

New You in 22: Review Examining Dr. Jonny Bowden Program Released

New You in 22 reviews have been flooding the Internet and HealthAvenger.com reveals the truth about this program that claims to be a new way to change one's metabolism, so the body burns fat instead of sugar for energy.

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New You in 22, the latest diet and nutrition program that is all about going back to a more primeval way of eating created by The Rogue Nutritionist, Dr. Jonny Bowden has caught attention of HealthAvenger.com's Stan Stevenson, prompting an investigative review.

"Our New You in 22 review shows that it is a complete diet and nutritional guide. But, the difference between this program and everything else you've tried in the past is that it takes all the staple 'must dos' of a low carb diet, and then turns them on their head," reports Stevenson. "The meals demonstrated in the program are actually nice and there's a whole load of variety as well. It also provides you with the knowledge to be aware of why it works in an interesting and informative manner."

New You in 22 contains some of the basics of how people will learn to change your diet, and therefore change the focus of their metabolism. These include, but are not limited to carbs are not all bad, the primeval approach, three superfoods that actually fight fat, how to avoid fat loss plateaus, low carb meals during the day in smaller portions, followed by carb feasts in the evening, etc. All this and much more (the Metabolic Transformation Guide, The Metabolic Meals Blueprint and the Quick Start Guide) is provided to in instantly downloadable EBook formats. The program is all about changing one's metabolism for good without people having to follow any crazy eating plans to get there.

"Though New You in 22 seems to be targeted only for those who want to lose weight, this non-traditional eating program is also designed and scientifically proven to switch your metabolism back to the fat burning machine that it was always meant to be," says Stevenson. "One of the biggest plus points about the program is you never need to go hungry again or wish you could have a bit more to eat because with this eating plan you really can have your comfort food late at night, with no guilty feelings whatsoever. New You In 22 contains just proven facts; no boring and hard to understand science stuff.

"With processed foods, fast foods, and fat and sugar laden delights tempting us around every corner, starving yourself until you get to the weight you want can be hard in our 21st century. Backed by sound scientific advice as well as some amazing hints and tips that we've never known before, we have to admit that New You In 22 certainly does everything it promises. In our humble opinion, this nutritional program will suit every single person on the planet. It's

simply the way that human beings should take food on board. Not only do you begin to see results really fast, but it's also a way to eat for life!"

Those wishing to purchase New You in 22, or for more information, click here:

<http://healthavenger.com/go/NewYou22/>

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