

The 3 Week Diet A Plan On How To Lose Weight Fast - More And More People Succeeding With Scientifically Proven Diet Plan

March 31, 2015

March 31, 2015 - PRESSADVANTAGE -

More and more people are finding success with The 3 week diet that was created by Brian Flatt, personal trainer, nutritionist and author. This particular diet program has been helping people lose between 12 and 23 pounds in just three weeks or 21 days.

"The 3 Week Diet is suitable for people of all ages, all ethnicities, and all body types," says Brian Flatt. "Whether you are looking to drop a few pounds for an upcoming event, get the body you've always dreamed of, or simply improve your health - The 3 Week Diet will work for you."

The diet has been scientifically tested and found to work on all types of people, regardless of their fitness level or body type. On average, people lose between 12 and 23 pounds using the diet, although reports have also suggested the actual amount is a lot higher. What really sets this diet apart, however, is that it is not a crash diet, but rather a way of changing a lifestyle.

"We have implemented the 3 pound rule in our program," added Brian Flatt. "This basically means that, after completing the three week diet, people start with it again if they gain 3 pounds in weight. As a result, the weight will always stay off."

Obesity is one of the leading indirect causes of death in the country today. Various lethal health conditions such as strokes, heart attack, diabetes and more can all be related to obesity. The U.S. Centers for Disease Control and Prevention has reported that almost 40% of all adults in this country are currently obese. It is also a growing problem amongst young people. As a result, various diets are being brought onto the market, with the majority barely being worth the paper they are written on.

However, the 3 Week Diet seems to be very different. This is because it does not encourage crash dieting, eating just a single type of food or completely cutting out a type of food. Additionally, it has a process in place

to ensure people are able to keep the weight that they have lost off.

"The yoyo effect is incredibly dangerous," says Dr. Clark Monroe, who specializes in diet and nutrition. "What happens when people yoyo is that they lose a great deal of weight (mostly water) through a crash diet. This leaves them feeling very hungry so that, when the diet finish, they start eating more than they did before dieting. As a result, they put on more weight than they actually lost in the first place."

A yoyo diet is also dangerous because of what it does to the body. Organs and tissues struggle to keep up with heavily fluctuating weights. This is something that people need to be aware of and be careful of when they are trying to lose weight. The 3 Week Diet addresses these issues by ensuring people have the necessary tools to maintain their healthy weight for as long as they want to. [Click here to find out more about Brian's program](#) and to find out just what makes this program different.

CONTACT DETAILS:

The 3 Week Diet

brian@3weekdiet.com

###

Powered by PressAdvantage.com