

# Results Weight Loss & Med Spa

[www.budaweightloss.com](http://www.budaweightloss.com)

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## Press Release - IP is ranked #1 most popular diet of 2015

*In the last couple of weeks, we shared with you the great news about Ideal Protein being ranked the # 1 diet of 2015 by [dietsinreview.com](http://dietsinreview.com). Today, we are excited to share with you a press release that was recently distributed to various media outlets. The press release has also been published in the media section of our corporate website and on our corporate Facebook page.*

*Make sure to visit our [Facebook page](#) to share the press release and help us spread the word on this great achievement!*

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### **Ideal Protein Is #1 Most Popular Diet of 2015**

*Comprehensive Weight Loss Method Tops Prestigious [DietsinReview.com](http://DietsinReview.com) Ranking*

**Gatineau, QC. (January 11, 2016)** – Medically developed weight loss method Ideal Protein has ranked #1 on the “Most Popular Diets of 2015,” list by [DietsinReview.com](http://DietsinReview.com), the largest and most trusted diet resource on the web. Ideal Protein has jumped twelve places from its #13 position in 2014, beating out competition from diet programs including Weight Watchers, Nutrisystem, Optifast and Medifast.

Ideal Protein is a proven four-part method that enables safe, rapid weight loss, with a healthy lifestyle approach and structured, evidence-based maintenance program to sustain weight loss success. The method - offered through preferred healthcare partners and trained coaches - targets the root causes of weight gain by regulating insulin levels.

Ideal Protein strongly emphasizes the importance of education and understanding as part of its weight loss program. Maintaining healthier lifestyle habits, including eating “smarter” are key throughout all four phases of the Ideal Protein method. Dieters are provided with one-on-one coaching,

which includes a diet plan that promotes losing fat while maintaining lean muscle mass. The method teaches weight maintenance habits and balanced lifestyle choices, including:

- How body fat is effectively burned
- The relationship between insulin and weight gain
- Which foods are best suited for healthy weight management
- When, why and in what combination to eat carbohydrates, fats, and proteins
- Weight stabilization and maintenance habits.

“The Ideal Protein weight loss method has helped many thousands of dieters reach and maintain their weight loss goals, and we are delighted to be listed as the most popular diet of 2015,” said Olivier Benloulou, President and CEO of Ideal Protein. “We know there are many diets and programs on the market today, but Ideal Protein is unique in our dedication to ensuring our dieters receive the support and education they need to safely and successfully meet their weight loss goals.”

He continues, “As we enter a new year, we look forward to helping more people to enjoy the benefits of long-term weight maintenance, such as improved energy and heart health, in 2016 and beyond.”

Cardiologist Douglas Rothrock, MD, lost more than 100 pounds on the Ideal Protein program. He said of the method, “The science behind Ideal Protein makes it stand out amongst other weight loss methods. Their education coupled with supervised weight management is the key for success.”

Ideal Protein is available at more than 3,000 medical establishments in the U.S. and Canada. An alternative method is available for type I diabetics.