



The F-Factor Diet: Lose Up to 10 Pounds in 10 Days and Keep It Off

Nicki Harper

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When it comes to losing weight, it usually has more to do with a lifestyle change as a whole instead of a simple diet plan. You have to change the way you think about eating and figure out how to get out of the habits you've built up over the years. This is usually where a dietician or a nutritionist can help you. Their knowledge of food and nutrients can help you figure out healthier options that will satisfy your cravings and keep you on the right track in terms of weight loss. The F-Factor Diet is a full lifestyle change since the final step of the diet is actually a diet change that is meant to last you for the rest of your life. If you embrace this mentality, you'll have a better chance of succeeding in your weight loss journey. While the F-Factor Diet doesn't force you to make permanent eliminations of food groups or even specific foods, it does ask you to change your lifestyle by permanently increasing certain foods. This might seem like a big commitment, but if you look at it in comparison to other diets, you're only adding food to your diet, not taking it away. You don't even have to give up alcohol or the occasional dessert on the F-Factor Diet! So, it may be a lifestyle change for the foreseeable future, you can actually maintain a normal life in terms of going out to eat, ordering food in, and never depriving yourself. By following the guidelines in all three of your meals, you will shed pounds, kick-start your metabolism, improve your overall health, and achieve your goal weight. This diet isn't looking to shock your system in order to get results. There is no need to starve yourself on a 500 calorie diet or to only eat raw fruits and vegetables. This is a sustainable diet that sheds pounds, boosts energy, lowers cholesterol, and reduces the risk of heart disease and diabetes. A must read for anyone looking to not only lose weight fast, but to keep it off forever.

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