

## **The 4 Cycle Solution Review Reveals Proven "Macro-Patterning" Fat Loss System**

*Summary: DietsAndFitnessGuides.com releases a review of Shaun Hadsall's brand new 4 Cycle Solution fat-loss program which offers users a method of strategic carb cycling for "insane fat loss"*

"Shaun Hadsall's The 4 Cycle Solution offers a very unique approach to weight loss dieting," reports DietsAndFitnessGuides.com's Vince Delmonico. "Our readers are always looking for the new, proven ways to get in better shape, without having to endure the the painful hunger pangs associated with traditional diets, and without killing themselves in the gym. So, we were delighted to bring them the full story on this new program."

Shaun Hadsall's 4 Cycle Solution is based on the scientifically proven principle of carbohydrate cycling. Rather than forcing dieters to drastically reduce their carbohydrate intake as is common in most mainstream diets, The 4 Cycle Solution allows users to take full advantage of the metabolic boosting effects of carbohydrates without falling victim to their fat storing properties.

Delmonico elaborates on the The 4 Cycle Solution's user experience:

"The basic idea behind Shaun Hadsall's program is that you can outsmart your own metabolism by strategically switching up how many carbs you are eating on different days of the week," says Delmonico. "One thing people are going to love about this program is the fact that there are many high carb 'cheat' days where one can eat all kinds of naughty high carb foods, but because these high carb days are scheduled strategically they actually help you burn more fat than you would following a low carb diet."

According to Hadsall, The 4 Cycle Solution reprograms the body's "metabolic triggers" and resets one's fat burning hormones, allowing dieters to lose weight quickly, without depriving themselves of their favorite foods. Testimonials from customers who have experienced great results following The 4 Cycle Solution can be viewed on the company website here.

"Shaun's 'Macro-Patterning' discoveries are allowing thousands of his customers to lose weight and keep it off without the severe discomfort of 'dieting down'," says Delmonico. "The real beauty of this program is the fact that it allows users to overcome the 'adaptive response' that keeps most dieters from achieving lasting results."

**[Those wishing to purchase The 4 Cycle Solution, or seeking more information, click here.](#)**

Vince Delmonico reviews diets, fitness guides and other self help programs on his website **[DietsAndFitnessGuides.com](#)**.

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