

## **Forever Body Transformation: Review Of Miki Eberhardt's New Weight Loss System Released By DietsAndFitnessGuides.com**

*Summary: DietsAndFitnessGuides.com releases a review of Forever Body Transformation a newly launched fat loss program that claims to help users quickly shed body fat and keep it off forever.*

Forever Body Transformation, a newly released fat loss system that bills itself as "a new way of eating" has caught the attention of DietsAndFitnessGuides.com's Vince Delmonico, prompting an investigative review.

"Forever Body Transformation stands out from other fat loss solutions because it promises not only to help it's customers to lose weight, but also to keep that weight off for the rest of their lives," reports Delmonico. "So many people following traditional diets only achieve temporary results, and then they feel hopeless when they gain back all the weight they lost, plus more. I wanted to find out if FBT (Forever Body Transformation) could really be the answer to breaking this cycle of yo-yo dieting."

Unlike traditional diets which typically focus on losing weight by restricting calories or eating pre-packaged meals, the secret behind Forever Body Transformation is in turning one's own body into a their own personal "fat burning engine". This is accomplished by providing users with an individualized plan based on their body's specific needs.

Delmonico explains the science behind Forever Body Transformation:

"While many fitness plans intend to help followers lose weight by putting them on low-fat, low-calorie, or low-carb diets, Forever Body Transformation takes an entirely different approach," says Delmonico. "Eberhardt, the program's creator who is, among other things a registered dietician realizes the fact that these sorts of restrictive diets simply don't work out for people long term because it's literally painful to stay on them. Not to mention the fact that they can royally mess up a person's metabolism. FBT works by adjusting your nutrition plan to as Eberhardt says "maximize your metabolism" and burn off your body fat naturally."

The Forever Body Transformation system is delivered digitally online, providing users with instant access to all training materials. In addition to the main program manual containing step-by-step instructions, food charts and lists, customers also receive a quick start guide, lifetime access to the FBT member's area, 200 videos where FBT Team Members (certified personal trainers) Tyler Tsujimoto and Candice Sadler walk users through fat burning movement exercises, an FBT recipe guide, access to the FBT Gold Standard Forums, and a 60 day meal plan.

"One thing that makes Forever Body Transformation so attractive compared to other fat loss programs is how easy it is to follow," says Delmonico. "The whole point of the program is to give you results that last 'forever' and that can only happen if people actually stick to this for the long haul. That's why they designed it so it doesn't feel like you are on a 'diet' at all."

**[Those wishing to purchase Forever Body Transformation, or for more information, click here.](#)**

Vince Delmonico reviews diets, fitness guides and other self help programs on his website DietsAndFitnessGuides.com. Delmonico's Forever Body Transformation review is available at the following web address: <http://www.dietsandfitnessguides.com/forever-body-transformation-review/>

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