

Metabolic Factor: Review Examining Dr. Jonny Bowden's 22-Day Weight Loss Blueprint Released

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At age 69, New York Times bestselling author Dr. Jonny Bowden obviously has some secrets to remain healthy and fit. The creator of Metabolic Factor also stays up-to-date with the latest research and isn't afraid to recommend what he thinks is beneficial. This has caught the attention of HealthAvenger.com's Stan Stevenson, prompting an investigative review.

Our Metabolic Factor review shows that program is focused on helping increase the production of a hormone called IGF-1 that is responsible for fast metabolism, youthful appearance, more energy and a healthier heart, reports Stevenson. Dr. Bowden believes that if you are having a hard time losing weight, then this hormone is the key to start easily losing the weight. In fact, he says it will help you reduce the size of your fat cells, so that you avoid gaining fat any time in the future. You don't have to count calories on the diet. The program focuses on eating the right foods that increase your hormone and promote fat burn.

Metabolic Factor includes major insights into foods that can help people satisfy cravings while taking off fat from the body, a nutrition planner, 10-minute recipes, a list of 5 exercise mistakes, motivational emails, a supplement list to boost weight loss success, and coaching calls from Jonny. They will also learn about 50 foods that have the most positive impact on IGF-1 and receive a daily calendar of tips and insights that make losing weight much easier.

This diet program doesn't involve strenuous exercise. It involves movements that Jonny wants you to do, and anyone can do this regardless of their fitness level. You will look younger, have more energy and eliminate pain in the body and joints. It is all a part of turning up the IGF-1 hormone, says Stevenson. You get a 22-day blueprint that shows you exactly how to eat. It even tells you when to enjoy things like carbohydrates, relieve stress, sleep better, and stop cravings. You will learn how to create an experience similar to a spa that helps you detox.

A total health and wellness package, Metabolic Factor is part digital and part physical product that you will receive in the mail. It is perfect for anyone who wants to lose weight quickly and keep it off. This program

goes beyond weight loss. Low levels of IGF-1 are not only responsible for an increasing waist size and keeping the weight on, but also have an affect on every age-related issue out there, including heart disease and Alzheimer?s. Try out this program if you want to lose weight faster than ever before and feel great again while turning back the hands of time to look younger, have fewer wrinkles and more energy, and eliminate aches and pains.?

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

To access a comprehensive Metabolic Factor review, visit <http://healthavenger.com/metabolic-factor-review> ###

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