

Fat Loss Factor, an intriguing program that claims people will be able to enjoy the foods they love in moderation while still losing weight has caught the attention of <http://GentlemensUniversity.com>'s Stan Stevenson, prompting an investigative review.

"Our Fat Loss Factor review found the program is created by Dr. Charles Livingston, a registered chiropractor and wellness specialist who knows what he is talking about," reports Stevenson. "He has personally worked with many patients to help them find a natural way to improve health, and after finding much success with his patients, he has taken his knowledge to a new level. This diet gives you big results without having to work out seven days a week, so it is ideal for anyone who does not have the time or the desire to spend their days running on the treadmill and lifting weights in the gym every day."

The <http://gentlemensuniversity.com/fat-loss-factor-review> Fat Loss Factor review shows the program offers Meal planning, Workout routines, Weight loss strategies, Body sculpting blueprint, and 12 months of personal coaching. Dr. Charles Livingston has some extras that really boost success not just short-term, but long term as well. He has included the most effective form of exercise in his program, High Intensity Interval Training that does not require people to spend hours in the gym; instead, it is short workouts that include cardio and strength training, which burn far more than an hour in the gym ever would. In addition, they will receive a list of foods that they should eat to encourage fat loss.

"Dr. Charles Livingston doesn't talk about restricting large amounts of calories or exercising your butt off at the gym; instead, he talks about the liver and how it could be playing a huge role in your inability to lose weight, and how you can correct it," says Stevenson. "Age, size, and history are not an issue with this scientifically proven program that has facts and evidence to back it up. You are introduced to a lifestyle change that works, and you learn why it works and the exact steps you need to take in order to see results."

"It doesn't take long to see results with Fat Loss Factor because you are doing things to your body, like detoxing, that you have likely never done before. You workout less and receive more benefits than those people walking on the treadmill in the gym for hours. You will not be hungry throughout your day and you will lose belly fat quickly! This can help you add years to your life, not just take off the weight, and it is well worth the price of eating your favorite foods on occasion rather than every day. If you are ready to live and feel healthy, then yes you should try this program."

<http://gentlemensuniversity.com/go/FatLossFactors> [Those wishing to purchase Fat Loss Factor, or for more information, click here. \_\_title\_\_ ]

To access a comprehensive Fat Loss Factor review, visit <http://gentlemensuniversity.com/fat-loss-factor-review>