



## "Which of These Man Boobs Do You Have? And How to Get Rid of Them Quickly!"

Hi, Trey here...

First, thanks for taking the time to read this FREE report... You're going to want to **read every word**... Not only will you learn what causes this embarrassing condition, but what to do about it. Go get a cup of coffee or tea and relax. This report is about to change your life.

Time to get down to business; let's talk about man boobs and how to get rid of them!

RUN... If you come across a site and they're telling you they have an easy method to lose your man boobs... 100% guaranteed- in less than 6 weeks... No problem. It's just not true. And here's why?

They DO NOT know which type of man boobs you have... And you probably don't either... unless you've already followed the steps given in this report... Just know that there is **more than one type**... Let's look at these:

First of all, there are two medically recognized types of "man boobs." And you thought all man boobs were created equal! Before we get into the two types I must fore warn you: There will be medical terminology discussed here... just hang with me...

### **Do You Know Your Culprit?**

## Criminal 1: Gynecomastia/Gynaecomastia

or . . .

## Criminal 2: Pseudogynecomastia

By reading this report you will learn more than 99% of the men who suffer from man boobs! Most men continue trying to work their chest fat off through exercise, or whatever myth they have been fed. **Yes, I said MYTH!**

But before I can explain the cure, you must understand the cause . . .

**Gynecomastia** is defined as:

The development of abnormally large breasts on men.

The term comes from the Greek **gyne** meaning "woman" and **mastos** meaning "breast". The condition can occur physiologically in infancy, adolescents, and in older age.

This condition is distressing for men of all ages, but for the adolescent it can be devastating. But there is hope! If you yourself, or someone you know, is a teen and has this condition... Then a lot of the time it is **not due to obesity**. That is right, it is a condition beyond your control that most often shrinks **or completely disappears within a couple of years!**

Teenagers may be tempted to take drastic measures, but this will only result in disappointment and discouragement. **The only thing a teen can do is watch their weight.**

The cause of Gynecomastia is still uncertain, but an imbalance of sex hormones and/or how the breast tissue responds to the hormones are thought to be the problem. And if you thought you were self-conscious enough, breast prominence occurs not only as extra tissue, but also often as extra fat.

So, many men get a double whammy of chest fat. I know it seems unfair, but there is hope! I won't leave you hanging here . . . **there are ways to get rid of the extra fat or the puffy nipples for good!**

## Causes of Criminal 1: Gynecomastia

**Potential Causes of Gynecomastia:**

- **Medications** including hormones, increased estrogen, decreased testosterone production, androgen receptor defects, chronic kidney

disease, chronic liver disease, HIV, and other chronic illness.

Medications cause 10-20% of cases of Gynecomastia in post-adolescent adults. These include cimetidine, omeprazole, spironolactone, finasteride and certain antipsychotics.

Some act directly on the breast tissue, while others lead to increased secretion of prolactin from the pituitary. Androstenedione, used as a performance enhancing food supplement, can lead to breast enlargement by excess estrogen activity.

We've all seen or heard of the steroid-using guy who suddenly has increased pecs, and they didn't really seem like pecs . . .

Other medications used in the treatment of prostate cancer, such as antiandrogens and GnRH analogs can also cause Gynecomastia. But the condition should diminish after treatment. **By all means do not quit treatment because of Gynecomastia!!!**

- **Spinal cord injury**
- **Refeeding** after starvation has been reported to cause Gynecomastia.
- **Marijuana use** is thought to be a cause, but is still unknown and controversial.

**In 25% of cases, the cause of the Gynecomastia is not known**

- **Increased estrogen levels** due to testicular tumors and hyperthyroidism are linked to the onset of Gynecomastia. But, these conditions are rare and unless you exhibit other symptoms, this is probably not the cause for the common man.

**Obesity Increases Estrogen Levels**

- **Decreased testosterone production** can occur in testicular failure, or in genetic disorders such as Klinefelter Syndrome. Diseases of the hypothalamus or pituitary can also lead to low testosterone.
- **Abuse of anabolic steroids** has a similar effect.

Although stopping these medications can lead to regression of the gynecomastia, surgery is **sometimes** required to eliminate the condition.

## ***You Can Know For Sure If You Have This...***

**Do NOT self diagnose!!** Yes, you can see that there is a problem, but seriously, you are not a doctor... and neither am I. What you think is going on, could be a sign of an underlying problem. Yes, be informed, but **go see your doctor!!**

A physician's examination will include a basic physical and sometimes an X-ray or ultrasound is needed to confirm the diagnosis. You will need to get a blood test. This is required to rule out a possible underlying problem causing the Gynecomastia.

