

# The Venus Factor Review: The Real Truth Behind The Weight Loss Guide

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The Venus Factor Review by John Barban's A Weight Loss Guide for Women Has recently caused a stir in the fitness and health community.

The Venus Factor review website describes the major features of the diet, as well as the experience of actual women who have tried the principles of the eating plan. The diet is not just a one-size-fits all plan, but is based on real science, including women's metabolism and the physiology of a woman's body. The reviews which are compiled from users around the internet are able to demonstrate good nutrition and the removal of fat deposits which are so troublesome for women trying to get results from strenuous dieting.

The launch of the review site for the Venus Factor Diet for women shows how safe the principles are when implemented. The success of the plan has been demonstrated in hundreds of thousands of females throughout the world over a period of four to five years. The comments and posts from actual users of the Venus Factor are a better way to determine whether it is a plan that women would want to start.

According to author John Barban, creator of the diet, the principles of the diet are the same as those found in an Amazon.com book called ?The Leptin Diet.? The book explains the characteristics of the diet and how Metabolic Override strategies, employ unique diet and exercise components. These are designed to optimize female metabolism and facilitate healthy weight loss. The Venus plan customizes strategies of the dieter based on current measurements, personal food preferences, exercise and schedules to maximize results.

The Venus Factor is a distinct plan with four phases in order for women to experience healthy weight loss. Leptin management is the underlying principle of the Venus diet. The Leptin Diet book has achieved rave reviews, largely due to the successful weight loss by women who have used the leptin management principles. Since the concept is the same for both eating styles, the reviews can be used to describe both the science and the diet success.

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

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