Title
The Venus Factor: John Barban Program

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The Venus Factor claims to be a female-specific fat loss program that helps boost leptin production, which can increase energy and promote lasting weight loss.

Venus Factor is a weight loss program created to help women shed pounds. The company has stated that their program will “promote natural and healthy weight loss without any need for pills, powders or potions”. But if the company customizes the program for individuals, how can they guarantee weight loss for each customer? At first glance, there is little information that explains exactly how this
program will promote weight loss or a healthy lifestyle. Our research team decided to dig deeper into the claims made by the company to see if the Venus Factor is worth a try. Here is what our team found out after further research. Venus Factor can be purchased through their Official Site.

Venus Factor is a digital weight loss program for women. It contains several eBooks (PDFs), videos and audio files, and a community forum exclusively for its members only. If you are a woman, you might have noticed that it is more difficult to lose weight. Maybe you have noticed your boyfriend, husband or male friends losing weight and building muscle quickly— but you struggle to shift that extra flab around your belly, thighs and hips? It turns out that there are reasons why females find it more difficult to lose weight— and The Venus Factor is the solution. Women store fat differently than men and even with exercise and dieting this fat can be difficult to shift. This is why a one-size-fits-all fitness program might not work as well for women. This is a program that takes into consideration the way that women store fat and what exercises they can do to shift it.

The Venus Factor is a 12 week nutrition plan that is designed to help women lose weight as efficiently as possible. It is a quick and easy
solution to getting a slim body. The system has been finely tuned over time and it has been proven to work on real women.

So why do women need a different diet and exercise plan? Barban explains that women should be treated differently when it comes to diet and exercise because they have different hormones. The hormone leptin is responsible for fat burning and it speeds up the metabolism and signals for your body to burn fat.

The female body is not as responsive to leptin signals as the male body, so women don’t use the leptin they produce to its maximum. This is known as leptin resistance. Also, when women start to diet their leptin levels will start to drop, much faster than a man’s does. This means that women hit a weight loss plateau when they are dieting much faster than a man will.

This is a disadvantage when it comes to dieting and it makes it much harder for women to lose weight. The Venus Factor is a system that is designed to reset the body to the correct leptin level, which means that your body will be re-wired to its most effective fat burning state. When you follow the system you will enjoy high energy levels, a boosted metabolism, no more food cravings and permanent fat loss from problem areas such as the thighs, butt, stomach and hips.

The Venus Factor was written by John Barban, who is an expert in health and fitness. He has studied his masters degree in Human Biology and Nutrition at the University of Guelph and he then went on to do a number of other graduate studies at the University of Florida. He also taught at the University of Florida in the department of Health and Human performance.

John Barban is highly knowledgeable in health and fitness and he has years of experience in sports supplements and health supplies. He has spent the last 10 years researching and developing exercise
programs that help his clients to lose weight and live a healthier lifestyle.

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