Gynecomastia is **not physically harmful**, but in some cases can be an indicator of other more dangerous underlying conditions. It is normal for the enlarged breast tissue to be tender or painful.

## **Treatment of Culprit 1: Gynecomastia**

Treating the underlying cause of the gynecomastia may lead to improvement in the condition.

- **Under a physician's care, stop taking medications** which can cause Gynecomastia.
- **Start medication that can help.** Selective estrogen receptor modulator medications, such as tamoxifen and clomiphene, or androgens are often used.
- **Try a Aromatase inhibitor.** Aromatase inhibitors such as Letrozole are a treatment option, but be aware that it is not universally approved for the treatment of Gynecomastia.

Endocrinological treatment will help during the first 2-3 years. But, after that window, the breast tissue tends to remain and harden, leaving surgery (either liposuction or reduction mammoplasty) as the only treatment option.

- **Radiation therapy** is sometimes used to prevent Gynecomastia in patients with prostate cancer prior to estrogen therapy.

**Weight loss can alter the condition in cases where it is triggered by obesity, but for many it will not eliminate it as the breast tissue remains.**

If you are contemplating surgery, keep in mind that most American insurance companies **will deny surgery** for gynecomastia on the grounds that it is a cosmetic procedure. But don't let that stop you if you are extremely uncomfortable with your condition. With more and more people getting cosmetic surgery, there are many different loan programs!

**Was that a mouth full or what?! Hang in there, we're just NOW getting to the GOOD STUFF!**

Let's review...

- The ONLY reason to look into *cosmetic surgery* is if you know without a shadow of a doubt that you have the first condition of Gynecomastia... and **you have exhausted your other options.**

**And how can you know for sure that you have Gynecomastia? I'll tell you about a system in a second that if you follow step-by-step and do not lose your chest fat- this will let you know you have full-blown gynecomastia.**

- Doctor's examination including an X-ray and blood work.



You may have to have cosmetic surgery to get rid of this condition. Especially if you are fit and still have the uncomfortable extra breast tissue. It's a major secret- there are a lot of guys getting this done. It does work . . . but at \$3,000 to \$5,000 it is not the first option for most guys, nor should it be . . .



In many cases, much of the fat tissue will still reside in your chest area and is not only hard to get rid of, but **virtually impossible**. In addition, the gland will stick out of your nipple area and make your shirt look like there are two things poking out. If this is you, you know it.

Don't feel guilty from all the advice well-meaning, but completely ignorant people give you - and you know what I'm talking about . . .

- “Just workout and they'll go away.”
- “Do more bench presses.”
- “Diamond Pushups are the answer.”
- “And on, and on!”

Get with a cosmetic surgeon in your area and let him take a look. Let him show

you before and after pictures of his recent surgeries. Yes, he'll have pictures of men who he has performed cosmetic surgery on.

**This used to be completely taboo but it is increasing in the thousands every year!**

**But here is the GOOD NEWS that I've discovered and I'm very excited about! The type of gynecomastia that I had and the one you probably have is called. . .**

**Pseudogynecomastia, Or False Gynecomastia**

**Otherwise Known as Culprit 2: Pseudogynecomastia!**

**Ready to get rid of those man boobs without a gut-wrenching diet, miles on the treadmill or expensive surgery?**

I can hear you breathe a sigh of relief . . . Yes, you can lose pseudogynecomastia. And Know there is a solution much, much simpler than surgery.

## **How to Get Rid of Culprit 2: Pseudogynecomastia**

In order to do so, we must **get real** about our chest fat. How would you like to learn not only how to get rid of it, but to do so in a seemingly painless and extremely fast way?

**O.K. This may sting a little, but let's get real and talk about the importance of EXERCISE!**

Being physically fit affects every single aspect of your life: you sleep better, eat better, love better, overcome stress better, work better, communicate better, and **live better!**

Remember your goal - remember **WHY** you want to lose the chest fat.

## Ready for the Biggest Lie about Exercise?

Exercise is **NOT** the key to losing your man boobs

It's true! Exercising is not the key to getting rid of your man boobs. Sorry, if you've wasted years with that perception... I wasted several myself...

I'll tell you more about that in a minute...

## Let's talk about diets and how they can sabotage your plan to get rid of the man boobs

**Did you know that some diets will actually cause you to get fatter? It's a FACT.**

Over and over again . . .

You go on one of those low calorie diets... where you eat very little and you're starving all the time, and you will lose weight **but** you'll also lose muscle mass and this isn't good.

Some of the pounds you lose will be muscle, and again, this is not a good thing. You see, the more muscles you have, the more calories it takes for your body to run. It's kind of like having a V8 engine instead of a V6. As we all know the V8 engines in sports/muscle cars will burn more gas. It takes more energy for them to run.

