

## **Burn the Fat Feed the Muscle - Burn Fat Feed Muscle**

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**Dec. 7, 2009** - [PRLog](#) -- Don't be put off by the fact that "Burn the Fat Feed the Muscle" (BFFM) was written by the natural body builder Tom Venuto, this eBook contains a wealth of information on all aspects of losing weight and obtaining ultimate health and fitness.

It's all there – eating plans, nutrition, exercise and weight training programs, plus how to accurately measure and chart your progress and the importance of goal setting. Each covered in great detail with proven scientific evidence and personal experiences.

### eBook Cost

For a one time cost of \$39.95 – you get the 340 page Burn the Fat Feed the Muscle eBook, all three bonus reports, the free E-zine subscription plus access to the E-zine archives, the FREE Burn the Fat Feed the Muscle updates for life AND a FREE copy of the new body fat eBook

### **Click to Read Detailed Review of Burn the Fat Feed the Muscle**

<http://www.fattoloss.com/fat-loss-program/burn-the-fat-feed-the-muscle-review/>

### Diet Features

With the information in this book, you will be able to:

- easily determine your own ideal protein, carb and fat ratios.
- analyze your body type (are you an endomorph, ectomorph, or mesomorph?)
- determine your BMR (Basal Metabolic Rate, or the amount of "maintenance" calories your body requires every day), and
- find out whether you are carb tolerant or carb intolerant.

This personalized or individualized approach makes perfect sense because each and every one of us is a unique individual and no two people are exactly alike in terms of body physiology and personal goals.

### Fitness Features

- Cardio secrets for maximum fat loss. Why it's better to burn the fat rather than starve it.
- Weight training for fat loss. Why diet and cardio are not enough.

### Support

For an additional \$8.00 per month (\$97.00 for 12 months) you can join Tom Venuto's private "Burn the Fat Inner Circle" membership site, where Tom use his lifetime of knowledge and experience to continue helping people in an intimate, personal way, to help you take your body and your health to a whole new level.

With the expert Personal mentoring, motivational coaching, social support, and credible scientific information about what to eat and how to train, right at your fingertips, 24 hours a day, you can work near miracles on your body and your health...

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<http://www.fatloss.com/fat-loss-program/burn-the-fat-fe...>

Here are some of the privileges and Benefits You'll Enjoy When you Become a Member of This Special Support Community, Master Mind group and Educational Resource Center... The Burn The Fat Inner Circle!

- Direct Access To Tom Venuto, author of Burn The Fat, Feed The Muscle & The Body Fat Solution
- Community and Social Support
- Unbiased Supplement Reviews
- Burn The Fat Q & A
- MP3 and streaming audio interviews and podcasts
- An Entire LIBRARY crammed full of e-books and downloads
- Nutrition Calculators
- Delicious Fat-Burning Recipes
- Inspirational Fitness and Weight Loss Success Story Interviews
- Main Burn The Fat Forum

Burn The Fat, Feed The Muscle eBook has been the bestselling downloadable health book every single year since its release in 2002! Tom's hard cover book, The Body Fat Solution hit #1 on Amazon.com days after its release, and was a national bestseller in just months.

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