

Fat Loss 4 Idiots: Review Examining New "Accelerated Fat Loss Diet" Released By DietsAndFitnessGuides.com

Summary: DietsAndFitnessGuides.com releases a review of Fat Loss 4 Idiots a fat loss plan that claims it can help dieters quickly shed body fat without resorting to low fat, low carb or low calorie methods.

"Fat Loss 4 Idiots has quickly become one of the most popular fat loss solutions available," reports DietsAndFitnessGuides.com's Vince Delmonico. "The program claims that you don't need to go low-carb, low-fat, or low calorie in order to lose weight, so I was eager to take a look at the program and see just what exactly it has it's followers eating."

Fat Loss 4 Idiots, otherwise known as Fat Loss For Idiots utilizes the power of "calorie shifting" to manipulate the bodies fat burning, and fat storing hormones. The idea is that by following a specific calorie shifting diet where one eats differently from day to day and meal to meal one can in effect "confuse" their body into burning extra fat tissue.

Delmonico shares this explanation for the programs widespread popularity:

"If you pay attention to the diet industry you'll notice that they are always coming out with some new theory of how we as humans should be eating," says Delmonico. "In the 80's low-fat diets where the fad, and in the early 2000's everyone was jumping on the low-carb bandwagon with Dr. Atkins. However, common sense tells us that the body needs plenty of both fat and carbohydrates to function optimally. The beauty of the Fat Loss 4 Idiots system is that it allows you to eat plenty of food, carbs, protein, fat, you name it, but you eat them in a special way that actually fires up your metabolism and burns more fat than it would if you were depriving yourself."

While skeptics may question whether it is possible to lose fat quickly while eating three or more meals per day, many have reported shockingly rapid weight loss applying these calorie shifting methods.

"The thing I found the most surprising about Fat Loss 4 Idiots is that you don't need to go to the gym to lose weight using this program," says Delmonico. "Of course if you're the type you enjoys exercise, that could probably speed your fat loss up even more."

The Fat Loss 4 Idiots system is available digitally online, allowing users instant access to the program.

[Those wishing to purchase Fat Loss 4 Idiots, or for more information, click here.](#)

Vince Delmonico reviews diets, fitness guides and other self help programs on his website DietsAndFitnessGuides.com. Delmonico's review of Fat Loss 4 Idiots is available at the following web address: <http://www.dietsandfitnessguides.com/shocking-fat-loss-4-idiots-review/>

###