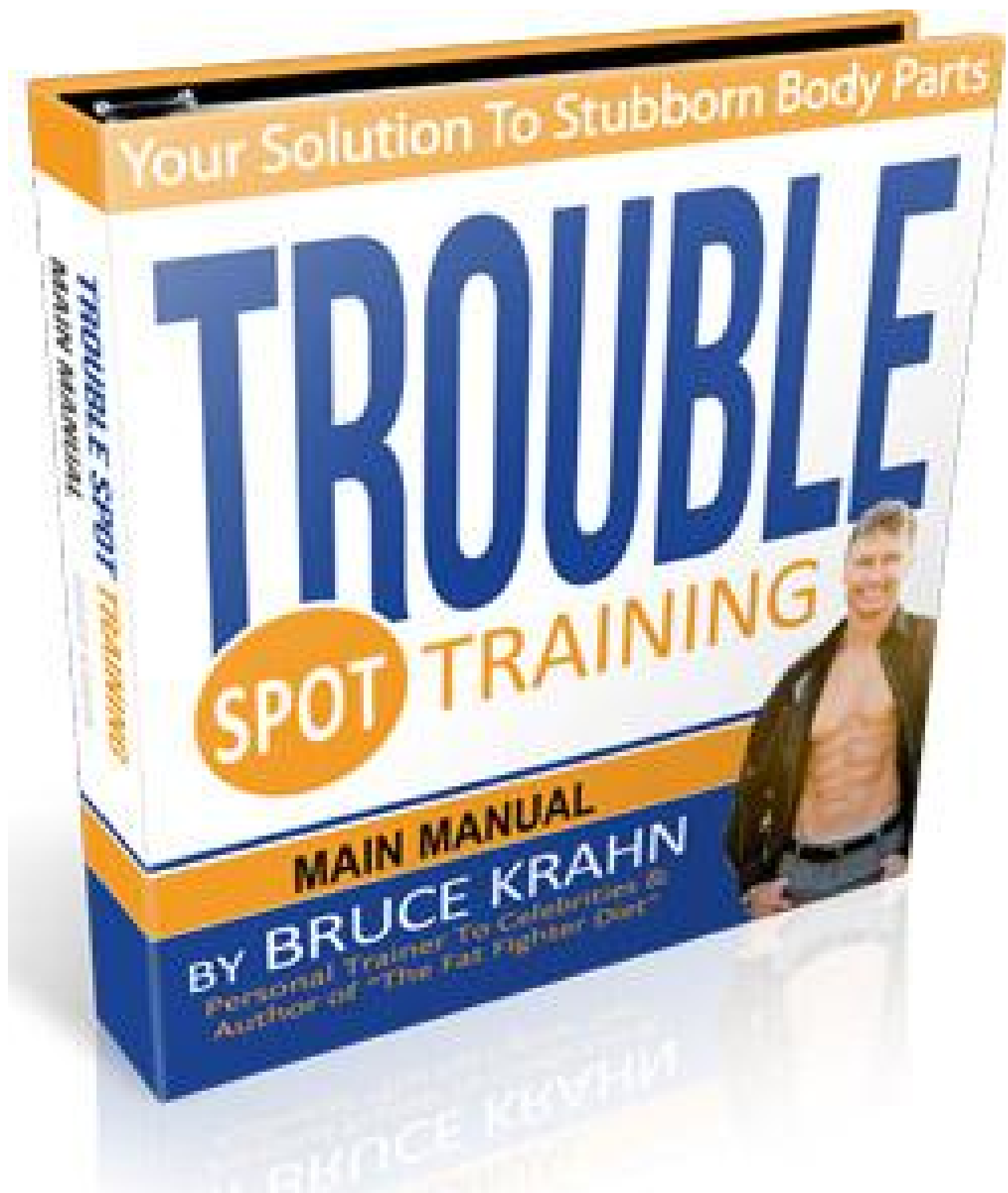# Trouble Spot Training™ eBook PDF by Bruce & Janet Krahn

Trouble Spot Training Reviews

The Trouble Spot Fat Loss program is designed to help individuals lose pounds and inches of belly fat while addressing hormone imbalances through simple recipes. The program includes protocols tailored to different types of fat, such as belly, butt, thigh, back, chest, and love handle fat, using hormone-specific reset protocols.

How It Works

1. **Cortisol Reset Protocol for Belly Fat:** This protocol uses a hormone-balancing drink recipe to balance blood sugar levels, switching the body to fat-burning mode.
2. **Estrogen Reset Protocol for Butt and Thigh Fat:** This recipe helps release trapped fat, addressing long-held body fat issues.
3. **Thyroid Reset Protocol for Back Fat:** Increases thyroid levels to burn back and arm fat.

4. **Testosterone Reset Protocol for Male Chest and Love Handle Fat:** Boosts testosterone levels to reduce fat in these areas.

Benefits of the Program

- I**ncreased Energy and Vitality**: Hormone balancing leads to higher energy levels and overall vitality.
- **Specific Hormonal Diagnostics:** The program identifies hormonal imbalances based on fat storage areas.
- **Symptom-Free Lifestyle:** Helps users become free from potential disease symptoms and achieve their desired physique, particularly around the midsection.

About the Author

The Trouble Spot Fat Loss program is created by Bruce Krahn and Janet Krahn. Bruce is a fitness expert and the founder of ebodi.com, with extensive experience in weight-loss programs. He has authored several books and has a track record of helping prominent individuals achieve their fitness goals.

Why Trust Trouble Spot Fat Loss?

The program's creator, Bruce Krahn, is a recognized weight-loss expert with a proven track record. Positive reviews from users who have interacted with the program further attest to its credibility and effectiveness.

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Program Components

- **Lee's Hormone Map:** A tool used to diagnose specific hormone imbalances and understand body fat distribution.
- **Cortisol Reset Protocol:** A simple daily recipe to balance cortisol levels and reduce belly fat.
- **Estrogen Reset Protocol:** Recipes to balance estrogen levels and reduce hip and thigh fat.
- **Thyroid Reset Protocol:** Recipes to increase thyroid levels and burn back and arm fat.
- **Testosterone Reset Protocol:** Recipes to boost testosterone levels in men, addressing chest and love handle fat.

What Problems Does the Product Solve?

The program addresses issues related to fat and hormone imbalances, reducing the risk of diabetes, high blood pressure, heart disease, and stroke. It helps prevent aging-related

problems, joint issues, and chronic illnesses by fixing hormone imbalances and promoting sustainable weight loss.

Proven Effectiveness

The Trouble Spot Fat Loss program has been shown to work effectively, with users typically losing between 25 to 35 pounds each month and restoring their hormone levels. The program has received positive reviews and testimonials from users who experienced significant weight loss and improved health without resorting to drugs, dangerous supplements, or restrictive diets.

Format and Bonuses

The program is available in e-book format and includes several bonuses:

1. **Dr. Lee's Exercise Secret:** An easy-to-follow blueprint for boosting metabolism and burning fat using herbs and spices.
2. **2-Minute Sequences:** Quick exercises to target trouble spots, increase metabolism, boost hormone levels, and reduce joint pain.
3. **Eastern Detox Formula:** A detox plan to reduce belly bloat and inflammation, cleanse the liver, and increase metabolism.

Conclusion

The Trouble Spot Fat Loss program is suitable for individuals of all ages, particularly those struggling with hormone issues and stubborn fat around the thighs, belly, and hips. The program is actionable and easy to use, with proven results in weight reduction and hormone balancing.