



The All-Natural Bodybuilder Diet

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This year, get leaner faster than you ever imagined. This new simple, no-pills, no-supplements diet and exercise plan will change your life in a just few short weeks.

PR9.NET December 15, 2005 - Hoboken, NJ - You may never have believed that you could have your own set of "six pack abs", but now you can get leaner and be more muscular by following a very special dieting and exercise plan that Tom Venuto, author of the wildly popular eBook "Burn the Fat, Feed the Muscle", has developed.

Although Venuto specializes in helping bodybuilders and fitness models cut their body fat to the point of being "ripped," he states that over 90% of his clients and coaching protégés are "regular people" just like you and me – they include teachers, students, parents, business owners, accountants, musicians, financial planners and even lawyers.

Tom, who has had his body fat measured as low as 3.4%, is what you call an "all-natural" bodybuilder – meaning he doesn't improve his physique with drugs or other unnatural supplements. He provides you with simple guidelines to live by, while at the same time backing up his theories with some very well-researched scientific facts.

Venuto explains how to use food to boost your metabolism and burn off excess body fat, while at the same time instilling the exercise values that you need in order to maintain a lifelong healthy body.

He thumbs his nose at popular opinion and tells us "like it is" because he isn't associated with trying to sell you supplements, pre-packaged foods or exercise equipment. In simple terms, he explains the myths of many of the fad diets we've seen – including the current South Beach and Atkins Low Carb Diets.

Don't think that this is another one of those easy, sit on a couch and take a couple of pills to lose weight ideas. This is a well thought out fat burning fitness plan that teaches you how to diet and exercise for the type of body and lifestyle you want.

To learn more about this all-natural fat burning diet please visit:
<http://www.burnthefat.com>

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About Fitness Renaissance

Burn The Fat enterprises is one of the internet's leading providers of health and fitness information, specializing in weight loss coaching and information products

Website: <http://www.burnthefat.com>