

## **Eat Stop Eat Review Examines Brad Pilon's Popular Weight Loss Solution**

Eat Stop Eat Review released by DietsAndFitnessGuides.com asks, "Can this intermittent fasting diet plan really increase fat burning enzymes?"

"Eat Stop Eat has quickly become one of the trendiest and most popular diets for those looking to lose weight naturally" reports Vince Delmonico of <http://dietsandfitnessguides.com> "We reviewed this program to try to see for ourselves the effects that periodic fasting would have on weight loss. It's really a unique approach to metabolism boosting that runs counter to what all of the big diet gurus have been saying for years."

While many experts have asserted that eating many small meals throughout the day will boost a person's metabolism [Eat Stop Eat](#) creator Brad Pilon has found the opposite to be true.

Delmonico explains this phenomenon in his Eat Stop Eat review.

"It's only in the last half a century that most Americans have had access to all the food that they can eat, and during that period obesity rates have shot through the roof," said Delmonico. "This constant eating is changing peoples body chemistry and slowing down their metabolisms and almost nobody has any idea what is going on. It's really kind of scary."

Pilon who has degrees in nutrition and human biology spent several years working in the weight loss industry traveling the world seeking cures for obesity. Additionally, he helped to design several of the most best known weight loss supplements on the market.

"I know the true secrets behind 'Hope in a Bottle' weight loss pills and fat burning supplements and I promise you... Abs don't come in a bottle!" Pilon states on his website. "You don't need to buy any fancy foods or special diet supplements. You will start seeing results in the very first day!"

While weight loss claims are abundant, Delmonico explains that first day results are actually achievable following the Eat Stop Eat diet plan. "When we were gathering research for our [Eat Stop Eat review](#) we found that it was very common for people to start losing weight the first day," Reports Delmonico. "instant results like that are helpful to keep you motivated.

Some people worry that they won't be able to stick to a diet that requires periodic fasting, but others who have tried the program claim that it is not as difficult as one might imagine.

"I bought Eat Stop Eat and love it! But it seemed too easy - really," said a happy customer on Pilon's website. She added that she found other diets to be too restrictive because they would not allow her to eat certain foods.

Another customer from the United Kingdom excitedly remarked, "I have finally lost the few lingering pounds that were stopping me from feeling really good about myself. I've literally been feeling like I've been taking a supplement that actually works."

The Eat Stop Eat program is available as an instant download from Brad Pilon's website. [Click here to visit the official Eat Stop Eat website:](http://84702d0ir7w8tipdmf6r-mm8xd.hop.clickbank.net/?tid=PDF) <http://84702d0ir7w8tipdmf6r-mm8xd.hop.clickbank.net/?tid=PDF>