Is the programme calorie counting?

Pre Sales · https://thesixpackrevolution.com/docs/is-the-programme-calorie-counting/

That’s a great question. The SPR programme is all about “balance” and works differently from many others programmes hence the insane SUCCESS and results you see from ALL of our participants.

The programme is NOT about calorie counting and EVERYTHING to do with how the body SHOULD be fed and balancing the body, hormones and building a machine that works at its optimum.

When the body works at its optimum it burns fuel efficiently (FAT) and builds and maintains muscle mass. Your skin, hair , whites of eyes, nails etc all become more radiant. Anxiety levels drop and combined with a positive mentality and belief in yourself and what you can achieve, the body often heals itself of many illnesses and diseases, and we have had huge success with conditions like Type 1 and 2 Diabetes, Crohns, IBS, Scoliosis, Sleep Apnea, Psoriasis, Eczema, Fibromyalgia, Thyroid, ME, MS, High Blood Pressure, high cholesterol and many more.

Another HUGE benefit is how it affects your mind and anxiety and this is also due to making sure you are not starving the body/mind of calories and nutrition and feeding it what it needs to be Strong Powerful and Resilient. Remember your mind is a part of that body too!