

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)TM” 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 (RAMTM) Fat Burning System”
2. Bill and Jim’s Private Workout Videos
3. The RAMTM Instant Online Diet Generator
4. The RAMTM Program Diet and Activity Journal
5. Bill and Jim’s 4-Week Diet and Exercise Quick Start Blueprint

The Rapid Action MetabolismTM 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