

Review of The Primal You by Derek Gatehouse

The Primal You is all about restarting your metabolism into its original, intended and fat-burning state, so that you lose weight faster and without the help of any pills, gimmicks, strict diets or calorie counting. A no-nonsense e-book on reducing weight by burning your fat cells, the author of this book, Derek Gatehouse will tell you exactly how to burn fat and reduce weight without falling into the trap of pills, crash diets, exercise regimes and other misleading advices.

The e-book guides you on some very valuable information on how fat is produced in the body, which is main reason for obesity and people being overweight. It tells you precisely how high insulin in the body is caused due to the consumption of high carbohydrates and low protein in the daily diet. This greater quantity of insulin in turn results in sugar from various consumed food getting stored in the body as fat. To reverse this effect, the e-book endorses a high-protein low-carbohydrate diet (you need carbohydrates for effective functioning of your body) to release glucagon in the body that actually burns fat. This was the diet adopted by a lot of people in the ancient era, the reason why they were energetic, agile, healthy and unsusceptible to a lot of diseases.

What does the Primal You do? Well it enables you to lose fat and reduce weight, lower blood pressure and cholesterol, dramatically reduces the risk of heart ailments and keeps your metabolism in a fat-burning state even in idle positions. In addition to these, the e-book enables you to give up on yo-yo dieting for good and know all about food that actually makes a difference to your health and body weight. It claims to give a proven formula that is specifically designed to work in harmony with the body. The methodology is quite unlike other weight loss plans but 100% safe and effective. In fact it is a plan of action which is simple, brief and to the point. No more pills, crash diets, bland boring diet food, fad diets or starvation that takes charge of your life and makes you unhealthy, tired and prone to illnesses.

What does the Primal You tell? It tells you about ways to lose fat rapidly and permanently without exercising. You will also know how to keep your blood pressure and cholesterol in control and that too naturally without the help of medications. It claims of you not having to go on any other diet program after implementing on the formulas designed in this e-book along with getting on-going email support from experts to maintain an ideal and healthy weight.

You can put this designed plan into practise immediately and that too very easily. People ordering the Primal You get 2 options. The first is a Workbook Edition package offered at \$47. However the more preferred seems to be the Deluxe Edition at \$77. In this Deluxe Edition you get 4 main components. First is the 2 hours of cutting-edge, step-by-step videos that tells you how to burn fat and lose weight in the quickest possible time. Second is the 62-page Primal You Workbook Manual. Third is the very informative Primal You Food Charts that specifically tells you about foods that should and should not be consumed. The fourth is a recipe-book containing over 1000 delicious and easy-to-make recipes. All these come with a 100% money back guarantee to ensure that your order is risk-free.