

## **Fat-Burning Secrets Of Twin Brothers who won “The Biggest Loser”**

*The RAM program is based on a system of increasing your metabolism so that you burn more fat all day long - even while you sleep. The diet component features a carb rotation meal plan that speeds up your internal fat burning furnace.*

**July 10, 2009** - [PRLog](#) -- (New York, NY)- Weight Loss twins share for the first time how they shed a combined total of 350 pounds. The “Rapid Action Metabolism (RAM)<sup>TM</sup>” fat burning system which allowed them to skyrocket past the competition and win The Biggest Loser, Season 4!

Log onto [http:// www.TruthAboutDietsCourse.com](http://www.TruthAboutDietsCourse.com) and access the entire patented system online. Bill and Jim practically take you by the hand and walk you through the system they used to shed 20 pounds a month for eight months. It includes the following:

1. A fitness guide called “Truth About Diets - The Rapid Action Metabolism (RAM)<sup>TM</sup> Fat Burning System”
2. Bill and Jim’s Private Workout Videos
3. The RAM<sup>TM</sup> Instant Online Diet Generator
4. The RAM<sup>TM</sup> Program Diet and Activity Journal
5. Bill and Jim’s 4-Week Diet and Exercise Quick Start Blueprint

The Rapid Action Metabolism<sup>TM</sup> has been proven to enable consumers to:

- ? Lose weight quickly and healthy
- ? Burn more fat even while you sleep
- ? Speed up your metabolism naturally
- ? Get rid of stubborn belly fat, cellulite, and excess flab
- ? Lose up to 20 lbs a month from simple tweaks to your diet and activities

Bill’s mantra on “The Biggest Loser” was: “To become half the man, so that he could be twice the man”, Bill went from weighing in at 334 lbs to 170 lbs, losing a total of 164 lbs. Jim was the biggest weight-loser on the show losing 186 pounds.

Carrying extra weight is embarrassing, frustrating and difficult to find a solution for. Isn't it time you learned the truth about diets?

<http://www.truthaboutdietscourse.com>

# # #

[Http://truthaboutdietscourse.com](http://truthaboutdietscourse.com) is dedicated to providing quality information on the subject of weight loss.

--- End ---

Source Mariangela Martins  
State/Province California  
Country United States  
Industry [Fitness, Health](#)  
Tags [Truth](#), [About](#), [Diets](#), [Review](#), [Truthaboutdiets](#), [Twins](#), [Course](#), [Rapid](#), [Action](#), [Metabolism](#), [The Weight Loss Twins](#), [Health](#)  
Link <https://prlog.org/10278913>



Scan this QR Code with your SmartPhone to-

- \* Read this news online
- \* Contact author
- \* Bookmark or share online