**Fat Loss Factor Review: The Fastest Way to Lose Weight!**

I’m not getting any younger. On top of that, I have some major weight issues. Back when I was young, keeping myself in good shape wasn’t much of a struggle. In fact, I was totally happy with my body because, unlike most of my friends, maintaining a good figure was totally effortless. I adhered to the same kind of diet for a long period of time – no restrictions, no limits.

But that’s no longer the case when I reached the age of 18. I’ve gained a lot of weight in the past few years, and I never really bothered to hit the gym or try to change my usual diet. However, when it came to the point that my weight nearly doubled, I decided that was it. I need to do something before worse comes to worst. Then again, what could be the fastest way to lose weight?

Actually, you need not be a genius in order to find an effective way to shed off those extra pounds. But I know for one that there’s no such product that can “magically” transform you overnight. You just need to commit yourself to something that can help you achieve the desired results in the fastest and safest way possible.

The initial step in becoming the person that you want to be is pretty simple. You really don’t have to make major lifestyle changes because the more you try to change it, the more likely you’ll be unable to stick to it. Weight loss involves restriction of carbohydrates (but I’m not going to talk about fad diets anytime soon). Just think of one baby-step that’ll help you cut down on carbs and calories. You don’t need to starve yourself or resort to a strict 1,200-calorie diet. What I did is that I spent one day per week changing what I eat. For example, I switched salad for my regular all-protein Monday lunch. You might also want to skip red meat for two days every week if you want. Also, when cooking, use olive oil instead of butter – it’s healthier! Don’t you think it won’t hurt for you to make these small changes in the way you view food? I suggest you start with small substitutions to help you retain your feeling of satisfaction whenever you eat, while gradually decreasing the fat content on your meals. And don’t skip breakfast! Studies have shown that people who eat a healthy breakfast are less likely to become overweight. Eat more in the morning, eat less during dinner. Once you get used to this, it’s time to combine it with proper exercise.

When I say exercise, it doesn’t mean you have to spend several hours lifting weights in the gym. You can start by going on walks around your neighbourhood. Walking is one of the best forms of exercise that can be done without using any equipment. All you need is a pair of walking shoes and you’re all set to go. If you want a little bit of privacy, buy yourself a treadmill. You can continue increasing your weekly exercise if you like. Also, change the variations in your routine so you won’t get bored. Try to change the scenery as well. Switch from walking around the neighbourhood to walking at the mall. Add it with new forms of exercises like simple strength-building workouts. Try adding 20 push-ups on one day, then 20 sit-ups on the next day. You’ll be surprised how these simple steps can help you achieve the desired results.

If you think these methods won’t work on you, don’t worry because I might just have the best and (probably) the most effective way there is to get yourself back into shape. With the **Fat Loss Factor**, you won’t have to place yourself on rigorous workouts and starvation diets. And yes, it’s the fastest way to lose weight!

The Fat Loss Factor is the leading fitness and weight loss program in the online market today. It was authored by chiropractic physician and dietician **Dr. Michael Allen**, along with his wife **Lori**. This e-book claims to succeed where the methods of other fitness programs have failed. It is focused on fat-burning and increasing one’s metabolism, helping you shed away body fat for just a short time period. With the Fat Loss Factor, it’s possible for you to lose as much as 20 pounds of fat for as early as 12 weeks!

The system also helps the reader boost his/her energy levels and immune system, while consistently burning away body fat especially in fat-prone areas such as the stomach and buttocks. The program utilizes calorie-shifting, and combining it with short, customized strength training workouts. This method is well-known to be more effective compared to long sessions of moderate-intensity cardio exercises. The program also shows you various ways to make better use of your nervous system to continuously involve more muscles in your body. These exercises include 15-minute workouts that “force” the body to increase its energy consumption, thus tapping into fat deposits and burning off the extra fat. Fat Loss Factor offers four work-out levels; the Beginner, Intermediate, Rapid, and Extreme Weight Loss.

The system also includes a safe and healthy diet regimen, showing you the right foods to eat. Dr. Allen suggests that the reader has to eat organic and dry foods, fruits, nuts, vegetables, seeds, including lean meats; while avoiding dairy products, artificial sweeteners, and some types of meat. Dr. Allen also suggests placing yourself on juice diet for a maximum of 3 days. From week 3 up to week 12, the reader is advised to adhere to a strict diet plan, along with ample amounts of water to go with it. Small frequent meals are also encouraged, while incorporating raw foods in every meal. This diet plan has to be followed strictly in order to achieve the desired results.

For me, the Fat Loss Factor program isn’t just your ordinary fitness and weight loss system. It uses unconventional methods that will take its readers to a whole new level, while enabling the body to realize its full potential for fat-burning. Additionally, the program includes a comprehensive and scientifically-proven fat loss plan which will rapidly change your body physically, and your mind mentally by giving you renewed self-confidence in a psychological aspect.

The plan works perfectly for both men and women of all body types, and the young and old alike. You can easily incorporate it to your daily routine and the workouts can be easily done whether you’re at home or in a gym.

I’ve been using the Fat Loss Factor for a couple of months now, and for as early as 14 days, I was able to notice significant results. From my old, depressing weight of 65 kilos, I’m now at 58 – and the scale continues to go down! I’m expecting much better results in the weeks to come, and I’m sure that the Fat Loss Program won’t fail me.

The major benefit that comes with this program is that it’s totally free of any side effects, despite its strict diet plan. On top of that, the program comes with a lot of bonus features at a very affordable price! Acquiring the body you’ve always been dreaming of is just within your reach with the help of the Fat Loss Factor!