

The Venus Factor: Review Of John Barban's "Female Fat Loss Blueprint" Released

SUMMARY: *DietsAndFitnessGuides.com releases a review of The Venus Factor a newly launched weight loss solution that promises to work with the female metabolism to deliver long term fat loss.*

The Venus Factor a new fitness program for women wishing to lose ten pounds or more has just been released to the public sending shock waves through the women's health and fitness community, prompting an investigative review from DietsAndFitnessGuides.com's Shana Simon.

"While losing weight can be a struggle for both men and women alike, it's common knowledge that the process is significantly more difficult for women." reports Simon. "However, very few people, including fitness professionals really understand the science behind why this is so. As a result most women get stuck on generic weight loss diets that don't work for them because these diets were designed for the male metabolism. So, when we found out about John Barban's Venus Factor program we were very eager to conduct a review. Barban's course for men 'The Adonis Golden Ratio' has been very well received by our male audience and we wanted to learn his insights into female fat loss in order to determine whether his program was something we could recommend to our female website visitors."

Shana Simon's Venus Factor review reveals that the system provides customers with a twelve week step-by-step nutrition plan for "over riding" and powering up one's metabolism. In addition the program is currently being offered with "Virtual Nutritionist" software and a bonus female fat loss exercise program consisting over 140 video coaching lessons. Simon asserts that these bonus training are an important apiece of the fat loss puzzle.

"One thing that really impressed us about this course were the unique insights Barban provided on how women should work out for maximum fat loss," says Simon. "Many of Barban's discoveries run counter to what women may think they know about how to exercise. These findings, plus the fact that The Venus Factor actually encourages women to strategically indulge in 'cheat foods' like pizza and ice cream, will likely appeal to those who have already discovered that restrictive diets and difficult exercise regimes usually don't work out long term."

[Those wishing to purchase The Venus Factor, or for more information, click here.](#)

Shana Simon reviews diets, fitness guides and other self help programs for the health and fitness website DietsAndFitnessGuides.com. Simon's Venus Factor review is available at the following web address:

<http://www.dietsandfitnessguides.com/truth-about-john-barbans-the-venus-factor/>

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