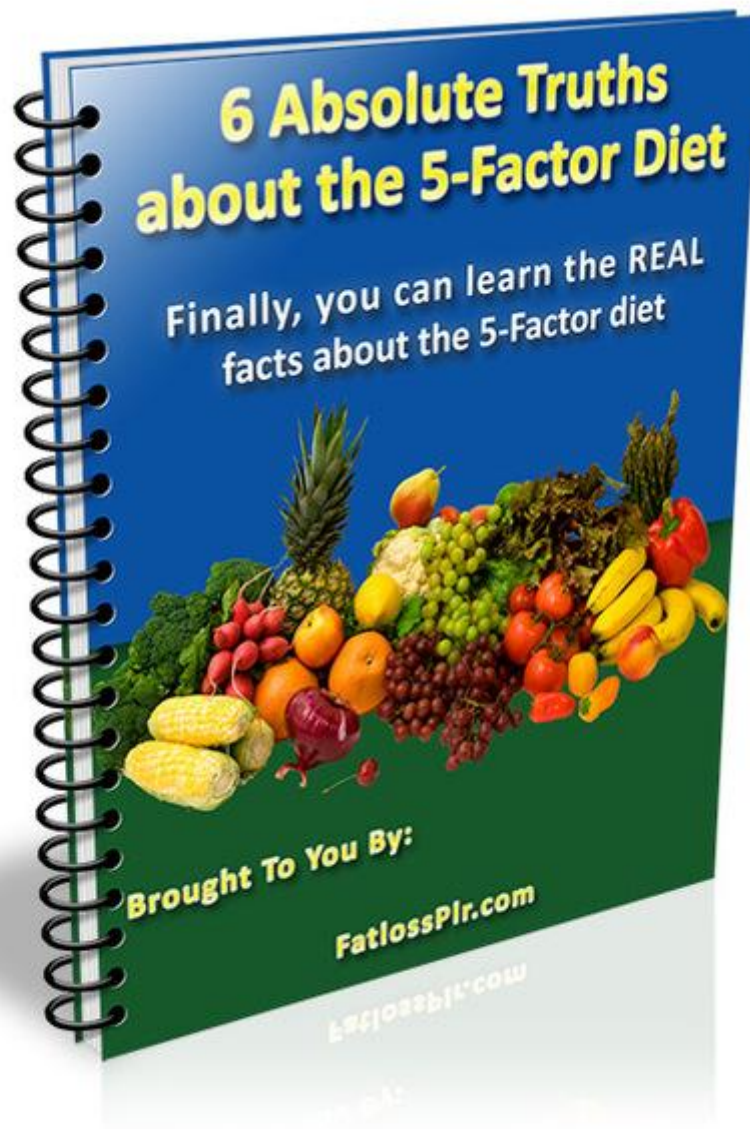


6 Absolute Truths About The 5-factor Diet - With PLR



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Purchase Private Label Rights to: 6 Absolute Truths about the 5-Factor Diet! You will receive the main PLR Report in .DOC and .TXT formats. You will receive the graphics in .JPG and .PSD formats. Report Word Count is: 2,108 Words. Report Description: The 5-Factor Diet, by Harley Pasternak, is a revolutionary diet program popular among Hollywood celebrities. But now you too can get your hands on this scientific diet program! This short report tells you about the salient features of the 5-Factor Diet plan and whether it is right for you or not. Table of Contents Chapter 1: The 5 Factor Diet: A Brief Overview Chapter 2: The Food of The 5 Factor Diet Chapter 3: Just Another Fad Diet? Chapter 4: The 5 Factor Diet

and Longevity Chapter 5: Should You Try The 5 Factor Diet? Chapter 6: Where To Buy The 5 Factor Diet

Here is a sample extract from my PLR report: -----xxxxxxxxxxxxxxxxxxxxx----- Well, thats hard to answer. Taken as a whole, the Atkins diet would probably not be fairly called a fad diet, yet it is the most commonly cited example of such. The first two weeks of Atkins, or the induction phase, would certainly fit the bill, with the limiting of carbohydrates to below 20 grams per day. However, the following phases of the diet, where carbohydrates are slowly but surely added back in, most meaningfully in the form of complex carbs and high fiber choices, would better fit the definition of a sensible diet plan. The same goes for the 5 Factor Diet. Taken as a whole, with its strategies and eating recommendations, and its call for vigorous and regular exercise, its hard to pick out anything about the diet that would lend itself to the terms crash diet or fad diet. Yet, on the other hand, there are always concerns along these lines. Heres why. Any time you have a regimented eating plan such as this, no matter how diverse, eventually its going to get irritating and old. The human being craves diversity and flexibility. This, however, is exactly what got many overweight people into trouble in the first place.

-----xxxxxxxxxxxxxxxxxxxxx----- Please note that NO salesletter is provided with the report!

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