

MAN BOOBS BE GONE!

**Get Rid of Man Boobs
Without Surgery**



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Introduction

Have you stopped looking at yourself in the mirror because the sight of the man boobs is not the way to boost your morale every morning? Man boobs. Gynecomastia. Male breasts. There are more embarrassing conditions that can lead to poor self-esteem and embarrassment in men. Acne, erectile dysfunction, bad breath, and offensive body odor may be a problem for other men, but the problem you want to get rid of is man boobs. Right now the overriding issue that nags at you day and night is the saggy or puffy man breasts which would look a lot better on a woman and not on you.

The medical term for man boobs is gynecomastia. The word has Greek origins, "gyne" meaning "woman" and "mastos" meaning "breast". This condition is the enlargement of one, but more often both breasts in a male. It affects men of all ages and may occur after years of normal looking male breasts, or pectoral muscles.

If you are not happy with your appearance; you're not alone! Stand in a room full of men and you may be surprised to learn that three of every ten men are suffering from gynecomastia. Yes, you are not alone. One in every three men will be diagnosed with gynecomastia during their lifetime. Prominent breasts commonly occur in infants and during puberty. The condition is becoming more prevalent for middle-aged and older men.

There are two categorizations of **gynecomastia** and **pseudo-gynecomastia**. Pseudo-gynecomastia is described as fat deposits around the breast area of men with obesity. Non-fat related gynecomastia arises from one or more conditions occurring within the body. Some causes require attention from a medical professional such as tumors and hormonal imbalances. Unlike gynecomastia which is predominantly hormonal based, pseudo-gynecomastia is directly related to diet and a sedentary lifestyle. You can bring about a positive change with the right kind of alkaline diet and exercises.

The cost for liposuction or surgery to reduce man boobs is usually out of reach for most men. Reducing man boobs through surgery costs \$3,000.00-\$6,000 for the plastic surgeon, another \$1-\$2,000 for anesthesia fees and finally then \$1-\$2,000 for the hospital fee. There isn't one flat fee because each individual is different.

Mild male gynecomastia can sometimes be treated by liposuction alone. Moderate and severe male gynecomastia can be more extensive and more expensive procedures. What may be a straight forward \$5,000 procedure for one male may be more complex for another. The bottom line is that removing man boobs using plastic surgery is very costly and not covered by medical insurance unless it is done as a result a treatment for an approved procedure such as treatment for cancer.

Some men opt for costly surgery before they've had a chance to pursue other options. Since you are reading this guide, you've made a conscious decision to understand the causes and treatments for gynecomastia. Before you make the risky and costly decision to undergo surgery, read through this guide to learn how to safely and effectively

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get rid of your man boobs and keep them off for good – without surgery. In all cases, it is recommended you discuss your situation with a doctor before pursuing surgery or more natural methods to free yourself of gynecomastia.

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Why Do I Have Man Boobs?

If you're embarrassed by your excess chest, you might wonder, "Why do I have man boobs?" There are actually several things that can cause this situation to develop. Before you can get treatment, it's necessary to know the problem.

For many men, man boobs are simply a result of being overweight. Fat tissue collects all over the body in various areas and the chest is one of them. As the chest increases in fat cells, the skin can begin to sag and give the appearance of growing male breasts.

If this is the cause of your problem, the best way to get rid of man boobs is to improve your lifestyle. You need to exercise and eat healthy to lose weight. Eventually, the fat from your chest will decrease and you'll return to a more masculine chest.

For many cases, man boobs are actually a medical condition called gynecomastia which is a condition related to hormonal imbalance. Rather than growing male breasts from fat tissue, you're actually getting glandular tissue developing the way that female breasts do.

This is because there's not enough testosterone in your system and your body begins to respond to female hormones being produced. There are a few reasons this can happen in men and how you treat the problem depends on the cause.

Some young men have this problem and come by it genetically. They're of a normal weight and everything else seems normal, but they

In the majority of cases, the leading cause of gynecomastia is a hormonal imbalance

begin growing male breasts. This condition sometimes resolves itself over time, so it's just necessary to work to hide the breasts.

Gynecomastia can also be due to medications, hypogonadism, thyroid disease, malnutrition, breast cancer, testicular cancers, adrenal cancers, liver disease or kidney disease. The cause of the gynecomastia is usually determined by physical exam, history and blood tests. Additional testing may include testicular ultrasounds or CT scan.

Sometimes it's necessary to seek medical intervention such as hormone therapy or surgery to have the tissue removed. You'll need to get with a physician to discuss what treatment options are right for you.

Then there are some lifestyle choices that can cause a problem with man boobs. Some medications can actually cause this problem. If you suspect that medication is the problem, talk with your doctor about making changes.

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Anabolic steroids can also cause hormonal imbalances that lead to growing male breasts. In addition, alcohol use can create a problem with man boobs. There are also some food choices that can lead to man boobs.

Food high in soy such as meat substitutes and soymilk can create hormonal imbalance. That's because soy is full of naturally occurring plant estrogens. These simulate the estrogen that women produce and can result in growing male breasts.

In any case, it's a good idea to discuss your concern about man boobs with your healthcare provider. Together you can work out a plan to help treat the problem and return your chest to a more masculine form.

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Who is Prone to Gynecomastia?

As a man concerned about your appearance, you may wonder who is prone to man boobs. There are several factors that can affect your risk of developing this problem. Males with breasts come in all shapes and sizes, but there are some things to look for.

First of all, men who are overweight or obese are much more prone to man boobs than men who are at their ideal weight. That's because fat cells grow larger all over the body, including in the chest area.

If you're overweight and have man boobs, it's generally best to lose weight to get rid of them. You won't be able to target only your chest, so you'll have to be patient and wait for the fat to leave the area or better yet, take part in a regular exercise regime to develop muscle in your chest and arms.

There are a number of studies documenting the incidences of gynecomastia in some populations. There isn't any scientific publication reporting a direct relationship to a certain gene pool and the incidence of man boobs in the male population. However, it is safe to conclude that men in some cultures have a predisposition to man boobs. If the men in your family have a tendency toward having a lot of male breast tissue, you may also have this problem. If males in your family don't have a problem with man boobs, then chances are yours are related to your lifestyle, what you eat, drink, how often you exercise, and even how much sleep you get.

Sometimes hormone therapies are helpful and some people require surgery to remove the dense breast tissue. This isn't just fat; it's actually mammary glands that have overdeveloped. No amount of exercise will get rid of this type of man boobs.

