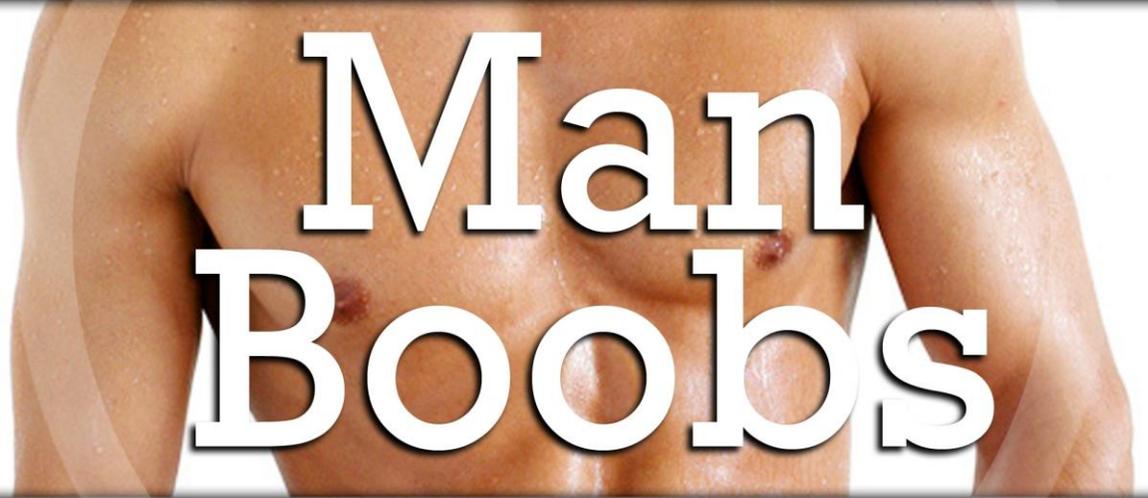


**How to Lose**



**Man  
Boobs**

**Fast and Naturally**

*Get Rid of Man Boobs  
Once and for All*

**Kenneth L. David**

**How to Lose Man  
Boobs Fast and  
Naturally**

**Get Rid of Man Boobs  
Once and for All**

Kenneth L.David

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# Introduction

Man boobs are a source of embarrassment for men who have them. When you have man boobs or a flabby chest, you tend to leave your shirt on while at the beach, while at the pool, while mowing the lawn or while doing anything really, even though it might be hot outside.

You can be toned and fit otherwise but man boobs tend to linger and they are humiliating. There are a ton of products on the market that are all designed to help get rid of man boobs, but truth be told, none of them work.

Man boobs can be something that you are born with and that do not show up until later on in your life or it can be something that happens, as you get older for some reason, often due to obesity, hormonal imbalances, or illness.

Because hormone imbalance is a common factor, no amount of exercise, either aerobic or target chest weight training will help.

It will boost your overall health, but not get rid of your man boobs, which is a very frustrating thing to have happen.

If you have man boobs, you might feel that you are stuck with them, or that you need to take drastic measures and get surgery, which is a very costly problem, and if a hormone imbalance is the cause of

your man boobs, then it will only be a temporary fix, or you can work to reverse the process.

Our book will educate you on the many reasons that you might have man boobs and how to reverse the problem.

Once you know more about why you have man boobs, it is easier to begin working on reversing the process, shedding your man boobs, and giving yourself a chest that you can be proud of once again.

We will focus on how to limit your exposure to the environment factors that contribute to your man boobs.

Yes, your environment has a great deal to do with your man boobs and why they are so stubborn about going away.

We will go over what foods to avoid and what foods to eat to help put your hormones back into balance.

Lastly, we will go over exercises that are natural testosterone boosting exercises. However, you can get rid of your man boobs and you can do so safely, without buying into gimmicks.

Welcome to the beginning of having a chest that you can be proud of!

# What are Man Boobs?

There are numerous reasons why a man can develop what looks like breast. Gynaecomastia is the medical terminology for having developed male breasts.

