

## **Eat Stop Eat Review - Does Brad Pilon's Eat Stop Eat Work?**

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**Feb. 6, 2010 - [PRLog](#)** -- **Eat Stop Eat** Diet is a very effective diet, designed by Brad Pilon, an expert in this field. It is a unique diet which combines fasting intermittently with weight training exercises. This diet plan is designed to make you lose fat, while building muscle, with long lasting results.

Eat Stop Eat is an eating plan based on intermittent fasting. What this means is that every week you fast for a single day. It's not a complete fast. You can drink various fluids, but you avoid solid foods. This may seem a bit harsh but on the other days you get to eat a lot more freely than on other weight loss plans. You're basically sacrificing one day for 6 days of freedom. This makes the Eat Stop Eat plan an easy to do and to stick to weight loss program.

### **Click to Download The Eat Stop Eat Program**

<http://www.everydaydiets.org/fat-burning-diet/eat-stop-eat-review-is-eat-stop-eat-a-scam/>

#### 1. Intermittent Fasting - What Eat Stop Eat Is All About

Fasting has always been a method to lose weight. But longer times of fasting is dangerous for two reasons: The human body will try to survive by saving energy instead of burning calories. It will also lack essential nutrients. If fasting is dangerous and not helpful, then why should intermittent fasting work? It's because...

...the author Brad Pilon has found a way to use very short periods of fasting actually have a positive impact on the human body. The fasting periods are only one day long and you only have them once or twice a week.

#### 2. Why Weight-Lifting Is So Important

Although you don't have to go to the gym at all, the Eat Stop Eat program still suggests some weight-lifting sessions. Your muscle mass is basically your fat burning engine. If you have a larger engine, you can burn more calories while a smaller engine would burn less. The weight-lifting sessions make sure you don't lose any muscle mass.

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#### 3. Eat Stop Eat Is NOT a Diet

In a nutshell, there is no diet plan telling you what to eat. There's no "forbidden" food or calorie counting. Basically, you eat like you usually do, then stop for a day, then start eating again. You are free to eat your favorite meals, but you still shouldn't eat twice your normal amount because you had one fasting day.

A popular new weight loss program, Eat Stop Eat, is designed to take advantage of the benefits of fasting while minimizing the risks. Developed by certified nutritionist Brad Pilon, Eat Stop Eat teaches "intermittent fasting," a technique of fasting for a 24 hour period 2 days a week while eating normally the other 5. This causes the body to burn off the excess fat, while not disrupting your normal metabolism.

If you're looking for an easy way to lose weight quickly fasting, **Eat Stop Eat** is the best way to achieve results. There are no complicated meal plans to follow and no additional supplements to purchase.

**Read The Detailed Review of Eat Stop Eat Program**

<http://www.everydaydiets.org/fat-burning-diet/eat-stop-eat-review-is-eat-stop-eat-a-scam/>

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