



Phenobestin.com Launches Diet Product For Overall Health And Wellness

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Phenobestin.com has recently released their new weight loss pills that are designed to help consumers lose weight and live healthier lives. Along with the product launch, the company also offers advice to consumers about how they can meet their weight loss goals effectively. The company declares that eating a healthy breakfast is the best way to stimulate diet and weight loss. Georgiy Kharchenko, spokesperson for the company, states, "Most people make the mistake of skipping breakfast when dieting, thinking that they are saving calories and therefore going to lose weight faster. That is a huge mistake."

Kharchenko points to research done by Imperial College in London, which shows that people's brains react differently when shown images of high calorie foods after skipping breakfast, which typically leads to eating more junk food throughout the day. Other mistakes made by dieters include turning to foods high in carbohydrates for energy, and not getting enough fresh fruits and vegetables daily. He explains that even those who strive to eat healthy often miss their required daily amounts of fresh produce.

The company would like to stress that having a small breakfast, or none at all, is the main thing that dieters often do that could be negatively impacting their weight loss. "It is recommended to eat more during breakfast

as compared to dinner," explains Kharchenko. He recommends trying a smoothie that contains fresh fruits and vegetables, and taking multivitamin supplements to ward off deficiencies in vital nutrients.

For those with busy lifestyles, who may simply not have the time or energy to count calories, the company recommends learning more about nutrition to be sure that enough calories are being ingested every day. Studies show that eating too few calories can be just as detrimental to weight loss as eating too much, and Kharchenko recommends doing research to find out how many calories need to be consumed, and then following that number strictly.

Phenobestin.com offers diet pills and other products that have been found to be safe and recommended for those who are looking to lose weight, but the company urges anyone who is dieting to use a combination of supplements and healthy eating. More about the company can be seen on their official website.

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PHENOBESTIN.COM

We are the makers of popular pharmaceutical grade dietary supplement - PHENOBESTIN 37.5. Since 2009 over 100,000 people in USA, UK, Australia and Canada successfully lost weight with PHENOBESTIN.

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