



Gynecomastia Treatments

**Non Surgical
Alternatives Explained**

Published by Trevor Berly

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Forward

I'm glad you joined us for an in-depth look dealing with “man boobs” or its medical term, gynecomastia. I know you'll find this guide helpful and informative.

My name is Trevor Berly and I've battled with pseudo gynecomastia since I was a teenager and only recently have I found ways to naturally reduce the condition. We'll discuss pseudo gynecomastia in more detail in this guide but the quick definition is that there is an excessive build up of fat in the chest area. In this guide I'll be sharing my methods, products that have helped, and let you in on what I've learned about gynecomastia.

Specifically, we'll discuss:

- Man Boobs or Gynecomastia defined and the differences between gynecomastia and pseudo gynecomastia.
- What are some causes of man boobs?
- Is man boobs/gynecomastia surgery necessary?
- Natural treatments for reducing gynecomastia that don't involve surgery.
- How important is your diet?
- Do gynecomastia exercises help or hurt?
- Pros and cons of the latest natural treatments on the market for gynecomastia.
- Which natural treatment do we recommend?

I'm going to share with you the same tips and advice for dealing with the condition that has helped me reduce my chest fat.

Let's get started!

Gynecomastia Explained

A male breast consists of a combination of glandular tissue and fat tissue. The medical terms for excessive chest fat are either gynecomastia or pseudogynecomastia. Gynecomastia is a condition where there is a normal amount of fat, but an excess of glandular tissue. Pseudogynecomastia is the reverse, a normal amount of glandular tissue but an excessive amount of fat. "Man boobs" has been often used interchangeably to describe the two medical terms, so going forward throughout this course we will be referring to it's medical terms so there won't be any confusion.

It is estimated that as many as 60% of males have an increase in size of one or both breasts at some point in their life. More than 90% of gynecomastia cases are actually pseudo gynecomastia. No doubt, this often causes psychological distress and emotional scars, especially in teenage males. Probably one of the most difficult aspects to living with this condition is day after day of trying to hide your chest or not partake in any activity that involves removing your shirt.

In general, gynecomastia or pseudogynecomastia are not physically harmful, but in some cases can be an indicator of other more dangerous underlying conditions. Either way, a doctor could better assess your condition and conduct some tests to let you know.

Now that you have a better idea of what gynecomastia is and the differences between gynecomastia and pseudogynecomastia, we can start on the causes of this condition.

Causes of Gynecomastia

Ok, so now you have a better idea of what gynecomastia is and whether or not you have gynecomastia or pseudogynecomastia.

So now the question is, what caused it?

Gynecomastia could be developmental, meaning that it occurred at birth, during puberty, or during the aging process. There is also a very large list of medications that list Gynecomastia as one of the side effects. Other reasons could include primary or secondary Hypogonadism. Primary Hypogonadism could include trauma, infection, twisted testicles, radiation, chemotherapy, or the mumps. Secondary Hypogonadism is a bit more complex and could include low testicular function, Kallmann Syndrome, and pituitary failure, which is a loss of blood supply, infection, or tumor. Gynecomastia can also be a result of tumors, systemic, including Adrenal, Cirrhosis, renal failure, or Thyrotoxicosis.

It can also be a result of a congenital disorder or could also be caused from a number of other reasons such as alcoholism, chest wall trauma, cystic fibrosis, herpes zoster infection, HIV, Myotonic Dystrophy, obesity, psychological stress, spinal cord injury or refeeding after malnutrition. However, more often than not the cause is idiopathic – meaning that there is no clear cause. Doctors like to make every attempt to discover the exact cause of Gynecomastia because it could make a major difference in the form of treatment.

When there is an actual cause for Gynecomastia, it is usually related to puberty in some way because that is the time when most hormonal changes take place. The fluctuations in the hormones cause excess breast tissue to develop in over half of the males that go through puberty. Of that percentage, about 90% of the males who develop Gynecomastia during puberty will find that it disappeared within three years, once the hormones settled down.