Lifestyle issues such as drinking alcohol excessively and using anabolic steroids – like the kind bodybuilders use – can also contribute to a problem with man boobs. These chemicals alter the hormone levels in your blood and can make testosterone levels low.

You may also be more prone to man boobs if you eat a lot of soy products. Soy is a plant that naturally has a lot of estrogen in it. For some people, excessive amount of soy in the diet can cause a hormone imbalance. If you are trying to get rid of man boobs, lay off the soy sauce and other soy-based products.

People who eat a lot of meat or drink milk treated with hormones can also be more prone to man boobs. Livestock is sometimes treated with growth hormones that make their way into the finished meat or milk product. Consider switching to an organic milk product or even to a non-dairy product such as almond milk.

For some men, man boobs are a result of lifestyle issues and for others they're more related to genetics. Understanding who is prone to man boobs can help you to determine what may be causing yours – but it's always best to seek medical advice from your own doctor.

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Men, Women, and Adolescents and Gynecomastia

If you don't know much about this disorder, understanding men, women, and gynecomastia and how they're related may be confusing. With a little information, you'll be able to understand what gynecomastia is and how it affects different populations.

It may help to first understand what gynecomastia really is. This is a condition where males actually grow breast tissue similar to female breast tissue. This is caused by a hormonal imbalance. That means that only males can have the condition gynecomastia.

Testosterone levels can be too low and estrogen levels can be too high. There are several reasons this can happen and the condition is often inherited. Medications, some recreational drugs, and exposure to hormones in food can contribute to this.

For women, growing breast tissue isn't abnormal – in fact it's quite the opposite. So this isn't a condition that directly affects the bodies of women. However, women are often the best support system for males with gynecomastia.

One of the toughest groups to be affected by gynecomastia is adolescents. It can be very embarrassing for a young male with developing breasts to get through his daily activities. It makes it important for him to understand what's going on.

For some young men, gynecomastia corrects itself. In that case it's a game of waiting. In the meantime there are techniques for covering the problem such as dressing in layers and even purchasing garments to help bind down the chest.

It's important to seek medical attention if you're a male and you think you might have gynecomastia. A doctor can help you to identify what may be causing the problem and give treatment suggestions.

As men grow older with this condition, many decide to have cosmetic surgery to remove the breast tissue and firm the skin of the chest. This can help restore a more masculine looking chest. The problem with this approach is that it is very costly and medical insurance won't cover the costs unless it's directly related to a medical treatment that insurance covers. For example, if a man has a mastectomy, lumpectomy or some mass removed from a breast due to a cancerous or benign tumor, then insurance will provide coverage. Of course, if that is your situation, please contact and confirm this coverage with your insurance provider.

It's also important to make sure that your hormone levels are normal. Your doctor may prescribe a hormone therapy. She may also direct you to remove soy-based foods from your diet. Soy has a high concentration of estrogen and eating too much can throw your hormones off balance.

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Avoid other products influenced by hormones, such as produce (vegetables, fruits, meats) grown using artificial growth hormones. Excessive alcohol and anabolic steroids have also been known to cause gynecomastia in men.

Man boobs is a humiliating condition for many males, especially adolescents. But the good news is that there's help and treatment available. Infants, adolescents and adults can all be affected by this condition directly and indirectly. The fact you are reading this document is an affirmation you are ready to do whatever it takes to get rid of your man boobs. Get informed and then take action.

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Am I Stuck with Man Boobs if Gynecomastia Runs in the Family?

If you have family members with gynecomastia, you may wonder, “Am I stuck with man boobs if gynecomastia runs in the family?” There’s no simple answer to that question. If you’ve already developed man boobs, you know that your genetics have impacted you.

But genetics are more complicated than knowing that you’ll be affected at an early age. While many men in your family might have man boobs, it’s possible that you won’t have them. The way that genes passed down and expressed is very complex.

If you know that man boobs run in your family, you’ll want to make sure to take some precautions. First, you’ll want to keep your body at the healthiest weight possible. When you become overweight or obese, you increase your chances of developing man boobs.

Just like you have fat that settles around your middle, you can have fat tissue that settles in your chest. As it begins to get larger and stretch the skin, it begins to get weighed down. Eventually this can cause the appearance of man boobs.

This isn’t actually true gynecomastia. It’s actually called pseudogynecomastia. This isn’t caused by a hormonal imbalance – it’s actually just a result of weight gain. True gynecomastia isn’t necessarily related to your weight – although weight can play a factor.

With true gynecomastia, you have a lower level of testosterone than you should and your estrogen levels may also be higher than normal. This causes you to develop female features such as breast tissue.

If you know that you have this in your family history, there’s not a whole lot you can do to prevent the problem from developing in some cases. However, you can make sure your lifestyle doesn’t exacerbate the condition.

That includes avoiding drinking alcohol excessively and making sure to stay away from anabolic steroids. Both of these substances can knock your hormones off balance and cause you to have lower testosterone levels.

You should also make sure to avoid foods that contain growth hormones that can also contribute to gynecomastia. Soy products also contain plant estrogens that can cause some men to develop man boobs. Being overweight can also lead to problems with high levels of estrogen because fat cells produce estrogen.

It’s also helpful to make sure to eat foods that help you keep your testosterone levels high. Broccoli, red meat, and dairy can help promote testosterone production as long as they’re free of hormones can help to promote normal testosterone levels.

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Will My Son Grow Out of His Man Boobs?

As a concerned parent, it's only natural to wonder if your son who has developed male breasts is going to eventually develop manly chest muscles. When young men begin to develop female breasts it can be very difficult for their self-esteem and it's important to get as much information as possible to help them.

To answer your question simply, it is possible that he'll grow out of his man boobs. This condition actually has the scientific name gynecomastia. Gynecomastia in teenagers can be particularly embarrassing when all a teen wants to do is fit in with everyone else.

For some boys, gynecomastia resolves itself as they grow older and get further into puberty. It's generally caused by a hormonal imbalance that can sometimes correct itself. Often this is directly linked to what the young man eats. A diet filled with processed foods (trans fatty foods) and McDonalds Big Macs add hundreds of unnecessary fat calories to your son's diet. He's probably overweight, too.

Moving him away from this type of food into a diet of foods that are alkaline-based will not only lower his calorie intake, but help his body chemistry become less acidic. This helps your son's hormones get back in synch. Once that happens, his man boobs will diminish and even be replaced if he adds in some exercise.

For a small percentage of men they need medical intervention to restore a hormonal balance. Your doctor may prescribe some type of hormone therapy. One of the most common treatments is progesterone therapy.

