™ can effectively reduce excess serum male hormones, weight gain and appetite. But where Chirositol™ really shines is in helping to **fight belly fat**.

When you purchase **Chirositol™ Glucosmart**
you get my new book **A Smart Woman's Guide to
Weight Loss FREE** (a \$24.95 value)

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