In addition to the above mentioned causes of Gynecomastia, there are still several more possibilities including leukemia, hemophilia, leprosy, Klinefelter's syndrome, Gilbert's syndrome, and the use of some

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prescription drugs, as mentioned, and also the use of some illegal drugs including marijuana, anabolic steroids, and heroin. Doctors never rule out the possibility that the underlying cause of Gynecomastia could just be something as simple as a poor diet and lack of exercise, especially if the patient is overweight.

Is Gynecomastia Surgery Necessary?

In addition to being a physical appearance issue, I'm sure we can all agree that gynecomastia can be a very heavy emotional and psychological burden as well. If you're not aware of any other methods for treating it, gynecomastia surgery seems like a good solution.

So, what's involved with gynecomastia surgery?

The way that the tissue and fat is removed is through the use of liposuction and it will be performed under a general anaesthetic. A small incision would be made that goes around the nipple and across different points of the chest and a tube is used to suck the fatty tissue out. Also, if it is needed, glandular tissue is also removed from an incision in the nipple. The great news is that the stitches are dissolvable ones and they therefore do not need to be removed at all.

Patients who receive the surgery can expect the operation to last anywhere from one to three hours. It varies with each person. The good news for most patients is that they can go home on the same day, but some patients may have to stay in longer, depending on the circumstances. You should recover within 2-3 weeks, but you need to relax until it is healed properly. This means that you should not do any vigorous activities that may aggravate it. Patients can resume exercise after about 6 weeks or so after the operation.

The surgery is a good way to get rid of the excess glandular tissue and fat and can have great long-term results. However, if the man boobs were caused from being overweight, if you carry on as you did before, it could easily return.

Gynecomastia surgery is an option, but an expensive one. The cost can range from \$2500-\$5000 but normally closer to the later. Many men seek this option as this offers immediate results, but let's face it, not everyone likes surgery. Not only that, not everyone has close to \$5000 to shell out for this type surgery. Insurance companies won't pick up the cost because it is considered a cosmetic procedure, so when all is said and done it could put a big dent in your wallet.

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I'm not sure about you but I'd like to exhaust natural methods to treating gynecomastia first before opting for surgery. That's why in the next section we discuss, "Non Surgical Treatments for Gynecomastia."

Non Surgical Treatments for Gynecomastia

Many claim that they have been able to rid themselves of their unsightly Gynecomastia naturally by using herbs and natural supplements. I haven't tried these supplements, but one of the most used and highly boasted about natural supplements that claim to rid some from their Gynecomastia is [Gynexin](#). It is a herbal supplement that can be purchased right over the counter.

The reason that they work is because Gynexin targets the fatty cells in the mammary glands and significantly reduces the breast size. Makers of Gynexin claim, and this claim is supported by many, that you will begin to notice an improvement in about three weeks and a significant improvement by six weeks at which time you will be able to lower your dose.

The other natural treatment combines an herbal supplement with a proven system for ridding chest fat. It's called [Ultimate Gynemax](#).

The most effective ingredients included in Ultimate Gynemax are an appetite suppressant called Slimaluma™ (Caralluma Fimbriata extract) and ATP. ATP essentially stimulates peripheral blood flow in the body, which enables effective removal of fat from men's "trouble spots," including chest fat and the pot belly.

The other good thing about this program is Ultimate GyneMax contains no dangerous ephedra or ma huang. The amount of caffeine contained in GyneMax is about the same amount as a cup of coffee.

Other natural methods to treat Gynecomastia are of course through diet and exercise. This one of the main methods I use to get a firmer chest. Chest building exercises stimulate chest muscle growth and target reducing fat around the breast area. In addition, a good diet plan incorporated with a rigid exercise plan that you perform daily is one natural way to treat your Gynecomastia. In almost all cases if this is applied, you will see a major reduction in the fatty area surrounding the breast area and by doing cardio and weight training exercises and maintaining a low fat and high fiber diet you will see major results that

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will continue to improve with time. So, losing weight and doing exercise is another form of natural treatment for Gynecomastia.