Progesterone is a hormone that helps to regulate estrogen and testosterone in the body. Your son may eventually need to take progesterone in order to counteract extra estrogen that his body is producing and responding to.

Tamoxifen is another drug sometimes prescribed to correct this problem. You may have heard of this drug in relation to women with breast cancer. It works to counteract estrogen and can also be prescribed off label for men with gynecomastia.

Some boys have pseudo-gynecomastia. This comes from excess weight. As a boy gains weight, the fat can collect on his chest as it does in other parts of the body. This is best treated with lifestyle changes to promote weight loss. Moving to a diet rich in high-alkaline foods will support weight loss.

In the meantime, you may want to help your son by helping him wear clothing that can mask his chest. There are supportive undergarments that can be worn under his shirt that will compress his chest. Most of them just look like an undershirt so they won't draw scrutiny.

Some males choose to wear a tight t-shirt under another looser shirt in order to hide their man boobs. It also helps to wear shirts that are more structured such as button downs that fall away from the body and don't show as much body detail.

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It's natural to wonder, "Will my son grow out of his man boobs?" but there's a lot you can do to help him both now and in the future. You can help him to manage this change in a healthy manner and establish good habits for diet and exercise which support a healthy lifestyle for the rest of his life.

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Man Boobs and Your Weight

As previously mentioned, pseudo-gynecomastia is caused by a sedentary lifestyle, poor diet and indulgences in foods that promote the growth of fat cells in the chest area. In many cases, men are able to get rid of embarrassing female looking breasts by making changes to their diet and taking up a exercises that drive fat away from the chest replacing it with attractive pecs.

Your weight can affect the appearance of your chest for more than one reason. First of all, it can cause fat to deposit around your chest. The clinical reference is pseudo-gynecomastia.

Weight can also contribute to man boobs because it can actually cause your estrogen levels to rise. Estrogen is the female hormone that causes the growth of breast tissue in women. But when men have too much it can also cause breast tissue to develop.

This type of tissue is more than just fat. It's made of glands and it's much denser than fat alone. Fat cells themselves actually produce estrogen. When you're overweight and you have too many fat cells you can end up with too much estrogen in your bloodstream.

The best way to reverse this problem is also to lose weight. As you lose weight anywhere on your body, you'll be decreasing the amount of free estrogen that circulates throughout your blood and you'll decrease its effect on your chest.

What if you have man boobs but you have a normal weight? This condition is also possible. Some men develop man boobs for reasons no one really knows. But often it's because of inherited characteristics or lifestyle problems that cause your hormones to be off balance.

In any case, if you have man boobs you'll want to make sure to see your doctor to rule out things that can cause man boobs such as cancer, hormonal imbalance, and prescription medications. There are actually many causes for this common problem.

While most man boobs don't result from a health problem, it's still important to rule it out. Understanding the relationship between man boobs and your weight can help you to make the necessary changes to restore the chest you'd like to have.

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Foods That Can Cause Man Boobs

It probably won't surprise you to learn that much of what you put into your mouth influences the shape of your body including a propensity to develop man boobs. When seeking a solution for gynecomastia, the first place to make changes is at the dinner table. Once your doctor has ruled out hormonal problems or medical conditions as the cause, the next step is to look at what foods you are eating.

Often, men begin to develop man boobs because of becoming overweight or being obese. Just like fat collects around your belly, it can also collect in your chest. With increased fat, the skin can stretch and take on the appearance of female breasts.

If your man boobs are a result of being overweight, there are some things you should do about the foods you eat. For example, avoid foods that are high in saturated fat. These can contribute to weight gain.

You should also avoid foods that are highly processed. These are generally high in sugars and fats that can lead to problems with weight. If you need to lose weight you also want to eat a diet high in fruits and vegetables and lean protein.

Some foods can also cause a hormone imbalance. This can cause you to develop male breast tissue even if you're not overweight or obese. One food that has a high concentration of estrogen is soy.

Soy is a plant that contains plant estrogens, also called phytoestrogens. This mimics the same female hormone that women produce that causes the development of secondary sex characteristics. This includes breasts.

Soy can be found in soymilk, tofu, snack foods and many vegetarian meat substitutes. It can also be found as filler in other products, so you need to check labels. While soy doesn't affect every man this way, it can be a problem. Go look through the labels on some of your favorite food products to see if soy is an ingredient.

Foods that are produced from animals treated with hormones can also cause your hormones to become unbalanced. Some meat, poultry, and dairy products come from animals that are treated with growth hormone for faster food production.

Make sure to check labels and look for foods that are hormone-free. Organic meats are also generally produced without hormones. You may have to pay a little more for these foods, but if you have a problem with man boobs it will probably be worth it to you.

You should also pay attention to how much alcohol you drink. Many people who have man boobs report that they have a high consumption of alcohol. Drinking more than a couple of drinks daily can lead to this problem.

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Man boobs can be a very frustrating and embarrassing problem. Avoiding these food products that promote the growth of fat cells in your body, especially around your chest area, will help you to develop the manly chest you want and can relieve you of the frustrations that come from having male breasts.

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How Hormones Affect Man Boobs

It's important to know how hormones can lead to gynecomastia and the impact they have on shrinking your man boobs while developing a more flattering appearance and more defined pectoral muscles. You have many different hormones in your body. In fact hormones are responsible for most of the processes that occur in your body.

But when we talk about hormones and man boobs, we're mainly talking about the sex hormones testosterone and estrogen. Testosterone is often called the male hormone and estrogen is called the female hormone.

However, all men and women have both of these hormones. They're just in different concentrations depending on what sex you are. Males have more testosterone than women and women have more estrogen than men.

When these hormones are balanced properly, you'll have normal secondary sex characteristics (unless you're overweight). But when they get out of balance, you can have the growth of man boobs.

There are several things that can cause this. One of those is the enzyme aromatase. This is an enzyme that can actually convert male hormones into estrogen. Men who have a zinc deficiency often have too much aromatase that can lead to the development of man boobs.

In addition, when you're overweight or obese your fat cells may produce too much estrogen which can also cause your hormones to be off balance. However, by losing weight you can correct this problem.

Some foods can cause hormone problems such as eating too much soy or milk and meat treated with hormones. Excessive alcohol use can also cause problems with hormone levels in the blood and can eventually lead to the development of man boobs.

Use of some medications, such as some antipsychotics, HIV antiviral medications, and chemotherapy, can also cause man boobs to develop. In addition, anabolic steroids and marijuana can also cause man boobs.

