



## **KISS Diet Program Changes Lives with 12 Simple Weight Loss Secrets**

*The KISS "Keep it Simple Secrets" Diet Program is a totally new and revolutionary way to quickly lose weight and improve your overall health without starving yourself or exercising for hours on end. The program provides specific steps of how to increase your metabolism and quickly burn fat. Lose as little or as much weight as you want. It's completely up to you.*

Reno, NV, June 14, 2008 --(PR.com)-- There's a new weight loss system marching over the horizon that promises to revolutionize the dieting world.

It's called the KISS Diet Program, and it is changing the way people view weight loss entirely. Instead of starving themselves or working out for hours on end, the KISS Diet Program teaches participants 12 simple ways to rev up their metabolic rate to lose weight and keep it off forever.

KISS stands for Keep It Simple Secrets. By using the science of the body to its full potential, the KISS program jumpstarts the body's metabolism the healthy way. The program focuses on 12 simple diet plan secrets to lose weight and improve overall health.

The KISS program teaches its followers which specific foods boost their metabolism up and which foods drag it down. It also teaches them what to eat and when.

That's what sets the KISS program apart from other diets. By focusing on the body's natural metabolic cycles, KISS optimizes caloric use. Different fat burning foods are eaten at different times of the day, shifting between an emphasis on lean proteins and healthy carbohydrates. It also shares secrets about jumpstarting your initial weight loss.

Designed by founder Robert Bauer, the KISS program was developed after observing a close friend try and fail at weight loss through conventional dieting. He realized that traditional dieting was failing the majority of people. So Bauer developed his 12 simple diet plan secrets to aid every person struggling with weight issues.

“When researching diets, I discovered that nearly 65 percent of Americans are currently overweight. Additionally, 95% of people who lose weight gain it back (and then some) in the next 6 to 12 months!” Bauer said. He credits his research as the motivating factor behind the development of his KISS Diet Program.

Now the weight loss secrets of the KISS Diet Program are available to all. Visit the website at [www.kissdietprogram.com](http://www.kissdietprogram.com). The website teaches participants several secrets, including the following:

- Skipping meals during the day is bad for you
- Low fat diets can actually cause you to GAIN weight
- 97% of all supplements are a total waste of money.



For more information on the [KISS Diet Program](http://www.kissdietprogram.com), visit <http://www.kissdietprogram.com> or email program creator Robert Bauer at [rwbauer@kissdietprogram.com](mailto:rwbauer@kissdietprogram.com) for additional information or requests for interviews.

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