



Revolutionary Diet Based on The Shifting Calories Theory Of Losing 9lbs in 11 days.

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URL: <http://www.pr9.net/health/healthorg/4631october.html>

The Authors of the E-book, Fat Loss For Idiots, have made a new discovery that could mean an end to starvation diets and the way that calories are looked on in every day eating habits, with the use of their system, rotation eating patterns.

PR9.NET October 18, 2006 - Mexico City, The new E-book explains that in, order to lose weight, all that is needed is a rotation of eating habits that will trick the body into burning more fat and calories than has been consumed. This system works on the fact that the body regulates the amount of calories that it burns on foods that have been eaten over a previous number of days. By rotating the calorie intake, the body will burn the eaten calories and then other things such as fat in the body.

Unlike many of the common diets around, those on the Fat Loss For Idiots diet are allowed to eat a reasonable amount of foods they enjoy, including food types that are considered to be fattening. The diet also allows cheat days that allow those on it to have any foods that they wish for the entire day, while still allowing the body to lose weight.

The diet also allows those using it to eat four separate meals per day, without limitations on how much can be eaten in one sitting. Foods that are preferred can be chosen from a menu. Software and instruction manuals are included with the new diet to explain how the technique works and what each day's dietary requirements will be.

Customers who have been on the diet have commented that they have not only lost weight faster than many other diets they had tried, they also enjoyed being on the diet and had no trouble sticking to it. The diet is believed to have a 97% success rate for those who have tried it. The information on the weight loss guide website makes a very valid point, those who try it have nothing to lose, except some weight, of course.

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