

# Fat Burning and Weight Loss Diet Secrets Revealed in New Report

Michael Healey February 27, 2014



**Top secret fat burning and weight loss diet secrets are revealed in a free new report titled “Detox Scams To Avoid”.**

([Newswire.net](#) -- February 27, 2014) Boston, MA -- Important information from DetoxDieter.org shows the top secret weight loss and fat burning secrets used by detox programs on the market today. The free, downloadable report titled Detox Scams to Avoid demonstrate the dangers associated with many of the practices endorsed by the rapid detox programs, including weight gain and digestive health issues.

The Detox Scams To Avoid Report also provides useful information about the benefits of natural cleanses and [detox programs that use only natural foods](#); these programs provide sustained weight loss and health improving results in a safe manner.

In fact, all natural detox and cleansing programs are effective in removing chemicals, pesticides, heavy metals and toxins stored in the body, specifically those stored as body fat. As the body purges these harmful toxins, the risk of obesity, diabetes, heart disease and metabolic syndrome decreases and weight loss, fat burning, and metabolism increase.

Rapid detox programs are often unsafe and can lead to long-term, serious health risks. The free Detox Scams To Avoid Report shares how specific commercial detox programs are not as safe or effective as they may claim to be.

The complete 28-page Detox Scams To Avoid Report is free for a limited time and available for immediate download at: <http://detoxdieter.org/detox-diet-scams/>.

About: DetoxDieter.org is a new website that was launched in December 2013 in order to educate the community of the health benefits associated with detox and body cleanse. Most recently Detox Dieter released a video titled, “[Top 5 Foods To Detox The Liver](#)”.

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