# The Total Hat JIIIC

Solving the Fat Trap



FLABBY ARM/CREST MUSCLES AND SHOULDERS - TESTOSTERONE RUNGER PAINS - LEPTIN AND ABIPONECTIN AND GHRELIN

BUTTOCKS AND BREASTS/MOOBS = ESTROGEN BELLY FAT - CORTISOL

LOVE HANDLES = INSULII





# Laurens Maas

B.Sc.Ost., DI.Hom., I.MD (Hons). G.Os.C.

Foreword by Dr. Robert Hempleman, BDS, LDSRCS (UK)

# **The Total Fat Cure Solving The Fat Trap**

**K Payea** 

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