

## Lose Holiday Pounds by Shifting Calories, Not Eliminating Them

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Is it possible to lose a substantial amount of weight quickly by simply shifting calories, and not eliminating them?

Kansas City, Missouri - 12/21/2005: Smart carbohydrate and low calorie weight loss methods have finally merged to form the new face of weight loss. The "Fat Loss 4 Idiots" diet system has become the newest diet rage, and for good reason. This brand new system is not unhealthy or faddish, but in fact contains clinically proven methods that shock the metabolism into burning fat more efficiently, resulting in rapid weight loss. Dieters are never hungry and are able to eat until they are satisfied. This means no unrealistic starvation methods or having to cut out entire food groups, such as healthy fruits, vegetables and yummy pastas.

Visit the website at: [overcomers.4idiots.hop.clickbank.net](http://overcomers.4idiots.hop.clickbank.net)

Research has shown that by rotating eating patterns, the metabolism is unable to adjust and instead of storing fat, it forces itself to burn it. The metabolism works much like a thermostat. It is always attempting to adjust itself so that it only burns the exact amount of calories that a person eats each day. This is what makes weight loss so difficult. The body's natural preservation mechanisms are built to resist large amounts of weight loss. To counteract the body's physiology, the "Fat Loss 4 Idiots" diet has generated a list of fat burning compatible foods and have incorporated them into its' patented weight loss plan. Because these foods are fat burning compatible, there are no caloric limits. Individuals may eat any of these foods until they are are satisfied. The "Fat Loss 4 Idiots" diet even makes available an online meal generator which creates menus that automatically directs the user to what they should eat each day. The generator ensures that calories are shifted every few days as required. All the work is done for the participant.

Fat loss occurs when individuals eat the right number of meals, shift the types of foods and the amount of calories eaten every few days. The Fat Loss 4 Idiots" diet provides these exact components, which if followed, will allow individuals to lose up to 9 pounds every 11 days.

"Fat Loss 4 Idiots" is a patented diet created by Internet Made Simple, 537 Newport Center Drive, Suite 626, Newport Beach, California, 92660.

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Contact Roxanne Manning for more insights into this topic. Email: [roxannemichelle@yahoo.com](mailto:roxannemichelle@yahoo.com) Other helpful information regarding diet plans can be found at: [www.populardietplans.com](http://www.populardietplans.com)

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