

The Venus Factor: Personal Review of New Women's Weight Loss Program Released

WEST POINT, MS, July 6, 2013 /EINPresswire.com/ -- TheVenusFactorReview.com releases a personal review of John Barban's 'Venus Factor' a newly launched women's weight loss program that focuses exclusively on a woman's body and her mentality to produce long term fitness and fat loss goals for women.



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Melinda Vaden

The Venus Factor, a new [weight loss and fitness program](http://TheVenusFactorReview.com) designed specifically for women who are looking for that perfect body has just been released to the public and is capturing the attention of everyone from stay-at-home moms to women's health and fitness experts. All this excitement has prompted a personal, in-depth review of the new weight loss program by TheVenusFactorReview.com's Melinda Vaden.

Melinda reports that "Most weight loss and dieting plans

don't work for women because they weren't designed for women! They were actually designed for men and simply repackaged for sale to women." "Losing weight can be a struggle for anyone", says Melinda, "but it can be extremely hard for women." Melinda says that's why she was so excited when she found out about John's Venus Factor program. John designed the program exclusively for women and the female metabolism and Melinda knew that if she reviewed the program personally she would then be able to recommend it to her female readers with the utmost confidence in the program.

Melinda's Venus Factor review is unlike any other review that can be found online today because she has taken the time and effort to actually purchase and literally review the product by going through each one of the steps as described in John's workout plan. On her website TheVenusFactorReview.com, Melinda is meticulously recording each one of her experiences as she performs the workout plan prescribed by the Venus Factor program and she welcomes other women who also want to lose weight and get in shape to join her. During the course of her review of Venus Factor Melinda has discovered that John Barban has put together a workout program masterpiece that provides Venus Factor users with a twelve week, step-by-step workout plan which is contained in a beautifully designed, interactive PDF document. Additionally Melinda has discovered that the program's 'back office' features such as the Venus Community of other women trying to lose weight and get in shape coupled with over 150 instructional workout

videos and the Virtual Nutritionist software have proven to be invaluable resources to her while on her weight loss and fitness journey. Melinda also mentions repeatedly that she has been encouraged by John's program stating: "I've never tried any other weight loss / workout program that encouraged me to eat whatever I wanted! This program has really been fun so far. It's not like any of the other weight loss programs that dictate to you exactly what you can and cannot eat." As John puts it: "For weight loss, calories are all that matter. If you eat too many of them, you will NEVER...EVER lose weight. It does not matter where those calories come from."

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

Melinda Vaden is a stay-at-home mom who has struggled with her own weight loss and fitness goals over the years. However, after discovering the Venus Factor her excitement about getting in shape and her ability to stay slim and fit has been reawakened.

Melinda's Venus Factor review is available at the following web address:

<http://www.thevenusfactorreview.com/>

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