Paleo Burn: Review Examining The Ken Burge Paleo Burn Diet Fat Burner System

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West Palm Beach, FL (PRWEB) January 29, 2014 -- Paleo Burn reviews have been popping up all over the Internet, and RequestReviews.com reveals the truth about the program formerly known as Primal Burn that has claimed to help thousands of individuals with their weight loss goals.

The Paleo Burn System, a popular diet plan primarily based on the nutritional principles of Paleolithic or Paleo diet, has caught the attention of RequestReviews.com’s Laura O’Connor, prompting an investigative review.

“This program, developed by Ken Burge (also known as Ken Smith), basically teaches individuals who want to get rid of their excess body fat to follow a variant of the Caveman diet, or to focus more on consuming the types of foods eaten by people during the Paleolithic era,” shares O’Connor. “Muscle conditioning techniques are also included in the program to help speed up the fat-burning process. Burge claims that the Paleo Burn diet unlocks the body’s ancient genetic code of staying fit and healthy.”

In the Paleo Burn Fat Burner System review, Laura O’Connor reveals that by using the Paleo diet, Ken Burge himself lost more than 30 pounds and has since become a weight loss evangelist helping others do the same. Those who purchase this program will receive a PaleoBurn Quick Start Guide, a PaleoBurn Fat Burning Cookbook, a PaleoBurn Food List, an Interactive Food List App, Paleo Burn Exercises and videos and the audio version of system. O'Connors likes how the whole package also comes with a 60-day "no questions asked" money-back guarantee, which she says is more than enough time to put the diet to the test.

Paleo Burn Fat Burner is an all-natural long term method to burn excess body fat and to manage weight. The concept of the program is to help people avoid fat-building foods, to mostly fat-burning foods, and to perform short (but high intensity) exercises a few minutes a day to further burn fat throughout the day.

“What's different about Ken Burges approach to weight loss is that it doesn't involve counting of calories, restrictive hard to eat foods, crash diets that starve users, or an extensive exercise regime. Users are also allowed to schedule cheat meals to consume restricted foods without having to worry about gaining weight.” reports O'Connor.

In conclusion, O’Connor believes that the Paleo Burn Fat Burner System is a safe way to burn excess body fat and keep a healthy, fit body. She warns that users of this program should expect to feel a bit tired during the first few weeks of following the diet, but after users get over the hump they will feel better and better each day and will notice significant fat loss and increased energy.

The Paleo Burn Official Site
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