

Isabel De Los Rios Review Commends The Diet Solution Program Author

Summary: DietsAndFitnessGuides.com releases a review of Isabel De Los Rios' diet guide The Diet Solution Program applauding De Los Rios for creating such a healthful diet plan.

"The Diet Solution Program is now one of the best known diet plans in the world," reports Vince Delmonico of DietsAndFitnessGuides.com. "We reviewed the program to let our readers know what makes this diet different and to give them the information they need in order to determine if it is something that they want to try."

The Diet Solution Program was created by Isabel De Los Rios a nutrition specialist after fifteen years of research on dieting for weight loss. De Los Rios, whose mother is severely diabetic was drawn to the fitness field to learn about how to help those suffering from diabetes, high blood pressure, heart disease and other similar conditions to not only cope, but to improve their health and lead healthier, more active lives.

De Los Rios' Diet Solution Program has become a bestseller, and through the program De Los Rios has been able to help tens of thousands of people from all corners of the globe to achieve their fat loss goals.

Delmonico offers this explanation of The Diet Solution Program's continuing popularity:

"There are several reasons why the Diet Solution Program appeals to such a broad demographic of dieters," says Delmonico. "For one thing this is a fitness plan based around eating a sensible diet, not starving yourself or killing yourself in the gym for hours on end. Compared to the other diets we've reviewed, De Los Rios' program could be called 'gentle'. Results may not be shocking at first, but if users stick with the program they will see the weight come off, at a natural and healthy rate until they have reached their goals."

While some skeptics have attempted to detract from the program's credibility by asserting that the idea of a metabolic "type" (a key component of The Diet Solution Program) is not fully accepted by the scientific community, Delmonico calls such statements buffoonery.

"The idea that metabolic types are 'unproven' is just silly," says Delmonico. "I don't need to be a doctor or scientist to tell you that metabolic types most certainly do exist, and that knowing one's metabolic type is key for fat-loss. Every nutritionist with half a brain will tell you the same thing, and this is exactly why The Diet Solution Program works so effectively."

[Those wishing to purchase The Diet solution Program, or seeking more information, click here.](#)

Vince Delmonico reviews diets, fitness guides and other self help programs on his website DietsAndFitnessGuides.com. A listing of fitness programs recommended by DietsAndFitnessGuides.com is available at the following web address:
<http://www.dietsandfitnessguides.com/recommended-products/>

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