

Full Details On VenusFactorsGuide.com Launched

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United States: VenusFactorsGuide.com and system author John Barban are pleased to announce the comprehensive guide to the innovative weight loss system which has been posted on the website. John Barban is a renowned fitness coach and with years of experience in training programs. He has worked with major supplement firms to improve effectiveness and health. Other weight loss programs are gender neutral, while the Venus Guide is strictly dedicated to helping women and girls achieve their desired body appearance and weight.

The complete program lasts for twelve weeks and includes exercises in various levels of difficulty. There are many delicious recipes to help promote health while eliminating excess pounds from the women who try the program. For women on the program the first results appear within a few days, which helps to promote determination to keep going. The system is specifically directed at women's metabolism and body chemistry.

The complete program contains the diet and the weight loss data, as well as a tremendous amount of the scientific information about why women tend to gain weight and why removing it is so much more troublesome and challenging than would be the case with men. The training program, Index Podcast, virtual nutritionist and membership in the Venus Factor Community are all parts of the program.

The commitment by the program originator is that a minimum of ten pounds of excess weight will be eliminated over the course of twelve weeks. There will not be a resurgence of the weight in a yo-yo effect, as is typical with other major diet and weight loss plans.

The type of exercises that are recommended in the training course are not those which leave the participant exhausted and unable to perform the acts of daily life. The dietary plan offers the nutrients which are needed to help dieters to feel satisfied, rather than being focused on hunger and cravings.

More information about the program is available at <http://venusfactorsguide.com/>.

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For more information about Venus Factor , contact the company here: Venus Factor

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