Unlike gynecomastia which is predominantly hormonal based, pseudo-gynecomastia is due to eating the wrong diet and sedentary lifestyle. You can bring about a positive change with the right kind of alkaline diet and exercises.

Treatment for gynecomastia that is not pseudo- gynecomastia often is hormone therapy. Some drugs are prescribed to help lower estrogen levels. One of these drugs is tamoxifen. Traditionally this has been used by women to prevent breast cancer. However, it's used off label for men frequently.

Progesterone therapy can also be used to help keep hormones in balance. This is a hormone related to sex hormones, but it isn't one. Both men and women take progesterone to help balance estrogen levels.

Of course, it can also be helpful to make lifestyle changes. It's easier to make positive lifestyle changes when you understand how hormones affect man boobs and you've received medical advice from a professional.

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Drugs, Steroids and Man Boobs

When it comes to having man boobs, the relationship between drugs and large male breasts is one you should understand. This includes drugs that are legal and illegal. In fact, you might be surprised by how many substances can cause problems with man boobs.

First, alcohol used excessively can cause man boobs. Alcohol is technically classified as a drug even though people drink it for recreational purposes. If you're drinking more than a glass or two each day, you may be more at risk for man boobs.

If you're using recreational drugs or are a little excessive with alcohol, you'll want to curb your use of these substances. Doing so can go a long way to preventing the problem of male breast tissue. Also keep your weight in check will help prevent you from developing man boobs.

Illegal drugs such as marijuana, heroin, and anabolic steroids can also cause problems with man boobs. In particular, anabolic steroids that are often used by bodybuilders directly impact the balance of hormones in your body and can cause this problem.

Anabolic steroids are a class of steroids that are used for stimulating the appetite and bone growth, initiate male puberty and for the treatment of certain diseases such as AIDS and cancer. Bodybuilding steroids are used for building muscles and promoting growth.

Anabolic steroids are a synthetic drug that is used to enhance athletic performance and to grow muscles. However, there is a down side to using steroids which include growing embarrassing male breasts. Steroid use can lead to lowered sperm count and possible sterility. There have also been reports of increased aggression, liver, kidney and heart problems.

There are several prescription drugs which can cause you to grow man boobs. If you've had treatment for prostate or testicular cancer, you may have received drugs that suppress male hormone. This is critical to preventing the return of cancer, but man boobs are a common side effect. There are also other that can also cause this problem.

If you are on an antiandrogens or GnRH meds during prostate treatment this is usually the culprit. The good news is that once you can get off these medications the man boobs will go away on their own.

Some HIV medications can cause the development of man boobs. One HIV drug in particular called efavirenz has been shown to have this side effect. However, the risk of stopping these medications is generally greater than the effect of man boobs.

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Another class of medications that can cause man boobs is antidepressants. Some of the newer medications for depression have fewer side effects. But if you've been prescribed one of the older ones you may notice this problem.

Medications used to treat heart disease can also cause the development of male breast tissue. Chemotherapy used for many types of cancer can have many negative side effects including man boobs.

There are other prescription medications that can lead to gynecomastia particularly Cimetidine and Omeprazole which are used to treat acid reflux. These are available as an over-the-counter drug as well as by prescription.

It's always a good idea to speak with a healthcare provider to see if one of the medications you are taking could be causing you to develop breast tissue. Understanding how drugs and man boobs are related can help you to make informed decisions about your lifestyle and treatment plans.

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I'm a Body Builder – Will My Chest Muscles Turn into Man Boobs?

If you are a bodybuilder, the last thing you want is for your well defined chest muscles to melt away into floppy male breasts. No one wants to work hard and train only to have their chest go from masculine to feminine.

There are really two ways a man develops male breasts: by building up fatty cells in the chest area and through changes caused by a hormonal imbalance. Neither of these is directly caused by bodybuilding, but they can be related. First, if you choose to use anabolic steroids as part of your bodybuilding, you could very well end up with the hormonal version called gynecomastia.

That's because steroids cause men's hormones to become unbalanced. You'll actually produce less testosterone and have too much estrogen in your bloodstream. That leads to the development of female sex characteristics – like breasts.

There are other causes for gynecomastia including other medications and drugs, eating a diet that's too high in soy, a zinc deficiency, or having a lot of fat cells that produce too much estrogen and cause breasts to grow. Finally, some men have it and no one knows why.

The other type of man boobs is called pseudo-gynecomastia. It looks like female breasts, but it's not made of the same type of breast tissue. It's just fat. That might be the kind you're more worried about when you think about your bulky muscles.

It's possible that if you start to stray from your fitness routine, the chest that was once solid muscle can begin to develop fat. You can also lose some of the bulk from your chest and cause loose skin to develop that sags and looks like man boobs.

Muscles don't turn into man boobs directly, but it's possible for you to develop this problem if you begin to gain a lot of fat in your chest and other areas of your body. The best thing to do is to continue to incorporate a diet that promotes an alkaline pH, increase your activity by incorporating exercises that help trim away the fat on your chest and build attractive chest muscles.

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How Do I Get Rid of Man Boobs?

We've discussed conditions that lead to gynecomastia or pseudo-gynecomastia that is not related to a disease such as cancer. A hormonal imbalance or fatty cells are the main causes of unsightly male breasts.

Man boobs are often a result of being obese or overweight. This is called pseudo-gynecomastia. You don't really have the same type of breast tissue that women have, you simply have a buildup of fat in the area. If this is the cause of your man boobs, you should consider losing weight. A healthy lifestyle with plenty of exercise, including chest exercise, can help you to lose weight and get a toned body. While you can't remove fat from a specific part of your body, eventually your man boobs will decrease in size.

If you're not overweight, you might have gynecomastia. This is actually a condition that causes your hormones to be off balance. If you have this condition, exercise is not enough to get rid of man boobs. You'll need to seek some professional help from a doctor to help you reduce the size of your man boobs. There are several options a physician can provide including hormone therapy to increase your testosterone levels and decrease your estrogen levels.

You may also be a candidate for breast reduction surgery that actually removes the tissue from your chest. This can be beneficial to help remove the dense glandular tissue and tighten the skin. However, surgery is generally a last resort and other methods are usually tried first.

Some lifestyle changes can also help to get rid of man boobs such as taking zinc supplements to increase your testosterone levels, avoiding soy products that can raise estrogen levels and eating foods that are known to promote testosterone production.

It takes time to see results in lifestyle changes such as diet and exercise. While you're waiting to get rid of man boobs, there are clothing options you can try that help to camouflage your puffy chest and avoid some of the immediate embarrassment. One option is to wear a garment underneath your clothes that binds down your breasts. In fact, there are special elastic bandages made for this purpose and available online.

