

# The Weight Loss Cure

by Kevin Trudeau

## *It's Not Your Fault You Are Fat*

**Here are a few dynamic paragraph's from Kevin Trudeau's book *The Weight Loss Cure*:**

The weight loss cure is not a diet, not an exercise program, not a psychological behavior modification program, or some other system that is supposed to help you lose weight. The weight loss cure actually addresses and corrects the physiological cause of obesity, weight gain, and inability to lose weight.

The biggest challenge with all other weight loss programs however, is keeping the weight off permanently. No other weight loss system corrects and cures the basic problems overweight people deal with or the true cause of obesity. When you stop a weight loss program, statistics show that almost everyone gains the weight back very quickly. We all know that we actually gain weight back faster than we lose it! This is because no weight loss program cures and corrects the low metabolism, the intense and constant hunger, or the emotional eating and food cravings. This weight loss protocol does in fact cure and correct these problems. When you finish the protocol your metabolism is reset to the normal level. Your physical hunger is reset to the normal level. The emotional eating issues and food cravings are gone forever. This means when you finish this protocol you will be able to be a normal person in relation to your eating and weight. Your hunger will be completely normalized. You will be able to eat any food you want. Your body will burn the food you eat so that it does not turn to fat. Your hunger and appetite mechanisms will be regulated so you have an intense feeling of fullness with no physiological food cravings. You will have no desire to eat when you are not hungry. For some of you, this will be a new life-changing experience. Imagine going to a buffet and eating a normal amount of food and feeling totally full and satisfied. Imagine not having to deal with willpower or deprivation...

The doctor and I chatted about my medical condition and what I had hoped the treatment would achieve. A complete battery of blood tests and hormone tests were done in addition to dozens of other medical tests to assess my conditions such as heart disease, MS, arthritis, diabetes, or cancer. The doctor is very clear that he does not treat these conditions; he only administers the anti-aging and health enhancing live cell therapy, and other anti-aging treatments. These therapies promote health in the body by stimulating and revitalizing internal organs and glands. Only the body heals disease. I had no preexisting known medical condition. I simply wanted a tune up. I had no symptoms that needed to be dealt with. The doctor asked if there was anything specific that I wanted to achieve physically. I joked that I wished I could lose some weight and keep it off for ever! The doctor paused and very seriously and matter-of-factly stated that there was a cure for obesity that I could receive while at the clinic. I was about to brush him off figuring that it was just another diet and exercise program. I was, however, intrigued when he used the word cure. I asked how it worked. He went on to say that a British medical doctor, in the late 1950s, discovered that all overweight people have a low metabolism, constant and intense hunger, and massive food craving causing them to eat when they are not hungry. This M.D. also discovered that fat is stored in three areas of the body. First, structural fat around the joints and organs; second, normal fat reserves throughout the entire body; and third, secure or abnormal fat reserves, which are known as the problem areas. In women, these problem areas generally include the hips, thighs, buttocks, waist, stomach, and behind the upper arms; in men, the upper chest, back, neck, waist, and stomach.

During the treatment, which last between three and six weeks, a person will lose about a pound a day. You will have no hunger and your energy levels will be high... You will have no food cravings and you will not feel deprived. You will not need willpower. Although exercise is encouraged, you do not need to exercise. Most importantly, the weight you will be losing will be almost all fat. You lose very little, if any, muscle. The fat you lose will be from the problem areas or the secure fat reserves. This means your body will be reshaped. It will look as if you had liposuction. You will not lose the structural fat that you need for good health. When you are finished with the protocol your hypothalamus gland will be reset. Your internal body weight set point will be lowered. Your metabolism will rise and be reset at a much higher level. Your physiological hunger will be reduced dramatically back to a normal level. You will no longer experience food cravings or need to eat for emotional reasons. You will be cured and will not gain the weight back.

The comments from the patients in these records repeatedly stated that they were not hungry at all, had tons of energy, and were overwhelmingly excited about the results. Since many of the patients come back annually to the clinic, the long-term effects were of great interest to me. These thousands of records proved that people could lose fat faster than any other known weight loss system and do so virtually effortlessly. The big question was would the fat stay off? In follow-up observations the statistics showed 85% of the patients kept the weight off (within 10%) after one, two, and five years. The most exciting statistic was no one gained *all* the weight back. The other important point was in the very small percentage that did gain *some* weight back; the record showed that these people gained the weight over a long period of time while at the same time gorging themselves on food on a daily basis. In other words, they gained the weight back very slowly... It was actually hard for them to gain the weight back. I compared this with every other weight loss method. Remember, with other weight loss methods the weight comes off very slowly. It is hard to lose the weight. You gain the weight back quickly and easily. It is very frustrating! This protocol was exactly the opposite. You lose the weight *quickly* and *effortlessly*, and it very difficult and slow for you to gain the weight back. Remember, over 85% kept the weight off. No other weight loss method comes close with these successful results. Needless to say, I was utterly impressed. More than that I was excited and motivated to start the protocol. I felt like I had found Aladdin's lamp and the genie was granting my weight loss miracle wish.