Natural treatments can only be considered once underlying medical causes have been eliminated. But if it is determined that you have idiopathic (no clear cause) Gynecomastia, then you will be able to attempt using natural treatments to get rid of your enlarged breast. Natural treatments are always recommended before resorting to surgical procedures. Keep in mind that although natural treatments do not work as quickly as surgery, it is always better for your body in the long run to at least make a natural attempt.

Diet and exercise will only be effective if the cause of the Gynecomastia is because your chest has a build up of excessive fat tissues. For that purpose alone, natural treatments can be used and fortunately, the largest percentage of Gynecomastia is caused from improper diet and lack of exercise. The smaller percentage of males that have Gynecomastia with underlying medical conditions will not be able to rely on natural methods to relieve their condition.

How Important Is Your Diet In Treating Gynecomastia

As we've previously pointed out, the majority of Gynecomastia cases have no clear cause. Where this is the case the condition almost always results from an unhealthy diet, which means that the person is either overweight or possibly even obese. So while the fat was accumulating on your body, the breast area developed more so which left you with a set of unsightly breasts.

Now you are going to have to naturally reverse the process. Whatever it is that you did to create the fat around your breasts; you will now do the opposite. Diet is first, no more greasy, fatty, sweet foods. Eliminate alcohol, colas, and fast food immediately and replace it with lots of water and low fat foods that are very high in fiber as fiber helps to burn fat quicker.

So, is diet important?

You better believe it. But there are other factors as well.

Exercise is going to be the thing that is going to give you the best results. An all over body routine is best so that the fat melts away from the entire body but be sure to alternate cardio exercises and weight training. Cardio is vigorous and you can accomplish this by bike riding, jogging, or even swimming, anything that gets that heart rate up and starts burning calories. Weight training could be anything that works extra hard on the upper torso so it firms and tightens the upper chest and breast area. Push ups are great too. You can start off slow and work your way up, in other words, do not expect to move a mountain in the first few days. If swimming is your cardio choice that's great but start off with maybe three laps and then move up slowly but consistently.

You may think it's a silly question but, are you getting enough sleep?

Chances are, probably not.

Experts say that each person needs a certain amount of hours to completely rehabilitate their body. On average, an adult requires 8 to 9

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hrs of sleep, but in reality many only sleep 7 or less. Lack of sleep causes emotional imbalances in people. It may also lead to aggressiveness, apathy, and can change between euphoria and depression and vice versa. All those emotions are not very healthy. If you are still wondering why I mention sleep as help for treating your gynecomastia, consider a study by the University of Pennsylvania. Those who slept for six hours were later diagnosed with increase of certain chemicals in blood associated with heart diseases and diabetes.

Better sleep patterns can not only help you feel better day to day, but can help with your efforts to get rid of your gynecomastia as well.

We'll cover specific exercises for gynecomastia in the next section.

Do Exercises Help or Hurt the Condition?

There are many exercises that can result in a very favorable effect when attempting to manage Gynecomastia. Cardio exercises are the best as they burn fat instantly. Cardio exercises not only burn fat instantly but help strengthen and develop the muscles in the chest. A good routine is to actually alternate one hour of cardio and one hour of weight training per day but not to do them consecutively because doing so would overwork the muscles. Pushups are good or any other form of exercise that applies pressure to the chest area. Remember with any chest exercise you are you should aim for higher repetitions because these tend to burn more fat. 10 or more repetitions for 2-3 sets is a good guideline. The idea is that you want to convert that fat into lean muscle. Lower repetitions will only build muscle on top of fat. The other thing to remember is to start off slow.

Interval training works really well because that gives your metabolism a lift and you start burning body fat really fast. Interval training involves about 30 seconds to one minute of extreme exercise, followed by two to three minutes of easy exercise. Sprinting for about one minute followed by fast paced walking also helps increase metabolism. Basically, any regimen that focuses on the upper chest and stringent exercises will work great. Avoid spot workouts because they will not help to get rid of your man boobs and in fact can make the problem worse.