You can also wear a tight fitting t-shirt underneath a larger shirt to help hide them. Wearing dress shirts will hide them better than wearing soft t-shirts. You should also consider wearing dark colors that also hide imperfections well.

However, the reason you are reading this guide isn't to learn how to dress to hide man boobs, it's to learn how to free yourself from the embarrassing condition so to can be comfortable with your body – whether your shirt is on or off. Let's get to changes that will make a real difference in your life and help to free you from man boobs.

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Lifestyle Changes to Get Rid of Man Boobs

This chapter introduces lifestyle changes that you can make which don't require a large investment in equipment, nutritional supplements or having to resort to costly surgical procedures. These changes affect your diet, sleeping and exercise habits. It requires some discipline on your part, but these changes are proven to help men restore a balance to hormones thereby reducing the causes of hormonal-based gynecomastia as well as fat-based pseudo-gynecomastia.

Hormones are what cause the breast tissue to swell and grow in men. One method for restoring hormonal balance is to make your body more alkaline than acidic. If you don't know much about alkaline and acidic – they are pH levels. All things have a pH level – from water and coffee to the soil and plants.

Alkaline vs Acidic pH

Everything in your body has a pH level. Acidity and alkalinity are measured in pH (potential of hydrogen). The pH scale goes from 0 to 14, with 0 the most acidic and 14 the most alkaline. Alkaline is often called "base."

The pH of stomach acid is 1, wine is 3.5, water is 7 (neutral), venous blood is 7.35, arterial blood is 7.4, sea water is 8.5, and baking soda is 12. Ideally, our pH should stay on the alkaline side: between 7.35 and 7.45. Our bodies like to be more alkaline, but our diet and sedentary lifestyle cause it to be more acidic.

Aim for a diet consisting of 70/30 ratio between high alkaline vs. acid foods. A fairly neutral pH of 7.365 is optimal for muscle growth; increased metabolism and fat burning all of which help you win the battle.

A fairly neutral pH of 7.365 is optimal for winning the battle against man boobs

The secret to changing your body chemistry to a more neutral pH is to avoid certain foods and eat more of others. You've probably heard this before, but eating more fruits and vegetables is far better for you than eating lots of processed and packaged food products. It also supports less acidic body chemistry. In fact, if you can consume more raw fruits and vegetables than cooked you'll be that much more ahead of the game. Cooking food causes it to become more acidic.

The challenge with moving towards a less acidic based chemistry is that even if you completely avoid acidic foods, there are others that will form acid once the digestion process begins. We've listed some of the most acidic foods at

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the end of this ebook, but our guidance is moderation and not complete abstinence. Of course, if there are acidic foods you can live without, do so.

One rule of thumb is to eat 70% alkaline foods and 30% acidic foods. Alkaline foods include dark green leafy vegetables, many fruits, beans and legumes, and whole wheat foods instead of white flour products. Avoid sugar, saturated fats, and fried foods, fatty cuts of meat, over-cooked foods and processed food items such as lunch meats, pasteurized cheeses and sausages. The faster you remove these foods from your daily diet the faster your body's pH changes to alkaline. This helps your battle to lose man breasts.

It's also a really great idea to increase your water intake to 8 and 10 glasses of water each day. Your body is mostly water and chances are you are not hydrated enough. More water intake helps flush out toxins and restores your chemistry to a neutral state.

During this time frame it's a good idea to stop consuming alcohol. Alcohol is a common agent found to be a factor in the development of man boobs. It also is loaded with carbohydrates which turn to sugar. Recreational drugs such as marijuana can also cause problems with man boobs. They affect your body chemistry and can make your hormones become imbalanced. That can lead to the development of breast tissue on your chest. You should eliminate these altogether.

Some men also develop man boobs because they have a zinc deficiency. Zinc helps your body to produce more testosterone and counterbalance the natural estrogen your body also produces. Consider taking zinc supplements to make sure your body has what it needs.

It's also possible to eat foods that are high in zinc to help you increase testosterone levels. Red meat and milk are known to help your body produce testosterone. You can also increase the amount of broccoli you consume which will also supplement your zinc.

We've listed some food to avoid at the end of this eBook that will help you to achieve a more alkaline pH. It's a good idea to print out that list and tape it to your refrigerator.

There are many lifestyle changes to get rid of man boobs and you'll need to look at your own behaviors to determine what changes you need to make.

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Boosting Metabolism

A revved up metabolism is a natural outcome of creating more neutral pH body chemistry. If you have man boobs, one of the best ways to get rid of them is to boost metabolism to help your body burn fat. Boosting your metabolism will actually help you to burn more calories throughout the day even when you're at rest.

What is metabolism? Metabolism is actually the number of calories you burn throughout a day. While some calories are burned during exercise, most of the calories you burn come from your body's processes.

For example, it takes calories to make your heart beat, to repair and produce cells, to heal injuries, to digest your food, and to breathe in and out. And there are some things you can do that will actually increase the amount of calories you're burning.

One of the first things you can do is to build muscle mass. Muscle tissue burns more calories than fat tissue at rest. By participating in strength training you can build muscle and increase your metabolism pretty quickly. You'll find it's much easier to lose fat when you're adding strength training to your routine.

Aerobic exercise can also help to boost your metabolism – especially when you use it to start your day. When you get your heart beating fast, you burn calories and fat. You strengthen your heart and you increase the energy that you spend all day long.

Another thing you can do to help boost your metabolism is to eat the right way. Making sure you eat five small meals each day will help you to burn more calories. As you feed your body and provide it with energy, it will speed up its efforts.

Many people make the mistake of eating just one or two large meals each day. This causes your body to slow down. Make sure you eat every three hours or so and that you consume a carbohydrate and protein for each meal and snack.

This is the right combination of nutrients and a good schedule for speeding up your body. When you feed it regularly, you're giving your body permission to use more energy because there will always be a supply.

Eating a diet that's overall low in saturated fat, high in fiber, and high in vitamins and minerals will also help improve your metabolism. Not only can that help you to get rid of man boobs, it can help you to decrease your risk of heart disease, diabetes, and cancer. When you boost metabolism to get rid of man boobs, you'll find that your entire body becomes healthier.

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Exercise - Man Boobs To Man Chest

Exercise for man boobs is one of the most effective ways to reduce them. There are several types of exercises that can help you to reduce the excess male breast tissue that's causing discomfort and embarrassment.

