

Can you really eat raspberry cheesecake ice cream and still lose 1 to 2 inches off your belly in under a week? That is what Dr. Charles Livingston and his [Fat Loss Factor](#) program claims and that is what has sparked an investigative review by RealFitTV.com of this popular fat loss program.

“When someone makes a claim like that,” says Gilliam Michaels of Real Fit TV, “ You better be able to back it up with some solid facts.”

The [Fat Loss Factor](#) program has really created a buzz among people trying to lose weight and keep it off permanently. Dr. Charles who is the creator of the Fat Loss Factor program is a certified chiropractor practitioner, a certified wellness practitioner as well as a certified nutritionist. Dr. Charles has claimed that he has help over 1000 people lose weight. One of his most successful clients named Lori has lost 90 pounds of fat and 16 dress sizes and is documented on his website.

[Fat Loss Factor](#)(FLF) contains guidelines for a quick healthy lifestyle plan that can help anyone in any physical condition to lose unwanted belly fat. From the first principle of preparing for success to the last one, FLF implements a lifestyle of fitness, eating right for your body, and the mental attitude that it takes to reach your goal weight. The program is chock full of practical, down to earth advice.

The program doesn't take a miracle approach to get what it promises: a lean, healthy body that you can be proud of. These goals are reached through the consistent practice of proven principles of fitness and health. For example, the program stipulates early on that a change in eating habits is essential to your physical goals. Eating healthy foods that promote fat loss, metabolism, and energy is equally as important as following the exercise regimen prescribed in the program.

A unique facet of this program is that it allows room for eating your favorite foods whether it is shrimp scampi or raspberry cheesecake ice cream. “This isn't some gimmicky diet that is so strict that you are destined to fail,” reports Michaels “ What Dr. Charles preaches is once you eliminate the junk and clean out the garbage in your body, you will boost your metabolism and start to burn fat naturally.”

Michaels explains the methodology and principles behind the Fat Loss Factor:

“The foundation of this program is based upon 4 core principles.” reports Michaels “First principle is a detoxification process that allows your body to increase its metabolism and optimize your fat burning potential. Second principle is learning the foods that will help you burn fat. This principle is important because instead of starving or depriving yourself, you will know what your best nutritional choices are to meet your fat burning goals. The third principle is based upon the correct way to exercise. Not all exercise is create equal. Dr. Charles reveals 5 examples of 15 minute workouts that have higher fat burning benefit than long boring exercises that are more popular and less effective. The fourth principal is based on the why diets fail and the mental approach to positioning yourself so that you will be able to succeed.”

The [Fat Loss Factor](#) program is delivered digitally online providing instant access to all step by step training materials. In addition to the training material customers also receive a liver and body cleanse video, custom software for selecting “good” foods, grocery lists, exercise programs from beginner to advanced, 5 sample 15 minute workouts, FLF measuring form, goal setting guide, food diary and logs, 1 full year of person email coaching, free lifetime upgrades, recipe books, bonus video on what to wear, a bonus video on how to shop, and quick start video.

“What makes the Fat Loss Factor so attractive compared to other fat loss programs is how easy it is to follow.” say Michaels. “ This is a step by step system with exact steps to follow. You always know what to do next and you always know why you are doing what you do. It’s design so that you can succeed.”

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

Gilliam Michaels reviews diets, fitness and lifestyle program on the website RealFitTV.com. Michaels Fat Loss Factor Review is available at the following link <http://www.realfittv.com/weight-loss-reviews/fat-loss-factor-review/>