



The Science of Belly Fat

with Dr. Taz MD

Welcome

The Superwoman Circle
is now

The Circle





Belly Fat

Good or **BAD?**

How Belly Fat Develops

- Rising Blood Sugar
- Rising Insulin
- Rising Leptin
- Microbial Shifts
- Inflammation

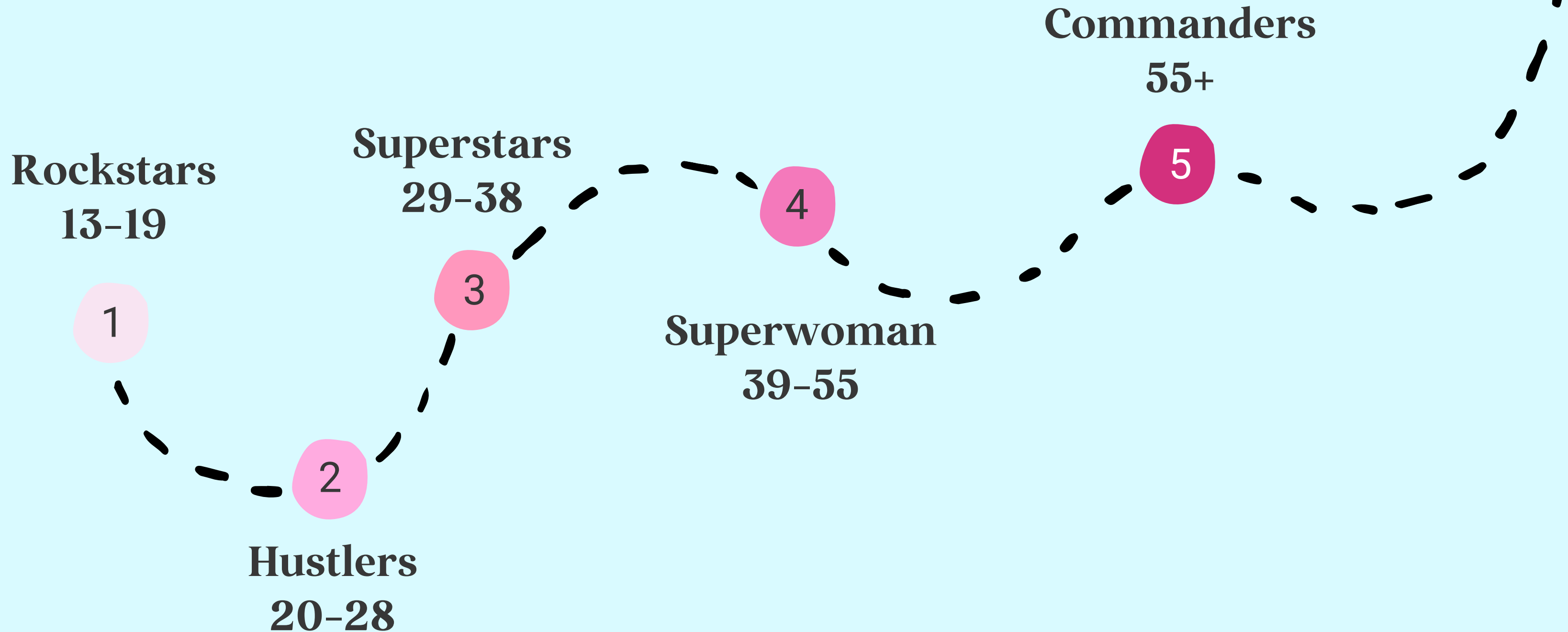


Hormones & Belly Fat

- High Cortisol
- High Insulin
- High Androgens
- High Leptin
- Low FSH



Understanding Belly Fat Through the 5 Hormone Shifts



The Circle Belly Fat Treatment Plan

Know your *PowerType*

Take the Quiz



The Circle Belly Fat plan by Hormone Type

Take the Quiz

Low
Progesterone

Estrogen/
Androgen
Dominant

Insulin
Resistant

Additional Resources



10-DAY DETOX
PLAN OVERVIEW AND
TIPS FOR SUCCESS

YOUR EATING WINDOW

- ☒ Create a 12-hour eating window.
Example: Eat from 6 am-6 pm or 8 am-8 pm.
- ☒ Wait 3-4 hours between every meal.
- ☒ Stop eating by 9 pm every night.

ADDITIONAL TIPS FOR SUCCESS

- ☒ Drink room-temperature water only
- ☒ No eating or drinking after 8-9 pm

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INTEGRATIVE MEDICINE

THE 21-DAY
BELLY FIX

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YOUR 30 DAY
HORMONE RESET

The Journey UP

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Upcoming Events

Facebook Live Q&A

Tuesday, July 23 | 8:00 pm

Upcoming Webinars



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