

6 Minutes to Skinny: Review Examining Craig Ballantyne's Weight Loss Program Released

6 Minutes to Skinny reviews have been flooding the Internet and HealthyandFitZone.com reveals the truth about this program that utilizes the latest scientific research to give people the most for their money and effort.

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6 Minutes to Skinny focuses on pushing the body's buttons and kicking its metabolism into high gear with only a few minutes each day rather than prescribing unpleasant, sweeping changes to one's diet or lifestyle. This has caught the attention of HealthyandFitZone.com's Stan Stevenson, prompting an investigative review.

"Our 6 Minutes to Skinny review shows that Craig Ballantyne, the program's creator, has taken the time to understand exactly how your body responds to food and exercise. Rather than having to wade through a bunch of information you don't care about, you can also jump right in and get started on your favorite topic," reports Stevenson. "Split into a series of short, informative videos, each contains a condensed presentation on a specific topic, so that you can pick and choose what to watch and when."

6 Minutes to Skinny also includes a set of videos called 6 Minutes to Skinny Morning Boost that detail a plan to kick the body's metabolism into overdrive in less than 5 minutes each morning. People also get Morning Metabolic Boost Recipes that are designed to augment the exercises in the videos provided. Specifically formulated to leave one feeling full of food and energy while pumping up the metabolism, these shake recipes use simple, healthy, natural ingredients. The 7-day fast start guide is a quick listing of secrets compiled from successful users of the program. This guide suggests what videos to watch, what things people should eat, and what little things they can avoid in order to lose weight as fast as possible.

"Based on scientific research and boasting a pedigree of wonderful success stories, the program stands apart from other diet programs. Craig provides citations to medical journals and scientific research to back up his claims. The program includes exercises, snack tips, diet information, shake recipes, and a cheat sheet about how to squeeze the most out of the program," says Stevenson. "You don't need a gym membership or fancy equipment to do the movements it describes. The movements described are fast and easy to do, and will leave you feeling fresh and full of energy, not drained, sore and unable to work. You don't need to buy expensive powders or supplements to make the smoothies or utilize the diet tips provided. It's a perfect fit for any lifestyle."

“If you’re tired of not losing weight via traditional methods, the 6 Minutes to Skinny program is for you. It’s tailored to easily fit into the lives of busy adults who don’t have time for either fancy diets or long, complicated exercises. Split into multiple videos, the program allows you to progress at your own pace and tailor your progression through the program. If you’re looking to lose weight, no matter how busy you are, or how many other programs have failed to work for you, the program is for you. It’s not just a bunch of exercises or a list of recipes, but a comprehensive weight loss package with loads of bonus content.”

Those wishing to purchase 6 Minutes to Skinny, or for more information, click here:
<http://healthyandfitzone.com/go/6MinutestoSkinny/>

To access a comprehensive 6 Minutes to Skinny review, visit
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