Running, rowing, and bike riding are great examples of cardio exercise that will burn the fat and help rid you of the man boobs. Elliptical trainer machines provide an excellent source for cardio workouts as they work both the upper and lower parts of the body at the same time. Playing in sports is great because it generally provides a cardio workout with interval training. You want to gear towards any exercises that work on eliminating upper torso fat.

By no means does your exercise routine have to be done in a gym and further where it takes place is not important at all. What is important is that you exercise the proper muscles to get rid of those unwanted breasts. A good aerobics programs works fantastic and if you want to work out at home that is fine as there are many audio and video

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training sessions available for purchase or rent. Although you want to be tone all over your body, you also want to give that extra attention to the upper body to firm the chest and get rid of those unsightly breasts.

Closing Thoughts

I hope I've been able to help you in your endeavor to find out about natural treatments for Gynecomastia. As you can see, there are things that can be done instead of surgery when it comes to trimming excess fat from the chest area.

With all this information you are probably wondering how can I put it to good use? The truth is this is where most people fail. Unless you action your goal of losing your man boobs, you'll get nowhere.

It's also important to be realistic. Losing chest fat or any kind of fat for that matter is not an overnight process. It will take time and it takes commitment.

Natural alternatives to gynecomastia surgery can work and compared with the cost of surgery, it makes sense to seek out these alternative forms of treatment.

So with all these natural alternatives, which do we recommend?

We'll talk about the pro's and con's of these alternatives and ultimately give our recommendation in the next section.

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Natural Gynecomastia Treatments – Pros and Cons

Chest Coach System



Pros:

- Guide is written by an ex-man boobs sufferer who shares his techniques for losing his gyne.
- Very good tips on useful exercises and proper eating habits.
- Good listing of success stories.
- Low cost.

Cons:

- Does not include herbal supplements
- No guide for helping with diet or exercise

Cost:

\$47.00

Ultimate Gynemax



Pros:

- Doctor recommended and protected by 3 U.S. patents.
- No dangerous ephedra or ma huang.
- Compelling user and doctor endorsements.
- Includes a great bonus ebook by Trey Jones – “Get This Off My Chest NOW”.
- 60 day money back guarantee.

Cons:

- Still relatively new to the market.

Cost:

Standard 3 month supply includes 2 free bottles is best value at \$199.95.

Gynexin Herbal Supplement



Works by Targeting the fatty cells (subcutaneous adipose tissue) in the mammary glands

Pros:

- Can start to see results in start to show in week two or three.
- Made from 100% all natural herbs .

Cons:

- Can take up to 6 months for optimal results to be obtained.
- No guide for helping with diet or exercise.

Cost:

Standard 5 month supply is best value at \$234.65.

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Our Recommendation

Of all these methods of treating your gynecomastia, our recommendation is to try the [Ultimate Gynemax](#) system.

The reason is because it's not just a system about supplements or exercise, but an effective combination of both. The Ultimate Gynemax supplements will start trimming the chest fat as you start to utilize Trey Jones' Get This Off My Chest Now ebook. His ebook will break you of your bad habits and the things you do that contribute to building up fat which is probably not only restricted to your chest.

That's all well and good, but does Ultimate Gynemax really work?

Here's my take. If you have true gynecomastia where there is an excess buildup of glandular tissue as the cause, then unfortunately this is not for you. The only real "cure" of that type of gynecomastia is surgery. However, as previously mentioned, statistics show that about 90% of gynecomastia cases are pseudo-gynecomastia. For this type, I think a system like this can help to reduce your gynecomastia. The reality is each person is different and results will vary. If you can significantly reduce your gynecomastia with Ultimate Gynemax without resorting to paying thousands for surgery, would it be worth it?

That's something to think about.

The bottom line is this is the only system available at this time which combines the best natural fat burning ingredients in a supplement and a blueprint to fast track getting rid of your gynecomastia. Both of these together in one package.

Why not try it out and let us know your results?

We wish you all the best in your efforts to rid your chest fat and hope to hear about your success!

All the best,
Trevor Berly

<http://www.GetRidOfGynecomastia.com>