

## How to lose fat safely, effectively and permanently?

Dr. Suzanne Gudakunst is taking the world of diet by storm by promoting her "Top Secret" fat loss program to help people losing fat effectively and permanently. You must asking: "Why such a buzz about this fat loss program?" To put it simple, Dr. Suzanne Gudakunst is demonstrating how using the colon cleansing diet or detox diet can help your body removing fat naturally.

To summarize her first theory, the human body is accumulating toxins from all the chemicals we digest daily through food, water and air. The human body defense will store these nasty stuffs into fat tissue. Do a good "Detox" regularly, it helps the body to remove the toxins PLUS the excess fat and fluid. As you can see, Detox diet has been around for quite some time and it's not quite a secret from my point of view.

Her second theory is her market punch, her famous "Secret" as she says. She points out the reason that people can't lose weight has nothing to do with their will-power, over-eating or the right diet. The reason of our obesity and illness is because we all have Plaque and Parasites living in our guts. These 2 elements need to be remove otherwise it will eventually cause us to puff up, gain lots of weight and get sick more often. These worms can die and then become mineralized and cause painful swelling, blockages and other harmful things.

In her fat loss program, she is guiding people to use natural components to remove the parasites and to have a good detox and cleansing program through good nutrition. Her breakthrough Top Secret Fat Loss Program has drug manufacturers, weight-loss "gurus" and other proclaiming lose-fat-fast-schemes to suppress her information from ever going mainstream. She also received death threats for revealing her new way to lose body fat.

To review it yourself, Visit <http://TopFatLossSecret.oimarketing.com>

## About the Author

Michael Chiu, Article source: <http://article.oimarketing.com>. A video featuring Dr. Hiromi Shinya, a world-renowned colon specialist, explain the strong connection between intestinal health and lifestyle related diseases (including diseases caused by obesity).

Source: <http://www.healtharticlesdirectory.com>