First and foremost, you need to focus on aerobic exercise that will help to burn calories and help you to lose fat. Fat can actually be the tissue that makes up man boobs and it fat can also cause your hormones to become unbalanced and lead to more problems with man boobs.

Some examples of aerobic exercise include walking, jogging, running, swimming, cycling, and using the elliptical machine. Sports like tennis and racquetball can also provide aerobic activity and make exercise more fun.

Strength training can also help you to boost your metabolism and build muscle to give you a manlier chest. This can include lifting weights or using your own body weight as resistance. Free weights and weight machines can provide great strength training opportunities.

But old fashioned pushups can also be a great benefit for anyone wanting to tone the chest area. You want to strength train the other areas of your body as well in order to have balance and to boost your calorie burning potential.

Rowing can be a great exercise for toning up the chest. You can get it in by actually canoeing or kayaking. But if you're not one for an outdoor adventure, a simple rowing machine will help you to mimic the moves.

Many people also enjoy working out with a [kettlebell](#) or medicine ball. Using the weighted ball to perform strength training can also help you to tone the chest and get the look you really want without man boobs.

Stretching and relaxation can also provide you with the opportunity to decrease the size of your man boobs. Yoga is one form of exercise that can also help you to get a more masculine frame. By lengthening your muscles, you'll get leaner.

Yoga and stretching can also help to reduce your stress levels. This is a critical factor in helping you to lose weight. Stress can cause you to have hormonal imbalance and to gain weight because of emotional eating. Some yoga poses also target the chest specifically.

Another piece of equipment that is great for building core strength is the [BOSU ball](#). This is a dome shaped device that rests on the floor. The squishy dome side (top) and flat platform (bottom) allow are used to perform core exercises to improve on endurance, strength, balance, and stability. Exercise isn't only good for reducing the look of man boobs; it can also help you to improve your overall health. The BOSU ball is an ideal tool for building up back, abdomen and chest strength. You might as well go for a set of 6-pack abs while you are working on your man boobs.

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The benefits extend to preventing chronic disease and allowing you to have strong bones and healthy joints. You should always check with a physician before you begin an exercise program to make sure you're healthy enough to begin. But once you're cleared, exercise for man boobs is one of the most effective ways to get rid of them and improve your physique.

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Eat Well, Exercise AND Get Enough Sleep

Sleep is important for almost every area of our lives as it directly affects our health and well-being, and can mean the difference between waking up and feeling like hitting the kettlebells hard and fast, or waking up and having the whole world feel like it's against you. You need sleep to help build muscles and renew cellular structure. This also plays a role in flushing fat cells out of your system.

When you don't get enough sleep at night, minimally 6 hours, then your body retaliates. A lack of sleep will:

- Disrupt your hormonal balance which is what you are striving to hold in balance
- Increase your appetite because of the hormonal imbalance
- Cause the body to process glucose slower
- Increase stress levels which causes more production of cortisol – a fat storing hormone
- Make you moody, depressed or more anxious

Just as you are diligent about exercise and the foods you eat, you also need to put in place good sleep habits. Here are some tips for getting the most out of your nightly recharge time:

- Go to bed at the same time and wake up at the same time – every day.
- Go to bed when it is dark outside if possible.
- If you work odd shift hours, then purchase black-out curtains to block sunlight from penetrating your sleep space.
- Remove all sources of light. Cover all the “night lights” and vampire lights. These are those little blue, yellow, red or green lights that act as power indicators on most modern electronics and appliances. Cover up these little nuisances. They are like neon lights in a dark room.
- Wear earplugs to block out noises
- Turn down the thermostat to 68 degrees. Cooler temperatures are more conducive to a good night's rest.
- Stop all computer activity 1 hour before going to bed. Wind down your brain and relax your eyes.
- Write down what you want to accomplish the next day.

Lack of sleep will sabotage your efforts to get rid of man boobs, change your diet, lose weight and build muscles. If you skip this step, you will struggle and probably fail.

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Herbal Remedies for Man Boobs

Herbal remedies for man boobs can help you to take control of your chest without having to use pharmaceutical medications or surgery. There are quite a few options to help you get rid of your man boobs and restore a masculine chest.

Several companies make formulas specifically to help reduce gynecomastia in men. Most of these formulas work to help men lose weight so that they can reduce the size of their chest. They may also help you to build muscle to bulk up your chest.

You must be careful, though, with herbal remedies because some herbs can actually exacerbate the problem and make your man boobs more prominent. It's important to pay attention to the herbal formulas you're taking.

One herb that's been found to help with gynecomastia is kudzu root. This formula may not actually reduce the size of your man boobs, but it can relieve any pain that you may experience when pressing or massaging the area around your breasts.

Herbs that can help you to burn fat include green tea and grape seed extract. While these aren't specifically targeted toward gynecomastia, they can help you burn fat overall. Burning fat will often help you to reduce the size of your man boobs.

Tumeric is an herb that's been shown to help with gynecomastia because it specifically works on hormone balance in the body. You might also consider taking sarsaparilla or passionflower herbs to help reduce your gynecomastia symptoms. These are both known for boosting testosterone.

You should also make sure to avoid supplements that might cause your estrogen levels to increase. This can exacerbate the problem instead of making it better. Ginseng is one herb that's commonly used but should be avoided if you have gynecomastia.

Red clover, [black cohosh](#), and licorice are also culprits when it comes to throwing your hormones out of whack. The Chinese herb dong quai has also been shown in studies to actually cause gynecomastia.

Herbal remedies can be a great way to handle problems with gynecomastia naturally. However, just because something is natural doesn't mean it's safe for you. Make sure that before you begin an herbal regimen you talk with your healthcare provider.

Some herbs may react badly with medications you're taking or health conditions you have. Once your doctor clears you, you should take the herbal supplement as instructed on the packaging. Herbal remedies for man boobs can help you to get the masculine chest you want without having to take medications or resort to surgery.

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Supplements for Gynecomastia

There are supplements for gynecomastia that offer a natural remedy for gynecomastia. One supplement available to men is Gynexin. [Gynexin](#) is available online and many men use it as a way to help reduce their man boobs. This is a product that's designed to help with the causes of pseudo-gynecomastia – man boobs that come from being overweight. If you need a boost for your weight loss efforts, Gynexin can help. This is an herbal formula that works by burning the fat tissue that's causing the problem. It's taken twice a day with meals as a capsule.

You'll notice that its ingredients include a proprietary blend of herbs as well as other ingredients that are known to help with weight control. For example, it contains chromium picolinate and green tea extracts that are used for fat burning. It also contains caffeine.

