

## Is the the 3-Day diet the miracle weight loss cure you need?

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The 3-Day diet consists of eating an exact diet of foods, in exact proportions, to get a high amount of <  
[href="http://www.fatlossfactor.com/2009/11/20/why-traditional-cardio-workouts-stink/"](http://www.fatlossfactor.com/2009/11/20/why-traditional-cardio-workouts-stink/)>loss weight fast in 3 days. Do you see the same problem I see? It should be obvious immediately. How can the proportions be identical for a 120 pound woman, and a 250 pound man? Unless you're planning on the man fainting in the middle of his work day, it seems highly unlikely that this could be possible. Of course, our 250 pound man is much more likely to lose weight fast for the 3-day diet than the 120 pound woman, because he is starving his body.

Blogging

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