

# MALE BREAST REDUCTION

The world's fastest-growing men's health problem

Learn how you can avoid surgery by using powerful, effective natural supplements!



## Getting Lean And Mean: How Men Can Reverse Feminization

- Cut sugary drinks and alcohol from the diet as they increase estrogen
- Start a mild daily exercise or walking program as your energy allows
- Take **ESTROGEN DEFENSE**, a supplement made from broccoli and other cruciferous vegetables, to protect your cells against the influence of estrogen.
- Take **ESTROGEN DETOX**, a supplement to help you flush estrogen into the digestive tract where it can be eliminated in a stool.
- **MAX ANDRO**, a natural calcium supplement that increases testosterone 30%.
- Read the book **The Thin Factors**, and start Dr. Tai's step-by-step diet program. Because your body's fat cells are producing estrogen, melting off that fat is part of the solution to putting an end to excess estrogen levels.

### MOOBS:

When a man develops "woman-like breasts" the doctors use the term Gynecomastia to describe the medical condition, affecting 40-60% of the male population.

Gynecomastia.org

**Aromatization** is the reason most men develop feminine-like breasts and is a problem that most men over 40 have, occurring when the body begins turning the testosterone in the blood into estrogen.<sup>1</sup>

**When aromatization starts** to occur in a man, you'll notice him start to have a bigger stomach, bigger hips, a rounder butt, and bigger, feminine-like breasts, decreasing muscle mass, interfering with positive outlook on life, inhibiting normal sexual drive, and drastically alters a man's physical shape. The aromatization of testosterone to estrogen is also why men begin to have enlarged prostate glands in their 50's and 60's. It's the elevated level of estrogen which is enlarging the prostate tissue.

**Saliva Hormone Testing** is a non-invasive, painless, convenient way to test your testosterone levels. After completion, your results will assess whether you have an estrogen dominance and if you should continue to the next step of supplementation.



## Personalized Protocol

(based on level of severity)

### Mild Care

- Estrogen Defense**
- 2 capsules a.m.
  - 2 capsules p.m.
- Estrogen Detox**
- 2 capsules a.m.
  - 2 capsules p.m.
- DHEA**
- 3 pumps a.m.
- Complete a saliva hormone test to assess deficiency/excess

### Moderate Care

- Estrogen Defense**
- 2 capsules a.m.
  - 2 capsules noon
  - 2 capsules p.m.
- Estrogen Detox**
- 2 capsules a.m.
  - 2 capsules noon
  - 2 capsules p.m.
- DHEA**
- 3 pumps a.m.
- Complete a saliva hormone test to assess deficiency/excess
- Weight Loss Program  
Bio-Hormone Therapy

### Advanced Care

- Estrogen Defense**
- 2 capsules a.m.
  - 2 capsules noon
  - 2 capsules p.m.
- Estrogen Detox**
- 2 capsules a.m.
  - 2 capsules noon
  - 2 capsules p.m.
- Herbal C**
- 1 capsule a.m.
  - 1 capsule p.m.
- DHEA**
- 3 pumps a.m.
- Complete a saliva hormone test to assess deficiency/excess
- Weight Loss Program  
Bio-Hormone Therapy

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