The other supplement on the market is Ultimate Gynemax. This is another blend of herbs that can target the fat in the chest and help to reduce the size of man boobs. It claims to target not just body fat, but actually targets the burning of fat in the chest.

This is a product geared more toward pseudo-gynecomastia. The product website also tells you that you must incorporate the supplement with a diet and exercise program to lose weight. You also take this supplement twice daily.

Taking supplements is not a quick fix. It can help to support you with weight loss efforts, but it won't transform your chest overnight. Most men report that they took the supplements for two months or more before seeing results.

But if you have true gynecomastia that comes from hormone problems, these supplements aren't going to help that much. You may have a better chance by taking zinc supplements that will help you to produce more testosterone.

You should also avoid some supplements such as those that contain soy or soy by-products. Soy actually works against your efforts to reduce man breasts and they actually may grow larger if you consume soy products. Any supplement that mimics the estrogen hormone can cause you to develop female sex characteristics.

With true gynecomastia, your best options are still hormone therapy administered by a physician. Most of the time this treatment works well and over time reduces man boobs. There's also a last resort option of surgery to reduce breast tissue and restore your masculine chest.

Supplements for gynecomastia are limited in what they can do. While they may help you to burn fat, they aren't going to help balance your hormones.

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Gynecomastia Surgery

Sometimes men with an inherited propensity for developing man breasts turn to surgery or liposuction.

Gynecomastia surgery is one of the most effective ways to reduce the look of man boobs on your body. This isn't the type of surgery you have if you've developed man boobs because of a weight problem, it's more appropriate for men who have an inherited condition or hormonal problem. That said, you'll have to address the hormonal issue or chances are the man boobs will redevelop.

When you've developed man boobs because of gaining weight, this is usually a buildup of fat tissue in the chest. This isn't the same as the tissue that makes up female breasts, though it can look like it. This condition is called "pseudo-gynecomastia" meaning that your man boobs are really false breasts. When you have true gynecomastia, you actually develop breast tissue similar to that of a woman.

This tissue is dense and is made of glands and fat tissue. The glands are not usually reduced in size from weight loss. This is a hormonal condition that's often treated with hormone therapy and surgery. Gynecomastia surgery is very effective, but it's often a last resort for this condition.

Before you have surgery, you'll probably work with your physician to control man boobs with other remedies. For example, many men respond well to medications designed to balance male and female hormones and return your masculine chest.

Sometimes men either don't respond to those therapies or they don't respond enough to completely get rid of the breast tissue. In this case, it's desirable to have surgery to correct the problem quickly.

Surgery has pros and cons. First, it does a good job of removing the excess breast tissue. This procedure is the same procedure as a breast reduction. During the surgery tissue will be removed and the skin will be tightened to reduce the look of man boobs.

Many men find that the surgery offers a permanent solution to the problem of man boobs and look and feel great within a few weeks of the procedure. This procedure must be performed by a plastic surgeon and is performed under general anesthesia.

There are always risks that go along with surgery such as allergic reactions to anesthesia and infections. You'll also have some swelling after the surgery, but that goes away within a few weeks.

The associated cost of the surgery can also be prohibitive. This procedure isn't always covered by health insurance and can be several thousand dollars. You may have to save to pay for this surgery out of pocket.

Most men who do undergo surgery are very pleased with the end results. Gynecomastia surgery is often the solution that will help you to get rid of your man boobs and have the permanent results you want.

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Man Boobs and Breast Cancer

Men who suffer from gynecomastia often wonder about the relationship between man boobs and breast cancer. While any man can actually get breast cancer, there doesn't seem to be much of an increased risk of cancer with gynecomastia. That said, when you visit your physician to talk about your situation, you'll probably undergo a series of tests to rule out breast cancer. Better safe than sorry.

It's not actually the size of your breasts that may cause the increased risk. It's more a problem that comes from hormonal imbalance. One of the hormones that can feed breast cancer is estrogen, also called the female hormone.

When you have true gynecomastia, your hormone levels are not balanced. You might have too little testosterone and have too much estrogen in your bloodstream. The excess estrogen is what causes the breast tissue to develop and can slightly increase your cancer risk.

There are other risk factors that impact your risk of breast cancer more than gynecomastia. For example, you should be more concerned if the men in your family have a history of breast cancer. It's also more common for men of Jewish descent to develop breast cancer.

But even given increased risk, male breast cancer cases are very rare. And man boobs and cancer don't seem to have a strong correlation. The good news is that if you have gynecomastia, you can seek treatment to reduce your man boobs and lower your risk of cancer.

Treatment almost always includes hormone therapy. This helps to balance out the hormones that are causing the breast tissue to develop. In fact, some of the drugs used to treat gynecomastia are the same drugs used to prevent recurrences of breast cancer. They actually block the estrogen production and prevent your hormones from getting out of balance again.

If you have pseudo-gynecomastia, man boobs that come from being overweight, there's no increased risk of breast cancer. This is a different condition that isn't caused by hormone problems. Because there's no hormonal balance involved, there's no increased estrogen to feed cancer cells. While breast cancer is rare for men, any man can get it. It's important to make sure you report any suspicious lumps to your doctor.

Man boobs and breast cancer seem like they might be related, but in reality you don't need to spend too much time being concerned that you might develop this. While you shouldn't ignore any obvious symptoms, you shouldn't be fearful of cancer.

If you have man boobs, it's always good to talk with your healthcare provider to make sure you don't have any hormone problems to be addressed. But in most cases, the condition will resolve itself or respond to treatment. Understanding that man boobs and cancer aren't very common can give you peace of mind. Once cancer is dismissed as the problem other causes will be evaluated.

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Resources

When you have problems with your chest, there are resources for men with man boobs that can help you to navigate through the process of treatment and personal care. You should always make sure you get information from reputable organizations.

One great example is [Web MD](http://men.webmd.com/tc/gynecomastia-topic-overview) [<http://men.webmd.com/tc/gynecomastia-topic-overview>]

It has a topic overview section that covers gynecomastia. Here you can learn about symptoms, causes and treatment options. You'll also benefit from the section that discusses men and breast cancer.

The [Cleveland Clinic](http://my.clevelandclinic.org/default.aspx) also has a website that has many resources for men with gynecomastia. You'll learn about different conditions which can cause it as well as breast reduction surgery that is one treatment option.

[<http://my.clevelandclinic.org/default.aspx>]

There are also several books published to help you understand what causes your man boobs and how to get rid of them. "Demystifying Gynecomastia: Men with Breasts" by Merle James Yost and LMFT is a general guide that can help you to understand your problem.

