

## **The Venus Factor: Review Details and Examines John Barban's Unique Guide to Fat Loss Designed for Women**

*Kelly Christianson has just released a review of the Venus Factor system, a weight loss program and leptin diet created by John Barban designed specifically for the female metabolism.*

The Venus Factor diet, John Barban's weight loss and leptin reset guide created for women to help them combat hormones and their metabolism to achieve their optimal shape has caught the attention of Kelly *Christianson*, prompting the question does Venus Factor work?

"It's certainly no secret that when it comes to metabolism, men and women are very different," reports *Christianson*. "However, for some reason, the health and fitness industry tends to treat weight loss the same for both genders. John Barban's Venus Factor system is one of the only effective programs on the market that is designed specifically for the female body."

John Barban has spent the last 10 years as a consultant for some of the largest weight loss supplement companies in the world. It was during this time in the industry that he stumbled across a shocking fat burning loophole for women that can help them keep weight off permanently. The Venus Factor diet is based on the premise that leptin is the master hormone in the female body that controls the storage or burning of fat.

However, women can be much less responsive to leptin's signal to burn fat and can actually build up leptin resistance. Venus Factor shows women how they can induce metabolic override to overcome the body's resistance to leptin, unleashing their full fat-burning potential. This program teaches women how they can achieve fast, long term weight loss enjoyably without restricting the foods they crave.

"As a woman I know how important it is to be able to lose weight without having to fight cravings all the time. Honestly this is what made me so excited about Barban's Venus Factor diet, says *Christianson*."

It also helps women overcome plateaus and keep fat from coming back to problem areas like the hips, thighs, and butt. Currently, each purchase of the Venus Factor weight loss program comes with three valuable bonuses:

- Venus Factor Workouts
- 12-week female fat loss exercise guide
- 143 premium video coaching lessons that teach more tips and tricks to maximize fat loss
- Access to the Venus Immersion community.

How much does the Venus Factor diet program cost?

The entire set of materials is available for instant download for just \$47 and comes with a 60 day no questions asked money back guarantee.

“Venus Factor is the answer for any woman who has become frustrated with the amount of effort they put into dieting and exercise to lose weight, but still aren’t getting the results they want,” says *Christianson*. “This program actually makes the fat loss process enjoyable, and best of all, helps women keep the fat off long-term.”

“With the 60-day money back guarantee that is offered with each purchase of John Barban’s program, women really have nothing to lose by at least trying this program to see what results it can provide.”

Those wishing to purchase the Venus Factor system by John Barban or for more information, [click here](#).

To watch a video that details the full Venus Factor workout and system should go [here](#).

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