

## **The Diet Solution Program - Diet Solution Review**

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**Dec. 22, 2009 - [PRLog](#)** -- The Diet Solution Program is a comprehensive online application designed to ensure fat loss with maintaining good health and strength. This detailed nutrition manual not only teaches the users about the principles, with a view to their ideal weight, but it also offers them the recommended meal plans, shopping lists and recipes to be done. In addition to the list of everything that users need to lose weight, there is also a list of foods and activities to avoid in order to maximize weight loss results.

The number one advantage of the solution diet program is that it does not instruct users to follow, no unnecessary meal. Instead, it about how to enjoy their meal and still burn significant calories. Other advantages of this weight loss program includes a higher level of energy, general health, a significant decrease in blood glucose levels, the elimination of digestive discomfort, reduce cholesterol, and clearer skin conditions.

The Diet Solution Program promises a complete and comprehensive weight loss program that will not only help you lose body fat, but guarantees you increased energy, health and vitality all at the same time.

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With so many weight loss programs out on the market and on the Internet today, what makes this program any different than all the rest?

Before we get to the program, let's take a look at the expert behind this program. Isabel De Los Rios is a nutrition and exercise specialist with 10 years of experience helping clients reach their ideal weight and tackle conditions such as diabetes, heart disease, and high cholesterol. Isabel has a very extensive educational background in nutrition and exercise physiology. Her personal experience with her own weight struggles and her mother's severe diabetes led her search for the BEST nutrition information available today. The Diet Solution Program is a result of her 15 year study and research.

I've also talked to Isabel about her training and education background, and I'll be honest, it was impressive, unlike other so-called "health experts", who are just following main stream nutrition programs. Isabel provides her readers with the truth: the facts most people have never taken the time to research, read and decipher.

Plus, Isabel has been a nutrition and exercise specialist for the past 10 years and has personally worked with hundreds of clients in her own private facility, overseeing successful weight loss programs. This hands on experience with real people solidified the facts and principles she had learned in books, journals and from other health professionals. The proof was really in the results of real people.

In fact, Isabel's articles are pretty radical when it comes to her nutrition principles which is why her approach works when main-stream nutrition fails. So if you are looking for the same old nutrition theories taught in every other book and program on the market today, this is not the program for you.

Now one of the biggest questions about the program is simply, "What is The Diet Solution Program?" Well

according to Isabel, it is the most comprehensive and detailed nutrition manual available on the market today. Not only does it teach you exactly what principles you need to follow to finally reach your ideal weight, it gives you the meal plans, shopping lists and recipes to do so. It does not push some extreme, unreasonable way to lose weight. It actually teaches you how you can make this healthy way of eating into a lifestyle. And if you have ever attempted to lose weight in the past, you know that the only way to maintain it is to make it a way of life. The best part about Isabel's program is that this new way of life is not some torturous eating regimen. She really shows you that you can eat delicious food, combined the right way, to lose weight and maintain it.

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One of the best side effects of the whole program is the increased health and vitality that every participant experiences. Decreases in blood sugar levels, lowered cholesterol, increased energy, elimination of digestive discomfort and cleared skin conditions are just some of the few benefits other people have already experienced.

Frankly, I've used the program myself and recommended to many others. Why? Because I was sick and tired of following nutrition plans that either did not work or made me lose weight but feel terrible. Yes, I want to be at my ideal weight but I also want to maintain a healthy body at the same time and not have to resort to extreme, radical methods. The Diet Solution Program helped me lose weight and feel healthy and energized at the same time.

Now realize that some effort from you will be required, but Isabel has really done all the hard work for you. Included in her program is:

- Step by step action steps telling you exactly how to put the principles in place
- Detailed daily meal plans that make everyday eating easy
- Shopping Lists to make food shopping a snap
- Delicious Recipes to make everyday meals tasty

The manual is comprehensive. Jam packed with incredible and valuable information. But you don't need to wait to get through the whole thing before you can start. You can use Isabel's Quick Start Guide to start the program ASAP. Some people have even just used the quick start guide and lost 10-15lbs in a little as 6 weeks.

The Diet Solutions Program is a manual designed to determine your individualized metabolic rate which will be the basis for your own Diet Solutions Program.

### **Read The Detailed Review of The Diet Solution Program**

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