

Secrets Revealed in John Barban's Venus Factor Review

VenusFactorReview101.com reveals the truth about John Barban's Venus Factor with a complete review of this female weight loss workout and diet program.

HOUSTON, TX, USA, January 9, 2014 /EINPresswire.com/ -- John Barban's [Venus Factor](#), the one program that approaches the problem of obesity acknowledging that although some ingredients might have certain effects on a person's body, there is no one "magic" ingredient that works for all, has caught the attention of <http://VenusFactorReview101.com>'s Stan Stevenson, prompting an investigative review.

"Venus Factor calculates the height to waist ratio, the waist to hip ratio, and the waist to shoulder ratio or the Venus index which is not same for every woman; it differs with height," reports Stevenson. "The program has a virtual nutritionist to answer all your queries about what to eat and what not to eat. The bodycentric eating guide helps you find the right eating formula and the weight reduction manual helps you determine your Venus Index Ratio and then judges whether you need to lose weight or gain some."



Venus Factor Review

The components of Venus Factor include a primary diet and weight reduction manual, instructional exercise videos for a total of 12 weeks that can be done at home or at the gym, a private members-only online community comprising supportive women who helps members stay in track when they feel the urge to cheat, an app that calculates the exact protein and calorie requirements, and a catalog podcast where members talk about their weight loss success stories.

"Venus Factor takes into account the fact that women and men are different. Their metabolic factors are different and they have different physical compositions too. Simple to follow, this program does not guarantee miraculous weight loss," says Stevenson. "Instead, John Barban emphasizes the importance of exercise regimen and correct nutrition. There is an app that

allows you to calculate daily requirements that will help you attain your individual goals. The program also includes a dieting plan included in the program.”

“Venus Factor is a program can change your way of living for the better and increase your fitness levels for a long time. You will not only lose weight, but you will also have a toned body if you stick to the instructions. The system will give you the tools to create your ideal body and the results will not go unnoticed. If you want that perfect bikini body without spending endless hours in the gym and without sacrificing on your favorite food, then Venus Factor is for you.”

Those wishing to [purchase Venus Factor](#), or for more information, [click here](#).

To access a comprehensive Venus Factor review, visit <http://venusfactorreview101.com/venus-factor-review>

VenusFactorReview101.com was created to reveal the truth behind John Barban's Venus Factor program which was designed to help females attain a better looking figure.

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