

## **Feast Your Fat Away: Review Examining Nate Miyaki's Diet Program Released**

*Feast Your Fat Away reviews have been flooding the Internet and HealthAvenger.com reveals the truth about this program that claims to offer a 'Guaranteed' method of losing weight without having to exercise, diet, or follow any crazy eating plans.*

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Nate Miyaki's Feast Your Fat Away that promises to give people a way to eat their way thin, with 'no starving, no crazy eating plans and no exercise required,' has caught the attention of HealthAvenger.com's Stan Stevenson, prompting an investigative review.

"Feast Your Fat Away is a weight loss program designed for anyone who has fat to lose. It is a genuine method of turning around your eating habits for good, and seeing you drop the fat in the meantime. This is the diet plan that turns everything else you've ever been told about weight loss in the past," reports Stevenson. "Feast Your Fat Away is a gradual process, not a 'get thin in a week' crazy diet plan. Not only do you lose weight in a sustainable fashion, but also actually swap your eating habits for healthier ones for life, which is why the weight stays off."

Divided into 15 easy-to-follow lessons that actually allow people to customize the program, so that it works for you individually, Feast Your Fat Away focuses on staying productive and sharp during the daytime, getting quality sleep, feasting at night, and losing more fat by eating light during the daytime and leaving the largest (carbohydrate rich) meal for the evening. Sleep replenishes the energy reserves and allows the muscles and body tissue to build and repair. The body synthesizes serotonin, the 'feel good hormone' that also allows one to sleep really well.

"Feast Your Fat Away has different options, so that you can choose one that best fits your preferences and personal lifestyle. With one cheat day per week, which has the wonderful effect of staving off cravings, you don't have to give up your favorite foods such as French fries, ice cream, or pizza. There's no need to give up alcohol for good, because you can still enjoy the odd glass of wine, beer or cocktail if that's your thing," says Stevenson. "This weight loss program gives you plenty of options for both eating at home and for eating out, which means your social life doesn't have to suffer one bit even though you're following a weight loss plan."

"Feast Your Fat Away is probably one of the most revolutionary and easiest to stick with eating regimes that's hit the headlines in a long time. Thanks to the choices and customization options it provides, you really can tweak it to fit your personal situation. There's no need to exercise to see results. Additionally, those who exercise need not increase the time they spend doing so, and Nate will also show them how to best gear their workouts to get the maximum results.

Feast Your Fat Away is perhaps one of the most innovative and scientifically proven weight loss plans we've seen hit the market in a long time."

Those wishing to purchase Feast Your Fat Away, or for more information, click here:

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

To access a comprehensive Feast Your Fat Away review, visit <http://healthavenger.com/feast-your-fat-away-review>