

Published based on [How to Lose Fat on Stomach Fast: A Review of the 31 Day Fat Loss Cure](#)

How to Lose Fat on Stomach Fast: A Review of the 31 Day Fat Loss Cure

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Have you been struggling with being overweight for a long time? If so, then here are some points for you to consider:

1. It is not entirely your fault.
2. You have been fed a lot of false information by the so-called health experts.
3. You only need to make some very small changes to your daily routine in order to lose weight successfully.

Read on to find out more....

Note: This is a review, [click here if you want to visit the 31 Day Fat Loss Cure Website](#)

For those of you who want to learn **how to lose fat on stomach fast**, there are a huge number of programs to choose from – too many really. Some of these programs are quite good but a lot of them are simply garbage. I have been testing and reviewing several of the top programs in order to find the ideal solution. So here is my review of the 31 Day Fat Loss Cure. As it turns out, this is a great solution for those of you who want to lose fat quickly.

This program was developed by a former US Army soldier named Vic Magary. Vic is also a personal trainer.

When I purchased the program, I immediately received the download links for all of the products and this is exactly what I got:

- 1 manual in pdf format – 53 pages.
- 5 audio files entitled:
 - (a) The Fat Belly Secrets
 - (b) Nutrition With Isabel
 - (c) Fat Loss Secrets with Vic Magary
 - (d) Interview With Mike
 - (e) Interview With Lisa
- live workout videos – 4 videos
- Beginner bodyweight program videos – 9 videos
- Advanced bodyweight program videos
- Beginners gym program videos – 9 videos
- advanced gym program videos – 11 videos
- a 30 day free trial to Vic's personal coaching program
- 1 bottle of free Pro-Grade all natural multi-vitamins: retail \$39.00 (you must pay \$4.95 for shipping and handling).

Here's what I liked about the 31 Day Fat Loss Cure:

The beauty of this program lies in its simplicity. The manual is very easy to read and the videos and audios are all simple to follow. The diet plan itself is well laid out and you won't need to buy fancy kinds of food. In fact, I'm a little reluctant to call it a diet as you will not have to worry about being hungry. In fact, if you like things like steak, you'll be able to eat this too (and no, this is not an Atkin's Diet).

Vic goes on to explain in simple language why certain things like sugar and whole grains are not conducive to losing belly fat. There are other food items as well, which if avoided, will help you to lose fat. I was quite surprised about a few of these and I consider myself to be reasonably knowledgeable in the nutrition field. The way Vic explains the problem foods and why you should avoid them, though, makes a lot of sense.

The exercise routines are only 15 minutes long. Who can't spare 15 minutes out of their day to do exercises? The exercises are easy to do and there is both a home or gym routine – you choose which one suits your needs. Just watch the videos to see how they are done.

What if you are too lazy to exercise? Well, then I guess you will have a much harder time losing fat – only you can

decide your path.

Another thing that I like about this program is the 60 day money back guarantee.

Also, the bottle of free vitamins is literally worth more than the cost of the whole program, so if you are willing to pay the cost of shipping these items (\$4.95), then you are effectively getting a free diet program. Just be aware, that they'll try to sell you some more vitamins later so if you don't want any more of these, then you'll need to politely decline.

[click here to visit the 31 Day Fat Loss Cure Website](#)

Here is What I Didn't Like About the 31 Day Fat Loss Cure:

There is a frequently asked question and answers section early in the manual and I think it would be more appropriate to have this at the end. Not a big deal really, I just think that it would flow a little better that way.

Also, when you go to purchase this program, you will be presented with what are called "up-sells". What this means is you'll be presented with more products which are related to the weight loss plan. Now, I always find these up-sells a little annoying and I didn't buy any of them, so I can't comment on their quality. I'm sure they are just fine. The thing is, no matter what lose fat program you purchase nowadays, you are going to be presented with up-sells as a part of it. This is just the way the industry works. If you are not interested in the up-sells, then just click on the link at the bottom of the page that says something like, "no thanks, just take me to the product".

Summary:

In summary, the 31 Day Fat Loss Cure is one of the better programs I have come across for those of you who want to learn how to lose fat on stomach fast.

Does it work? You bet it does, as long as you stick to the 31 day program. The program is dead simple to follow so there is really no way to fail with this system.

If for some bizarre reason you don't lose the stomach fat, then just get a refund. I can't really see that happening though (unless you don't actually follow the program).

I wish you the best of luck with your weight loss program and overall general health.

[click here to visit the 31 Day Fat Loss Cure Website](#)

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