Every year more and more people are on diets, eating diet food, choosing low calorie, low fat, low carb products, and consuming record amount of diet pills, powders, and potions. Record numbers of people are purchasing exercise equipment and working out in gyms. The diet and weight loss industry is estimated at over a \$150 billion a year business. Yet, each year people are getting fatter and fatter and fatter... Nothing is working. So many questions filled my mind. If this weight loss cure, discovered and developed by a prominent British medical doctor, was so effective, why has it remained a secret for over thirty years? If there are tens of thousands of long-term success stories why doesn't every one know about it? First it had to work for me before I investigated further and told the world about this medical weight loss miracle cure.

Here are my personal results. Before I started the weight loss protocol I weighed 231 pounds, with a forty-two inch waist. Five weeks later I weighed 195 pounds, with a thirty-four inch waist. I did no exercise during the protocol. I was slightly hungry for the first two days, but then I had virtually little or no hunger at all. The two things that my friends noticed mostly were that I looked ten years younger and my skin was incredibly clear.

The protocol was everything I hoped it would be no hunger, no food cravings, no grumpiness, no feeling of deprivation, no fatigue, a dramatic loss in not only weight but fat; most importantly a dramatic reshape of the body with the burning of the secure problem area fat deposits. Although this is not a diet I am happy to report that this will be the last diet you will ever need. The success rate of this protocol in keeping the weight off forever is unmatched, nothing comes close. The speed and amount of weight and fat you lose is unmatched, nothing even comes close. The ease and effortlessness in which you lose weight and keep it off is unmatched, nothing even comes close.

Before you learn the exact protocol it is important to know the real untold reasons why you are fat, why you have a low metabolism, why you have intense and constant hunger, why you have uncontrollable food cravings and eat when you're not hungry, and why it is so hard to lose weight yet so easy to gain it. It is also important that you know why this weight loss cure has been debunked, discredited, and hidden from the public for so many years. You must also know the truth about tens of thousands of people, including major celebrities, royalty and other members of the rich and famous who have secretly been treated with this protocol and the spectacular, miraculous results they have achieved. I am not a medical doctor. I am a researcher, investigator, and journalist blowing the whistle and reporting on one of the best kept secrets in the area of weight loss.

The other reason fat people consume large quantities of food is they have uncontrollable intense food cravings to eat, even when they are not physically hungry. This is sometimes called emotional eating, but is actually a physical abnormal condition... Thin people do not understand just how overwhelming and uncontrollable these food cravings and urges can be. There is not a weight loss program ever developed that permanently corrects this condition. This is another reason why weight loss programs fail. If this condition remains intact, the person trying to lose weight or keep weight off is constantly struggling with these food cravings and urges; therefore living in more misery and deprivation. Thin people cannot understand that these

uncontrollable intense food cravings and urges are no different than a drug addict's cravings for more drugs. The weight loss cure protocol corrects this physical abnormality once and for all.

If you've read my first two books, *Natural Cures They Don't Want You To Know About* and *More Natural Cures Revealed*, you know that treating symptoms are never the answer. When a symptom is found we must ask, what is the cause of that symptom? When we find the cause or causes of a symptom we must then ask what is the cause or causes of that! We must continue finding the cause until we get to the *root cause* of the symptom. When we address and correct the *root cause*, all the *symptoms* vanish. The first question is what is the *cause* of a low metabolism? Remember, almost every fat person has a low metabolism. In order to lose weight rapidly and keep it off forever your metabolism has to be brought back to normal, or even slightly elevated. With a high metabolism you can eat any kind of food you like, in any quantity you want, and your body will burn it off and not convert to fat. This means you never have to diet ever again, and you will never gain weight. This will be achieved when you do 'the weight loss cure protocol.'

