



FAT MASS LOSS AND BODY RECOMPOSITION

The difficulty in reducing body fat while maintaining lean mass is often due to a metabolic and endocrine imbalance. Optimizing hormone levels—including correcting testosterone deficiency and managing insulin, cortisol, and the estrogen-to-progesterone ratio—enhances the use of fat as an energy source and protects muscle mass. Such optimization improves insulin sensitivity, reduces inflammation, and increases the resting metabolic rate.

COMMON SYMPTOMS:

- Reduction in BMI, fat mass, and abdominal circumference
- Increase and preservation of lean mass and muscle strength
- Improvement of cardiometabolic parameters (blood glucose, lipid profile, and blood pressure)
- Increase in daily energy, vitality, and metabolic efficiency

**HOW HORMONAL BALANCE
PROMOTES FAT
REDUCTION.**