"Testosterone for Life: Recharge Your Vitality, Sex Drive, Muscle Mass, and Overall Health" by Abraham Morgentaler can help you to understand ways to keep your testosterone levels high. For most men with man boobs, weight loss is a necessary step. There are many online resources that can help you to lose weight. One popular site is www.sparkpeople.com. This site offers free, tailored diet programs to help you lose weight.

If you are interested in striving for a more neutral based chemistry, download this [comprehensive alkaline/acid food chart](#).

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Other Trusted Resources

Mayo Clinic

<http://www.mayoclinic.com/health/search/search>

American Academy of Family Physicians

<http://familydoctor.org/>

American Academy of Pediatrics

<http://www.healthychildren.org/>

Canadian Resources:

Health Canada

http://www.hc-sc.gc.ca/index_e.html/

Men's Health Centre

<http://www.menshealthcentre.net/index.htm/>

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Visual

You can [review and](#) [download](#) the full-size handy visual called the *Man Boobs Action Plan*.



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Conclusion

Perhaps the most important resource you can go to is your own doctor. Your physician will be able to determine what's causing your man boobs and prescribe a treatment. There are a number of diseases and disorders that can provoke gynecomastia or man breasts. In some cases, the problem is caused by a hormonal imbalance. Your physician may place you on a hormonal replacement therapy.

As an alternative to a prescriptive approach, your doctor may recommend certain lifestyle changes to work on first or in addition to hormone replacement. If changes to your diet and exercise or hormone therapy are unsuccessful, which is uncommon, you might end up choosing breast reduction surgery.

There are many resources available for men with this problem. It's more common than you think, but often men feel alone in their frustration and embarrassment. By looking at some reputable resources for man boobs you can learn about your own condition and make a plan for treating it.

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Lists

The first things to clear out of your refrigerator are any soy products. Don't forget to get rid of the soy sauce. Next, give your pre-packaged processed foods to the local food pantry. Many pre-processed foods are loaded with trans fats. The consumption of trans fats increases the risk of coronary heart disease by raising levels of LDL cholesterol and lowering levels of "good" HDL cholesterol. Trans fats also contribute to an acidic pH which works against your efforts to get rid of man boobs.

The lists below are not all inclusive, but include popular food items and common food additives.

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Foods Containing Estrogen (Avoid)

Some men who want to lose man boobs for good choose to avoid foods that contain estrogen. Some of these foods are listed below.

Avoid estrogen food products.

Alfalfa
Animal flesh (hormone fed)
Anise seed
Apples
Barley
Beets
Buckwheat
Carrots
Cherries
Chickpeas
Clover
Cowpeas (black- eyed peas)
Cucumbers
Dates
Eggplant
Eggs
Fennel
Fenugreek
Flax seed
Garlic
Hops
Kidney beans
Korean ginseng
Legumes and beans
Lentils
Licorice
Lima beans
Licorice
Millet
Mung beans
Oats
Olive oil
Olives
Papaya
Parsley
Peas
Peppers
Pinto beans
Plums
Pomegranates
Potatoes
Pumpkin
Red beans
Rhubarb
Root vegetables
Rye
Sage
Sesame seeds
Sunflower seeds
Soy products
Soybean sprouts
Soybeans
Split peas

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Sunflower seeds
Tomatoes
White rice
Whole grains
Wild yam
Yams

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High Acidic Foods to Avoid

Understanding acidic/alkaline foods is one of the key moves to cure gynecomastia. Most people in the Western hemisphere consume a diet that is high in acidic foods.

Food is divided into two main categories acidic and alkaline. Your best chance for getting rid of man boobs is to maintain a body pH that is more alkaline than acidic.

You should aim for a 70/30 ratio between high alkaline vs acid foods.

This list is just to get you started. You can download this [extensive food-chart](#) so you can easily look up the acid/alkaline effect each food has on your body.

Consume less of these high acidic food products.

Artificial sweeteners
Beef
Beer
Black tea
Brown sugar
Carbonated soft drinks & fizzy drinks
Chocolate
Coffee
Commercial pickles
Custard made from white sugar
Deer meat (venison)
Eggs
Goat meat
Jams
Jellies
Lamb meat
Liquor
Pork
Poultry
Processed maple syrup
Processed white vinegar
Soda beverages
Wheat flour

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Foods that Promote an Alkaline pH (Friendly Foods)

By shifting your body chemistry to more alkaline pH, you'll boost metabolism and burn off more calories both of which hasten the decrease fatty tissue around breasts and promote muscle growth.

Aim for a diet consisting of 70/30 ratio between high alkaline vs acid foods. A fairly neutral pH of 7.365 is optimal for muscle growth; increased metabolism and fat burning all of which help you win the battle against man boobs.

This list is just to get you started. You can download this [extensive food-chart](#) so you can easily look up the acid/alkaline effect each food has on your body.

Eat more alkaline foods.

Asparagus
Beet
Brussels Sprouts
Buckwheat Groats
Buttermilk
Coconut, Fresh
Comfrey
Cumin Seeds
Edamame (green soybeans)
Fennel Seeds
Flax Seeds
Granulated Soy
Green Beans
Lemon juice
Lime juice
Lentils
Lima Beans
Peas, Ripe
Sesame Seeds
Sorrel
Soybeans
Spelt
Spinach
Cider vinegar (not white processed vinegar)
Wheat Kernel
White Beans

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Trans Fatty Foods

This is a very short list. There are thousands of product that have trans fats included. Most of this is common sense. Avoid all processed snack foods. Avoid foods high in trans fats.

Avoid trans fatty foods like the plague.

- Stick margarine
- Vegetable shortening
- Pre-mixed cake mixes
- Pancake mixes
- Chocolate drink mixes
- Most snack foods: potato, corn, sunflower seed chips
- Packaged or microwave popcorn
- Ramen noodles
- Donuts
- Cookies
- Cakes
- Candy
- Ice cream

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Listed below are some medications as well as illegal drugs with a reputation for contributing to the development of gynecomastia.

Unless your doctor insists, avoid these medications.

Medications

Nifedipine used as calcium blockers for persons with hypertension
Diuretics like Spironolactone (Aldactone)
Anti-ulcer or acid-reflux medications like Tagamet, Zantac, and Prilosec
Androgena and anti-estrogen therapies
HAAT for HIV
Valium
Digitoxin
Steroids

Best to avoid these drugs for your general health and safety.

Illegal Drugs

Marijuana
Cocaine
Heroin