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Shrink Your Belly Fat

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Can't seem to lose that stubborn stomach flab no matter what tactic you try? You might be a victim of Metabolic Syndrome, a disorder that's keeping as many 47 million of us overweight and frustrated. But a simple new solution can bring balance back to your body, help you lose weight and feel great. The amazing bonus is that it will also safeguard your health for years to come ..

This time last summer, Kim Cleveland wanted nothing to do with a bathing suit. The Cincinnati mom of two had been gaining weight — more than 20 pounds of it -- and it seemed that every ounce had settled in her mid-section. "My waistline disappeared," she sighs. "I'd try to diet, but I was so

specialized in treating the estimated 47 million folks who, like Kim, suffer from a condition called Metabolic Syndrome. "Most people haven't even heard of it, so they try to treat the obvious symptom — the belly fat and ignore the others," says LaValle.

After losing 3 sizes and 4 inches from her tummy, "I wake up before the alarm clock goes off and have the energy to be a great mom!", says Kim.

LaValle's treatment even helps to prevent strokes!

rundown, it was hard to stay motivated.

" Suspecting her problem might be caused by something serious, Kim, went to a slew of doctors. None helped. Instead, she was falsely ly diagnosed with. Chronic fatigue syndrome, fibromyalgia, even multiple sclerosis. And then something amazing happened. Kim watched as her friend, a woman she'd helped routinely commiserated with about belly fat, began to lose huge amounts of weight. Kim begged her to share her secret, and that's how she learned about scientist James LaValle, author of Cracking the Metabolic Code.

For eight years, LaValle has

"But unless you treat the condition as a whole, it's hard to get results. " Luckily, thanks to new government research, word is spreading about how to beat Metabolic Syndrome and its telltale tummy fat.

Is Metabolic Syndrome keeping YOU fat?

Any woman whose waist measures more than 35 inches is probably suffering from Metabolic Syndrome say government researchers. To be officially diagnosed, you must also have at least two more of the following: symptoms: high blood pressure, high triglycerides, low levels of "good" cholesterol and/or high blood

sugar. "Frequent thirst and trips to the bathroom are signs your blood sugar is high," says LaValle. Other side effects include fatigue, muscle aches, moodiness and bloating between meals. No one is quite sure what causes the symptoms to crop up. Likely culprits? An overabundance of the hormones cortisol and insulin, which are triggered by stress and large amounts of sugar in our diets. When produced in excess both hormones result in rapid fat storage, particularly in the abdominal area.

Yet there's good news: Metabolic Syndrome can be easily, quickly and miraculously treated, LaValle promises. And the treatment will even help prevent diabetes, heart attacks and strokes

When Kim tried LaValle's unbelievable simple formula, she gained a new

Experts say avoiding refined carbohydrates is an easy way to avoid belly fat.

lease on life and lost three sizes! "I couldn't believe that such simple changes could solve all the physical challenges I was facing," she says. But they did, and here's how they can change your life, too

The 4 step formula that melts belly fat and heals your health

"After making a couple of small switches most women feel a major difference within just four weeks," LaValle says. Here are the simple steps that do the trick . .

1. Taking the miracle plant extract natural supplement called Relora (magnolia philodendron)

It has the ability to reverse Metabolic Syndrome, says LaValle. In one study, it was found to reduce levels of cortisol, a stress hormone that primes us for physical exertion and lingers in the body and not released unless exertion occurs. "Short of working out, taking Relora is perhaps your best bet for controlling cortisol," says LaValle. So it's no surprise that when he administered Relora to Metabolic Syndrome sufferers, many of their symptoms reversed and they shed belly fat! That's exactly what Amy Schaefer of Cincinnati reported when she took the supplement. Since then, she's lost 21 pounds and 3 dress sizes. Much of her weight loss was from her belly area. "I feel wonderful about my stomach now!" says the 32 year old. Relora can be found in vitamin and nutrition stores.

2." Trying the mystery cure"

Years ago when LaValle first became interested in Metabolic Syndrome, he was doing a study on food allergies and noticed a

Scientist believe there may be chemicals in red meat that specifically promote the storage of abdominal fat!

phenomenon. When subjects who had Metabolic Syndrome were put on a 4 week diet that eliminated dairy, wheat and refined carbohydrates (including white rice and sugar), they experienced relief from the syndrome, reduced belly fat and even plummeting blood pressure! The explanation? Well, trading refined carbs for complex ones reduces production of insulin, a hormone that must be present in order for fats to be stored. Yet other diets designed to control insulin without eliminating dairy or wheat didn't yield nearly such results. While the mystery remains unsolved, "I have every patient start her treatment with the same diet," says LaValle. When Tracey Ward Splain first gave this approach a try, she was skeptical. "But it was a cinch," says the 39 year old from Cincinnati, who came to prefer bunless burgers and no-sugar added jam. "I lost weight for the first time in years. And I only went cold turkey for 4 weeks. Now I am back to eating more normal."

3. Skimping on red meat.

We've long known that beef can clog our arteries, but that's just the beginning. "Something in meat, perhaps hormones and antibiotics administered to cattle, specifically promotes the storage of abdominal fat," says LaValle. Studies show that women who eat more than 7

servings of meat per week are 150% more likely to have excess abdominal fat than women who eat 2 servings per week or less.

"You can eat beef a couple of time a week, but make sure you get extra-lean cuts," LaValle says. "Not only will you save calories, you'll reduce the impact on your cholesterol and blood pressure."

4. Use doubly effective exercises.

"Any exercise will reduce symptoms of Metabolic Syndrome , LaValle Says." After all, exercise eliminates the stress hormonal cortisol. But there is one type of exercise that provides extra doses of stress relief along with extraordinary tummy-flattening power. "Pilates," says LaValle. The exercise requires you to pull your navel toward your spine, toning the abdominal muscles that wrap around your middle like a girdle. "Firming those muscles is the quick way to get a flat tummy," says LaValle.

Amy was wowed by Pilates, and says the short routines helped her lose more weight than other hours-long workouts she'd tried. Adds Kim: "I sure was ready for bathing suit season this year!" she says.

If you think you might have Metabolic Syndrome, heck even if you don't, you can reap rewards.