

## **Beta Switch: Review Examining Sue Heintze's Diet Program Released**

*Beta Switch reviews have been flooding the Internet and HealthyandFitZone.com reveals the truth about this new way to approach fat loss that promises to help women turn on those fat burning processes in their body.*

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Beta Switch claims to target trouble spots and switch them to fat burning machines, which helps one get rid of the stubborn belly, thigh fat and arm fat. This has caught the attention of HealthyandFitZone.com's Stan Stevenson, prompting an investigative review.

"Our Beta Switch review shows that it is a 12-week system that will help you turn off the messages that make your body store fat and turn on those that help your body burn fat. This happens without calorie restriction, painful exercising, or other tricks that are unhealthy to the body and the mind," reports Stevenson. "It could change everything in the diet industry for women and has the potential to work since much of the other popular information is failing people over and over again. In short, you learn about some science-backed information to make this happen now and start losing fat faster than ever before."

Beta Switch comes with the main manual, a guide to supplementation, a quick-start guide to help one understand the program fast, a diet tracker and motivational stories from real women who have used it. Bonuses include a 12-week workout system that optimizes the fat burning power in the body, a weight loss solution, a report on how women can boost their body image to help them overcome mental roadblocks along the way, a guide on how to win the mental game of fat loss and a 3-month membership to a private site that offers them support from fellow member as well as tips and tricks to further their weight loss success.

"Nutrition is just a part of the whole unique system that has been made to work for any woman who wants to lose weight. Sue has made this program about more than just the 'diet' aspect. She has included a 12-week exercise program to help complement the nutrition aspect and help women burn fat more effectively. Moreover, she has incorporated bonuses that touch on the mental aspect of dieting and losing weight," says Stevenson. "You will learn how to stop storing fat and start losing fat without fad diets or other drastic measures. This is a comprehensive 12-week program that takes you by the hand and helps you get results. Everything in the program that is based on science helps you to sort through the negative mental outlook that so many women

suffer from.”

“Beta Switch review is neither just another fad diet or program to help you lose a few pounds and then gain it all back nor it is about removing carbs, cutting calories, or exercising at high intensity. It is simply about understanding how your body works at a cellular level, and taking that information to make nutrition and exercise work for you. Taking advantage of the new science and information in this system and applying it to your life should result in one change or another, which makes this diet program worth trying out. If you need to lose weight quickly for a special occasion, you can do that in a healthy way!”

Those wishing to purchase Beta Switch, click here:

<http://healthyandfitzone.com/go/BetaSwitch/>

To access a comprehensive Beta Switch review, visit <http://healthyandfitzone.com/beta-switch-review>