

## **The Cruise Control Diet: Review Exposes James Ward's Effortless Fat Loss Secret**

*Shane Michaels releases a review of The Cruise Control Diet, a simple, proven method for permanent weight loss.*

The Cruise Control Diet, a breakthrough system for permanent fat loss created by James Ward to help yoyo dieters finally find an effective solution to weight loss has caught the attention of Shane Michaels, prompting an investigative review.

“James Ward’s Cruise Control Diet is so simple, yet so effective with helping people finally find a permanent solution to weight loss without pills, powders, potions or excessive hours at the gym,” reports Michaels. “This program isn’t a fad diet, either—it’s a lifestyle change using a few simple strategies that finally help eliminate the constant cycle of weight loss and weight gain.”

The Cruise Control Diet takes a different approach than most fad diets by instead encouraging whole food consumption rather than a focus on low fat, low calories, low carbs, etc. Instead, it focuses on four general rules for weight loss, which include first, to eat natural foods that help the body burn fat and second, to avoid processed, packaged, and other foods that cause the body to store fat. Third, the system encourages dieters to treat themselves to guilty pleasures in moderation so they don’t feel restricted. Fourth and most importantly, The Cruise Control Diet doesn’t focus on calorie counting, points systems, food journals or artificial portion controls. Instead, it focuses on the body’s natural hunger instincts to guide portions and meal times. The system was developed by Ward in his search for effective weight loss, and helped him permanently lose 36 pounds in just weeks. Currently, The Cruise Control Diet is available for instant digital download for just \$39.99 that includes the step-by-step process for weight loss, as well as easy-to-prepare recipes and follow-up email support.

“The Cruise Control Diet really exposes the myths of the diet industry and why most fad diets just simply don’t work in the long-run,” says Michaels. “Instead of dieters having to spend hundreds or thousands of dollars on specific meal, pills, powders, or workout systems, The Cruise Control Diet takes a few simple, whole-foods based tips to instead modify the body’s metabolism at the cellular level so it literally burns fat on auto-pilot.”

“The proof of this system really is in the results of those who have already used it to reach their weight loss goals. In addition to James permanently losing 36 pounds on the system, thousands of others have lost significant weight—permanently—within just the first few weeks of changing their lifestyle to fit the system.”

Those wishing to purchase The Cruise Control Diet guide or for more information, [click here](#).

To access a comprehensive The Cruise Control Diet review, visit the official site of James Ward [here](#).