... . publicly traded food companies are producing genetically modified food using chemical poison fertilizers, herbicides, pesticides, and other dangerous growing methods. This is why food is ripened with poisonous gas, injected with chemical preservatives and flavoring agents, irradiated, pasteurized, bathed in poisonous chlorine baths injected with antibiotics, growth hormones, and other deadly drugs... Food is produced in an unnatural, abnormal way. Fruits and vegetables are not grown, they are manufactured! They are made to grow abnormally fast, look the same, and last ten to twenty times longer than nature intended. Every bit of commercially produced fruits, vegetables, meat, dairy, poultry, and fish is purposely laced with thousands of man-made chemical agents, hormones, and drugs. Every commercially made grain or food product in a bag, box, jar, or can has been altered from the way nature intended. They are all, with the exception of 100% organic, loaded with some of the over 15,000 man-made chemicals that the U.S. Government allows to be put in the food. Most of these chemicals don't even have to be listed on the labels!

It may appear that there is no way out of this trap. It may seem like it is impossible to reset the hypothalamus and normalize the hunger. The good news is the weight loss cure protocol will quickly and easily reset your hypothalamus, thus eliminating the intense and constant hunger that you have. The even better news is when you are finished with the protocol you will be able to eat any kind of food you want. You will be able to eat cheese burgers, French fries, ice cream, cookies, cakes, breads, pasta, cheese, butter, cream, steak, pizza, Mexican food, mashed potatoes and gravy, virtually any kind of food you want. Remember, when your hypothalamus is reset, your metabolism will be high and you will no longer have intense and constant hunger. You will automatically and effortlessly be eating normal quantities of food.

The drug industry knows that people who are overweight, fat, and obese have more medical symptoms and buy and take more non-prescription and prescription drugs. There is a financial motivation to keep people overweight. Overweight people are sicker and better customers for the drug companies. Remember that same group of about 300 families that control the world-wide pharmaceutical industry also control most of the publicly traded food producers and manufacturers. Members of the food industry and the drug industry regularly have secret meetings to determine how they can each increase the other's profits. In Oslo, Norway I was personally at one of these secret meetings. Remember, drug companies and food companies are publicly traded corporations whose only objective is to increase profits and shareholder value. Their only goal is to sell more of their products. Drug companies have publicly stated that they want more and more people buying and using more and more of their drugs. They do not want to prevent or cure disease. Doing so would put them out of business. Their only objective is to convince people through the use of their deceptive advertising that they need to be taking more and more drugs on a regular basis. Food companies simply want to sell more and more food.

Food companies specifically make food by using genetic engineering techniques, food processing techniques, and adding chemicals into the food that create disease in the body. Just like the tobacco industry knew that tobacco could cause cancer and other diseases, yet lied about it for fifty years, so too do the current food producers and manufacturers know that their genetically modified chemically laced food products cause cancer, heart disease, arthritis, MS, lupus, depression, and a host of other illnesses. One board member from the Mayo Clinic, whose identity must be kept secret, shared with me the data showing that virtually all cancerous tumors are loaded with pesticides and herbicides used in the production of most commercial food! The food companies are making food purposefully to create new illnesses. The food companies, for example, designed and

engineered food that would create the epidemic of such diseases as acid reflux disease, depression, insomnia, restless leg syndrome, constipation, high blood pressure, and high cholesterol. The drug companies knew this in advance. This is why when a new disease becomes common there is already a drug ready to be marketed! The food companies also are specifically putting chemicals in the food, in many cases not listing them on the label that are designed specifically to increase appetite, get you physically, chemically addicted to the food like a drug, and make you fat. This way the food companies are assured that each person will be consuming more and more food every year. This increases their profits.

A sub-industry that has financial incentive to keep you fat is the diet industry... The weight loss or diet industry consists of companies that sell exercise equipment, weight loss pills, powders and potions, prepackaged food, low fat, low carb, and low calorie food, and every other weight loss treatment marketed and sold. The vast majority of the companies involved in the weight loss industry are owned directly or indirectly by the same people that own and control the food industry and drug companies. These weight loss companies have data in their internal documents showing that their products and programs do not work. The most significant secret data reveals that these companies know that the number of over weight people will continue to increase year after year, thus increasing their profits. These weight loss and diet companies are taking advantage of desperate vulnerable people who are struggling with their weight. The most amazing insider secret I want to blow the whistle on is the fact that the same unscrupulous people will sell ten different worthless diet aids over time to the same person. These marketers know that the first diet product will not work. When a customer buys the product, the companies in a month or two the person will still be fat, and therefore will be a prime customer for their next worthless diet aid. This cycle repeats its self over and over again... The products are marketed under different names and companies so that you don't know it's the same people selling you the various products. This is no more than a money making scam.

