



FOR IMMEDIATE RELEASE

**Consumers Around The World Reporting Massive Weight Loss
As A Result of Brian Flatt's 4 Week Diet**

***Internationally recognized Weight Loss Coach and Best Selling Author
Developed The 4 Week Diet that modulates the hormones that
regulate weight gain and reduces cellular inflammation.***

Boise, Idaho, May 25, 2017, It is long established that certain hormones determine weight gain or weight loss. It is the balancing of these hormones that has led to massive weight loss all around the globe thanks to Brian Flatt and his 4 Week Diet System. The same medical research has established the role of cellular inflammation in weight gain. In fact, inflammation is part of every major disease known to man. Imagine if these hormones and cellular inflammation can be controlled through diet and a little exercise.

The good news is that they can be controlled without dangerous medications, and *are* right now by people using The 4 Week Diet. By controlling these hormones, a person can be on a diet without feeling staved, nervous and lacking energy. People are waking up in the morning full of energy and optimism for the day ahead. The 4 Week Diet can do in only 28 days what takes most diets 2-3 months to achieve.

Users of this diet have reported:

- 24-32 pounds (10 to 16 kgs) of body fat gone.
- 2-3 dress sizes reduced in just 2 weeks.
- 2-4 inches vanished from their waistline.
- An increase in toned muscle.
- Decreased cellulite without painful surgery or injections.
- Increased energy....awaken ready to enjoy the day.
- Lowered cholesterol levels.
- Healthier, more youthful hair & radiant skin.
- A super-charged metabolism that ignites fat all day long, keeps burning fat even while sleeping.
- And there's more health benefits.

[The 4 Week Diet](#) has won accolades from weight loss industry professionals. Thousands of consumers swear by it. It is one of the most researched diet systems on the planet. One of the reasons for its success is the tremendous support that comes with the diet. Everything is in writing and organized for easy reference. With the 4 Guidebooks provided, it's like having a personal diet coach on call 24-hours a day.

- *The Launch Handbook*: Far more than just an introduction...It gives you a complete look at the science behind gaining and losing weight.
- *In The Diet Handbook*: Pounds lost with this system are pounds lost forever. You get simple instructions personalized for your unique body. You'll know exactly what to eat, how much, and when to eat it.
- *The Activity Handbook* can nearly double your results. It was created specifically for people with busy schedules who need a practical workout routine that they can follow at home, or anywhere else. All that is needed is 20 minutes a day, 3-4 days per week. That's all it takes to nearly double your weight loss.
- *The Motivation Handbook*: Master your mind with scientifically proven techniques for focus and control. With the right mindset and motivation, you can conquer any challenge and overcome any obstacle.

The great thing about The 4 Week Diet System is that you can actually begin the program in the next few minutes because Brian has made all four handbooks available in PDF form, by Instant Download [here](#). Take a look at what Vanessa B., a Verified Client, had to say: "I've lost 5 kilos in my first week. It's my 10th day and I have included salad with some protein (e.g. egg/ lean chicken) as you suggested. After 4 years of trying, the fat is finally coming off. It truly feels like magic!"

For complete information, please visit: [Brian Flatt's Game-Changing 4 Week Diet](#)

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