Turcios Disease is the terminology for man boobs themselves and they can be present from birth, develop at puberty or when the male is an adult, there is no clear-cut trigger for what causes them to suddenly grow.

One of the reasons for having man boobs is because the mammary glands develop to an abnormally large size, resulting in gynaecomastia, or man boobs.

In some extreme cases, these abnormally large mammary glands actually end up producing milk. So why do the mammary glands develop abnormally in some men, and not in others?

There is no single explanation as to why this happens to some men, and not to others. As with anything, there are many theories out there and for a male who has this condition; it can be any one of them, or a combination of several reasons.

What is known is that the men who have the condition tend to have lower self-esteem and lack confidence.

The biggest culprit for causing man boobs is a balance in your hormones.

Men and women store fat in different places, men often store fat in their bellies, hence the male “beer belly” however, if a male has a hormone imbalance, then they tend store fat equally between their chest and their belly.

When it comes to hormones, people tend to think that men have only testosterone in their bodies and women have only estrogen and that would be incorrect.

Men and women have both hormones in their system, only women have more estrogen and men have more testosterone and when they have more estrogen or less testosterone than they should, it is a hormonal imbalance and developing man boobs is a result of that.

Testosterone is the hormone that causes the development of the male characteristics such as muscle mass, body hair, facial hair, reproductive system development, and the deep voice.

However, in the body, some testosterone is converted to estrogen, because men need some estrogen as well, so trying to balance the hormones by taking testosterone will not work because the body will just convert some to estrogen and the imbalance will continue.

Estrogen is the hormone that causes the female characteristics to grow in women, such as breasts, body hair, and regulates their reproductive cycle.

If a man has more estrogen in his system than normal, he will experience erectile dysfunction, weight gain, a decrease in muscle mass and development of breasts, or man boobs.

If you suddenly develop man boobs, when it is not a problem that you have had before, you should see a doctor to rule out any medical conditions that could be causing a hormone imbalance.

Kidney and liver problems are a common reason for your body to have an imbalance so if you suddenly get man boobs where you have not had them before please, see a doctor right away.

You should also get your prostate checked because if your testosterone level decreases, man boobs is a result. Men do get breast cancer, another cause of the increase in the breast tissue mass, and things like alcoholism and cirrhosis can also cause man boobs.

Does being overweight contribute to having man boobs? Yes, being overweight is a significant reason for having man boobs.

When you are overweight, you carry extra fat in your body. The extra fat will settle in your belly and your breasts, making the condition that much more noticeable.

If you are obese, your man boobs are likely just due to your weight, however, being overweight is in itself a factor in causing the hormone imbalance in the first place so it is always a good idea to work to get to a healthy weight, not only to shed your man boobs, but for your overall health in the first place.

Steroid use is another factor. Synthetic steroids are a popular choice for body builders because it helps to build muscle mass and reduce fat.

Steroids enter the body and the body thinks that the steroids are extra testosterone and treats them as such and remember how we said that it would convert to estrogen, which is exactly what will happen.

Steroids given medically, such as for treating cancer, AIDS, to initiate puberty, stimulate bone growth and appetite will also cause male breasts to form.

Some medication actually contains hormones and so males taking these medicines will end up developing man boobs because of the hormones that they are putting into their body.

They may not even realize that this will be a side effect of the medication.

Medicines that can disrupt the hormone balance to cause man boobs include Omeprazole, Cimetidine, Spironolactone, Imatinib mesylate and some antipsychotics, tricyclic antidepressants, ulcer

medication, some chemotherapy drugs, and some chemotherapy medication.

Many of the drugs used to treat prostate cancer, such as cyproterone and flutamide, will cause man boobs, so if you are currently being treated for that, the condition is a side effect of the treatment and talk to your doctor about it.

If you are in constant contact with a female who is wearing a progesterone patch, the progesterone in the patch can actually transfer to you, through skin contact, which can lower your testosterone levels.