**Same with your body - The more muscles you have, the more calories burned!**

Now, you go on a crash diet and lose 5 lbs. But some of those pounds will not only be fat but hard-earned muscle. Eventually you have to get off this crash diet. **Your body will not let you continue it for long.**

Then what happens when you eat like you used to? You gain weight, and at record speed!

These are called **yo-yo diets**. Yo-yo dieting usually starts with going on a diet that is too extreme.

At first you're excited and motivated to say no to food... but then depression or fatigue sets in and makes it impossible to keep it up. Then you go back to your old eating habits and with the emotional drain you just went through, and the loss of valuable muscle, you gain weight faster than before.

This is a dangerous cycle that changes your body's fat to muscle ratio, one of the more important factors in health. Now every time you try to lose weight it is much harder. Not a good cycle to get on. But you CAN get off of it!

## **Starving yourself will never be a permanent solution**

**So question time. Don't peek!**

Can you seriously consider losing your chest fat just by eating less (a process that will cause your metabolism to slow down even further and sabotage your weight even more)?

**You know the answer . . .**

Make sense?

**Remember this:**

**We overestimate what we can do today and underestimate what we can do tomorrow.**

But if you don't start now, then when? Look at it this way; you're going in one direction or the other with your weight this year. So doing what you've done for the last year . . . where will you be?

In a minute, I'll share more about THE system I use and hundreds have used just in the last few months to get rid of their man boobs.

I cannot and will not promise you 20 pounds in 20 days, but I can promise you that in a few weeks from now, you're going to see some major transformation and in **3 months from now, you could look and feel like an entirely NEW man!**

**Will this breakthrough system work for 100% of all guys? NO! None of them do!**

I come across around 1 to 2% of the guys who go through the system for a few short months and still can't lose their man boobs. Why? They find out they have culprit #1- gynecomastia... Are they pissed and upset at me? Not at all. It's the opposite.

They call or email and thank me profusely for saving them all the time and money they would have wasted looking for the miracle drug. Now they know... At that point they have two options and two only... which I cover in the system.

**But for the other 98.1 to 99.3%- it's life-changing... literally!**

## **The Hands-Down, Fastest Way To Lose Your Chest Fat... And Start Gaining Muscle On Your Chest In Less Than 6 Weeks!**

**Stubborn Fat.** You know what I'm talking about, the kind of flab that sticks to you in those hard-to-lose places: And for me, and many of you, it is in the chest area.

**Yeah, THAT fat!**

How do you ever get it off? I can tell you this, the answer is **NOT** drugs or some miracle pill (like is being pushed on some websites... and in every magazine known to man)!

The answer is **NOT** fad diets. It's a **FACT - 95% of all diets fail.** If you diet the way most guys are doing it, you might even be slowing down your metabolism and making yourself **Fatter.**

**Did you know that two-thirds of guys who have lost weight on any program regain the weight within 1 year? And virtually all gained it back within 5 years.**

Why, then do people swear by this diet or that? Whatever the fad is this week: Atkins, Zone or whatever!

**Because they do work, but ONLY for a little while.** When you deplete your body of carbs, which are what these crash diets are centered around, then you will lose weight fast, but mostly water.

After 5 years of trial, error and experimentation, **I finally** discovered the answers and developed a fool-proof fast track system to reach your goals and fast, the natural way - no drugs, no crash diets and no expensive exercise equipment needed!

If you're wondering if you'll **\*\*ever\*\*** be able to get rid of your chest fat, then I think this will excite you.

Don't get confused, frustrated, and overwhelmed and then do NOTHING! **Stop the cycle - here and now!**

[Go there now](#) to see the step-by-step system... The reason for coming out with this system was because there was NOTHING on the internet to help guys (that worked)... This is the complete system I used and hundreds of guys are using every month to lose their man boobs... [Go check it out... and you'll see my before and after pictures...](#) I'm a little embarrassed about them... But I felt it was important for you to see.

**You'll see... the only thing you have to lose is your man boobs...and the humiliation of having them!**

You can lose it; you do not have to live a life of being self-conscious all the time.

Can you imagine life **without** your man boobs? What would going to the pool and taking off your shirt **without** the embarrassment mean to you? Not having to run and jump in the water before anyone sees you? Playing with your kids instead of sitting under the umbrella?

Not having to hide your chest with two shirts or a vest?



Actually wearing clothes that fit? Not always wondering who's staring at your chest.

Once and for all - **level the playing field.**

**These TRANSFORMING methods have truly changed my life...  
In more ways than I could have ever imagined!**

**Now it's *your* turn!**

[See you on the other page.](#)

*Trey*

**P.S. You're going to love life without man boobs!**

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