

New Harvard Study Shows 2 Week Diet Program Guarantees Weight Loss in 2 Weeks

October 18, 2017

October 18, 2017 - PRESSADVANTAGE -

Dieters dissatisfied with ineffective, run-of-the-mill diets now have access to a groundbreaking program that guarantees weight loss of 8-16 pounds in 14 days.

Brian Flatt, a seasoned nutritionist and owner of R.E.V. Fitness, developed The 2 Week Diet in response to mainstream diet programs that are time-consuming, inefficient, and just plain ineffective.

After reading well over 500 medical studies, dozens of diet books and reviewing hundreds of diet systems, programs, gadgets, pills and potions, Flatt put together what he feels is the ultimate rapid weight loss diet system. This program is the result of more than a decade of research and more than two and a half years of real-world tweaking and testing.

According to nutrition experts like Dr. Alessio Fasano, holder of the W. Allan Walker Chair at Harvard Medical School, the primary culprit of weight gain is cellular inflammation. The 2 Week Diet applies groundbreaking findings like these to optimize the body's natural fat-burning mechanisms.

If we take control of cellular inflammation, we can effectively increase our ability to lose weight, burn fat, increase metabolism, and permanently stave off body fat, Flatt said.

His 2 Week Diet also corrects common misconceptions popularized by the mainstream dieting industry, provides dieters with a straightforward, step-by-step plan of action, produces rapid results to fuel dieter motivation, avoids outdated and ineffective techniques like "Count every calorie" and the "Eat less, exercise more" mantra.

Most of the diet plans out there approach weight loss with a slow and sensible approach, Flatt said. It's true that eating certain foods and following rigorous workout programs will produce weight loss. Unfortunately, the process moves at a snail's pace. The reason is simple: these plans don't attack stubborn, stored body fat.

The 2 Weeks Diet provides dieters with nutrients essential for good health and proper functioning, while eliminating foods that slow?and even prevent?fat burning. Ordinary diets burn carbohydrates and proteins before fat, but a specialized diet can circumvent that order. It also helps dieters maintain lean body mass and increase their metabolism.

To learn more about the 2 Week Diet, please visit [The 2 Week Diet](#).

Dr. Fasano Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3384703/>

ABOUT THE 2 WEEK DIET

The 2 Week Diet focuses on three main components to help dieters lose unwanted weight: diet, exercise, and mindset. Dieters learn what, when, and how to eat for optimized weight loss. They also receive supplement and exercise advice to accelerate the process. Finally, they develop the mindset?or willpower?to lose weight and keep it off. Brian Flatt, nutrition coach and owner of R.E.V. Fitness, developed the 2 Week Diet in Southern California.

###

For more information about Neuracel - Nerve Pain, contact the company here:[Neuracel - Nerve Pain](#) Marcelo Lopes mlopes36@gmail.com

Neuracel - Nerve Pain

Email: mlopes36@gmail.com