

Carb Back-Loading: Review Of John Kiefer's Carbohydrate Cycling Fitness Plan Released by DietsAndFitnessGuides.com

Summary: DietsAndFitnessGuides.com publishes a review of Carb Back-Loading a new fitness program that promises to help users burn fat, while also gaining muscle and eating all of their favorite carbohydrate rich foods.

"John Kiefer's Carb Back-loading system has caught on as a popular alternative to low-carb diets," reports DietsAndFitnessGuides.com's Vince Delmonico. "The program's unique approach to fat loss, coupled with it's growing popularity prompted us to review the course for our website visitors."

Unlike most fat loss diets which encourage drastically reducing the intake of carbohydrates, particularly during evening hours, Carb Back-Loading allows users to eat large amounts of carbs including refined carbohydrates like white bread, pasta, pizza and ice-cream.

Delmonico asserts that they key is to "back-load" these carbohydrates, in order to utilize them to them body's advantage.

"Although demonized by the fitness community, carbohydrates are not the enemy, they are actually an essential part of a balanced, healthy diet," says Delmonico. "Most fitness plans recommend eating your carbs for breakfast, the thought being that those calories would be burned up over the course of the day, but unfortunately that's just not how the body works. What ends up happening when you eat carbs right after you wake up is that they cause a spike in the stress hormone Cortisol which actually tells your body to store fat! John Kiefer's Carb Back-Loading on the other hand has you eat carbs at night, after exercise when the body can put them to good use."

Carb Back-Loading is available digitally online allowing customers instant access to the program including the the 300+ page Carb Back-Loading 1.0 Ebook Manual, free upgrades and Exclusive Forums.

"The thing to keep in mind about Carb Backloading is that it's really more than just a fat loss program. Proper use of carbohydrates is also key for muscle growth, so this is a program that can be used by people with a variety of fitness goals," says Delmonico. "You can think of it more as a guide to total body recomposition."

[Those wishing to purchase Carb Backloading, or for more information, click here.](#)

Vince Delmonico reviews diets, fitness guides and other self help programs on his website DietsAndFitnessGuides.com. Delmonico's Carb Back-Loading review is available at the following web address: <http://www.dietsandfitnessguides.com/carb-backloading-review-is-it-the-holy-grail/>

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