**“Recent Scientific Research at Bethel University in Minnesota Debunks Standard Diet Weight Loss approach – Even With Exercise!”**

***…and how you could easily SKIP standard dieting to boost your body into a fat-burning machine FAST with no side effect whatsoever.***

Traditional dieting plans advise people to eat less and move more. The science of weight loss is increasingly showing that things just aren’t that simple as laid out in books and theories. As a result, on average, Americans make 4-6 dieting attempts per year.

Obviously, this means that the 1st… 2nd… and 3rd attempts all failed. Failure takes it toll and de-motivation leaves many feeling like they cannot succeed. This is when the majority of us throw in the towel for good.

Listen, the truth is that, it is NOT your fault. Government-issued nutritional guidelines and pharmaceutical giants have led us to think that their standard diet is the ultimate weight loss plan we need. But this can’t be any further from the truth.

A new study reports that people losing weight base on diet regained 70 percent of their lost weight after a while. The diet industry reacted defensively, arguing that the participants had lost weight too fast or ate the wrong kinds of food — that diets do work… if you pick the right one.

But this study is just the latest example of research showing that in the long run…

**“…dieting is rarely effective, doesn’t reliably improve health and does more harm than good.”**

Look, diets Fail Because…

* **Diets deprive us**. Many diets involve eliminating certain foods or even whole food groups. This is not only unhealthy but also unrealistic for the long term.
* **Diets are temporary.** Once they have reached their goal, most people go back to "normal" eating, so the weight comes back.
* **Diets often don't fit into normal life.** Weighing and measuring food may help you lose weight, but aren't practical as long-term strategies for most people.
* **Diets can be expensive.** Buying special foods can rack up a big bill quickly.
* **Diets can actually lower your metabolism**. When you drastically cut back on calories, your metabolism tends to slow down. You burn fewer calories and the diet becomes less effective.
* **Diet is only half of the equation.** Lifetime weight management is not just about what you eat. It requires physical activity as well. Experts recommend 60-90 minutes a day most days of the week.

And another thing is that the root of the problem is not willpower but neuroscience. Metabolic suppression is one of several powerful tools that the brain uses to keep the body within a certain weight range, called the setpoint.

When dieters’ weight drops below it, they not only burn fewer calories but also produce more hunger-inducing hormones and find eating more rewarding. The brain’s weight-regulation system considers your set point to be the correct weight for you, whether or not your doctor agrees.

If someone starts at 120 pounds and drops to 80, her brain rightfully declares a starvation state of emergency, using every method available to get that weight back up to normal. The same thing happens to someone who starts at 300 pounds and diets down to 200, as the “Biggest Loser” participants discovered.

This coordinated brain response is a major reason that dieters find weight loss so hard to achieve and maintain.

But here’s what you should do instead of DIETing and doing strenuous exercises…

…you see, unfortunately, we live in a world full of environmental toxins. These harmful toxins enter your body and wreak havoc on your hormones and overall health.

These dangerous chemicals are making their way into your body through:

* Pesticides On Food
* Toxins In Water
* Chemicals In Soap & Shampoo
* Additives In Cosmetics
* Harmful Fragrances
* Fumes In The Air

**Fact is, you can’t get away from them**

**— TOXINS ARE EVERYWHERE!**

Over time, the amount of toxins in your body build up causing untold damages. This is why it is extremely important to do regular detoxing which will allow your body to heal. Toxins are the root of all negative health problems including being overweight.

The truth is that the only and most effective way to keep your body healthy and protected from dangerous toxins is to use a natural, nutritious and effective cleansing program. This was completely revealed in an amazing FREE video you can watch right away through the button below:

**==>button here<==**