

Venus Factor, a program based on cold hard scientific facts that claims to be specifically written for ladies, but packaged in an easy to understand read and also promises to help women when all other diets have failed has caught the attention of <http://VenusFactorReview101.com>'s Stan Stevenson, prompting an investigative review.

"Based on scientifically proven weight loss methods, our <http://venusfactorreview101.com/venus-factor-review> [Venus Factor review __title__ Venus Factor review] shows it is designed specifically for women who have 10lbs or more to lose. Written specifically for women, this program is scientifically researched and laser targeted at how a woman's body works," reports Stevenson. "This program is designed to see you lose the excess weight and get in shape for good. Venus Factor is a life-changing exercise and diet program, not some fad that will see you losing weight and then putting even more back on a couple of months after you finish."

The <http://www.youtube.com/watch?v=quuTk40O-fA> [Venus Factor review __title__ Venus Factor review] shows the program includes a 12 week step by step workout and exercise plan that will take women from fat to fit in a short three months, the diet and weight loss manual where they get to learn all the important stuff about female fat loss, and a clever app called Virtual Nutritionist that will calculate the exact protein and calorie requirements that women need to get the body they've always dreamed of. Users are also given access to The Venus Community, a private 'online members' area where they can interact with others on the program and can even start their own blog or join in the forums for as much interaction as they please. The Venus Index Podcast is the place to go to get the inside story on others who've followed this workout program and diet plan to success.

"Venus Factor is designed not only to get you to lose weight, but also to end up toned, strong and fitter than you've ever been before. John Barban has worked on this program from a woman's perspective, taking into account the different make up of a woman's body and the difference in metabolism between males and females," says Stevenson. "Not only will you lose weight, but if you undertake the exercise program as well then you'll change the shape of your body to something that you've probably only dreamed of in the past. There's no need for special equipment, because every single exercise can be performed either at the gym or in the comfort of your own home."

"Ladies, if you've got more than 10lbs to lose and you want to lose it for good as well as get fit in the process, then Venus Factor is exactly what you need to achieve your goal. You can simply follow the dietary aspects of the program and get some damn good results as well. The results are so dramatically different from anything you may have tried before. Venus Factor takes us back to the basics of weight loss. It strips away all the misinformation that you've probably ingested and tried in many shapes and forms, and gets right down to the nitty gritty that's essential if you want to lose weight and lose it for forever."

<http://venusfactorreview101.com/go/VFW/> [Those wishing to purchase Venus Factor, or for more information, click here. __title__]

To access a comprehensive Venus Factor review, visit <http://venusfactorreview101.com/venus-factor-review>