

Report

The #1 Reason People Have Trouble Losing Weight... ...And How To Fix It Now

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The **Primal You** 

Weight Loss the Way Nature Intended...

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Disclaimer

I wish I lived in a world where I didn't have to worry about being sued but alas...

So here's the obligatory legal stuff. Promise me you'll read it.

The ideas and suggestions written by Derek Gatehouse are provided as general educational information only and should not be construed as medical advice or care. All matters regarding your health require supervision by a personal physician or other appropriate health professional familiar with your current health status. Always consult your qualified personal health care provider before making any dietary or exercise changes. Derek Gatehouse and The Primal You diet disclaim any liability or warranties of any kind arising directly or indirectly from use of this course. If any medical problems develop, always consult your qualified personal health care provider. Only your physician can provide you medical advice.

I don't have to tell you how many different opinions there are on the topic of weight loss.

While the following is simply *my* opinion, you should know that it is an opinion that comes from over 30 years of unbiased research and testing – not to mention my own “before and after” medical story (which was all the proof I really required).

Few consumers I know have researched the topic of food health to the degree I have. And perhaps most importantly, I research “scientifically”. By that I mean:

Too many people who research a topic are only looking for data that *supports* their current thinking. They gather data that supports their theory, and *turn away* from data that challenges it – even when the challenging data is overwhelmingly supported!

That's not me. Given that I have no particular interest in one direction or another, I have simply searched for the truth. I have not been trained in one dietary or medical discipline and hence do not have any bias one way or another.

I'm just a consumer, like you, who has searched for 30 years to answer the question:

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What is the optimal diet that will keep me healthy, fit and the weight I should be?

In other words, what are humans *supposed* to be eating? It has never made any sense to me that there are so many contradictions; shouldn't our anatomy dictate our diet? Can't we examine the ecosystem and surrounding food resources of where (and when) humans originally evolved?

Yes. It turns out we can. But few people go to that trouble... I guess I'm a little obsessive that way. I'm glad I am though – because the diet that all my digging uncovered has cured my high blood pressure and cholesterol issues and kept my weight and my health optimal since I began eating this way 13 years ago.

(You can hear my story [here](#) if you like).

Bad Information

So why do people have trouble losing weight? The true answer, although you may not think it a very exciting one, is bad information. Information that sounds logical, so we follow it. (*I'll detail the correct information, or method, a little later in this report).

A perfect example would be the notion of calories in, calories out; that if you consume more calories than you burn off as energy, you gain weight. And conversely, if the amount of calories your body *burns* in a day is more than the amount of calories you *take in* (either because you burned a lot through exercise, or because you ate a lot fewer calories), you will *lose* weight.

Sounds perfectly logical right? Well, I'm afraid it doesn't work in the long run. Exercising a lot makes you hungry; you should feed yourself if you're exercising vigorously. And reducing caloric intake keeps you hungry all the time and isn't a healthy or responsible plan! Another common side effect of this plan is a serious lack of energy. It's not natural and it just doesn't work.

Another logical sounding but completely incorrect piece of information we've been fed for a long time is the low fat diet. Although it sounds like a logical connection – eat more fat and you'll become more fat – it's not true.

Your body needs the saturated fat, together with the protein, that comes from meat. It's what we as a species ate for 3 million years and we were healthier than we are today. Low fat diets rob your body of these two much needed macronutrients, and have you instead consuming as much as *10 times* more carbohydrates than your body was ever designed to tolerate.

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Thankfully, the low fat craze is finally on its way out. If you check the diet section of your local bookstore, most doctors have switched away from the low fat diet now. There was never any proof that justified it in the first place – it was a political decision by government (a story for another day...). The low fat diet, ironically, made us all fat (not to mention very unhealthy).

So if we have all been receiving bad diet information... once and for all – what's the *right* information?

The #1 Reason People Have Trouble Losing Weight

Time for some information that will actually help you. And, like all good information, there are no short cuts I'm afraid. You'll have to pay attention for a second here, but I promise you two things: it's really worth your attention, and it's pretty darn easy.

There are only 3 "macronutrients" found in food: protein, fat and carbohydrate. We've all heard of these of course, but many people don't appreciate their impact on the body. We're going to put the word "calories" aside and here's why.

Calories are simply a measurement of energy that we get from food. The only reason we eat food is to get energy to go on living. It's our "fuel".

So if you wanted to take in (as an example) 2,000 calories any given day, understand that if you chose to, you could get all 2,000 of those calories only from protein foods, or only from fat foods, or only from carb foods. (The truth is that would be difficult because most foods contain *combinations* of these macronutrients, but I'm making a point here...).

Or, if you wanted, you could get your 2,000 daily calories from, let's say, a combination of protein and fat. Or perhaps from a combination of fat and carbohydrates. There are many combinations...

The point is this. You have the power to select what combination of these three macronutrients to put into your body. And that is a *very* powerful thing!

Why?

Because the whole secret to weight control, and the whole secret to health, is in the combination, the *ratio*, of these three macronutrients.

So you see, it's not about how many *calories* you eat each day... it's about which macronutrients those calories come from. Should they come from protein? Should they come from carbs? Should they come from fats?

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Here's your answer:

About two thirds of your daily food intake should come from a combination of protein and fat. And the remaining one third should come from carbs.

It's as simple as that. If you eat two-thirds protein and fat, and one-third carbohydrate, you will reboot your metabolism into its natural, healthy state – a metabolic state that burns fat, lowers blood pressure *and* cholesterol, and leaves you feeling energetic and *not* hungry. And here's why...

Hormones

Your metabolism is controlled by your hormones. We tend to think of hormones in a pretty limited context so let me tell you – your body has *many* hormones and these hormones are triggered by different body “events” (events like eating, exercising, sleeping, sex, etc.).

Various organs produce these hormones and they “tell” your body what to do during these different events.

Well, when it comes to food, hormones tell your metabolism to go into either a fat burning state, or a fat storing state.

Read that last sentence again.

Your body can be “set” to be in a metabolic state that is either *storing* fat, or *burning* it. All day long, even while your sitting doing nothing! Imagine! It's a primal part of our biology; fat gets stored to be used for energy later on, when there's no food around.

And can you guess what it is that “tells” your body whether to go into fat burning mode, or fat storing mode...?

It's the ratio of protein, fat and carbs that I was talking about earlier. All you have to do is make your daily food intake about two thirds protein and fat (meat), and one third carbs, and your metabolism will reset itself to a perpetual fat burning state.

Primal Proof

This shouldn't be such a surprise. We have scientific proof of what man's eating habits have been dating back 3 million years now and it was predominantly meat.

The carbs we got were mostly from veggies and a little fruit, and the daily carb count back then was even less than the one third I'm suggesting.

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Today, our carbohydrate intake has increased by more than 10 times because of all the wheat-based baked goods. Man is actually not supposed to be consuming all these grains at all. Your body turns these starchy foods directly into sugar (carbohydrate), and this is where the hormones come in...

When your body senses an elevated level of carbohydrates, the hormone Insulin is released. This is a normal and needed function. But the problem is, when you consume 10 times more carbs than your body is programmed to handle, all that Insulin keeps your metabolism in a *fat storing* state.

Epilogue

In 1998, when I began to eat two thirds protein and fat, and one third carbohydrate, my health completely changed. My body fat content lowered (quickly!), my energy increased, my body reshaped itself, and I was able to stop taking the blood pressure medication I had taken for the last 12 years.

Today, at 51 years old, I am healthier than ever before in my life. I'm sad to tell you that we have been grossly misled when it comes to human nutritional information, but the truth is out there. I, and millions like me, are proof of it.

It really only takes a week or two to reset your metabolism to its intended, primal, fat burning state so... what are *you* waiting for?

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