When a new diet book comes out there is a pre-planned sophisticated comprehensive marketing program pre-established to include selling branded diet aids, prepackaged food, or other weight loss programs. I can tell you this is never designed to cure obesity. These books, diet aids, and prepackaged food products are designed only to increase profits for people selling them.

In France people eat bread, cheese, butter, chocolate, and drink wine. Everyone is thin. In Italy people eat pizza, pasta, Gelato ice cream, bread, and tons of fat. Everyone is thin. In Germany people drink beer, eat cake, sausages, bread, butter, and potatoes. Everyone is thin. In Asia people eat rice, noodles, fish, and drink sake. Everyone is thin. All the diet theories are myths, lies, and deceptions...

Throughout the world people eat tons of carbs, tons of fat, tons of salt, drink beer, wine, and other alcohol, eat ice cream and other deserts, have bread with real butter, yet every one remain thin. No one is drinking diet sodas. No one eats low fat food. No one uses artificial sweeteners. They eat real food real, full fat milk, cheese, and butter. They eat chicken and other poultry with the skin on! No one drinks light beer they drink full carb and full calorie beer. Why are people thin in these other countries, eating large quantities of real food on a regular basis? Simple. The food is produced differently than in America. In America, for example, the beef is injected with bovine growth hormone and loaded with antibiotics and other drugs. The beef is fed genetically modified, chemically produced grain and ground up dead animals. The beef produced in America is different from the beef produced in other countries. It's not that beef makes you fat; it's the chemicals and growth hormones and drugs put in the American beef that makes you fat. The bread in America is loaded with high fructose corn syrup, dextrose, sucrose, or other man-made sweeteners.

The prepackaged food diets are probably the worst. They are loaded with monosodium glutamate, high fructose corn syrup, and thousands of man-made chemicals. When you go on any of these diets you may lose some weight initially, but you will not lose the secure trouble area fat deposits. You will not reshape your body. The chemicals in this food will continue to lower your metabolism and increase your hunger, which is why when people stop these programs they immediately gain all the weight back, plus more. This is why it's so hard to lose weight. This is why losing weight takes a long time. This is also why gaining weight is so easy and takes such a short period of time. In the movie documentary *Super Size Me*, Morgan Spurlock ate only at McDonalds for one month. He gained twenty-eight pounds in one month. He gained the weight fast and effortlessly. This is because McDonald's food is made specifically and purposefully made to make you gain weight... McDonald's, for example, even puts sugar on their french fries! They even publicly announced that they are now adding MORE SUGAR

into their buns! He also got physically, chemically addicted to the McDonald's food. In between meals he was depressed and had overwhelming cravings for McDonald's food. He exhibited all the common symptoms of a drug addict. When he ate his next McDonald's meal his depression, symptoms, and cravings went away. He said he felt like a heroin addict getting a fix. McDonalds does this purposefully... It wants its customers to be physically, chemically addicted to its food just like a drug dealer wants his victims addicted to drugs. It's the way they guarantee you'll be coming back for more. McDonald's even calls people who eat three or more meals a week at their restaurants heavy users! The scariest part of the documentary was the fact that after seven months of diet and exercise Morgan still had not lost the twenty-eight pounds! This is why diets don't work.

Those who think exercise is the answer are mistaken. Exercise in any form is recommended and has benefits. Exercise will slightly raise metabolism and slightly lower hunger... Exercise will not, however, release the problem fat reserves and reshape your body. If you've ever gone to the gym and seen some of the aerobic instructors who exercise three to four hours a day yet still have all the problem area fat around the hips, thighs, and buttocks you know this is true. If exercise was required in order for a person to be thin, why is it that there are tens of millions of people around the world who eat everything they want, never exercise, yet remain lean and thin? Exercise is good and beneficial, but it is not the answer and will not cure the cause of obesity.

Laxatives, diuretics, skipping meals, amphetamines, thyroid drugs, liquid diets, fiber drinks, human growth hormone, testosterone injections, acupuncture, laser treatments, homeopathic remedies, and weight loss teas all do not cure the underlying cause of obesity. These treatments, like all others, do not permanently correct and normalize metabolism or hunger. None of them release the problem area fat deposits... They generally make the problem worse in the long run.

It is sad that overweight people are being taken advantage of all in the name of profit... Every one knows that none of these programs work. Even if a person loses some weight, the major problems and true causes of obesity are never addressed. People are miserable during the weight loss process. People are hungry and feel deprived... The problem area fat never goes away. People are tired, depressed, and grumpy. When they finish these weight loss programs they remain a slave to hunger, fatigue, portion control, counting calories, fat, or carbs, or being unable to enjoy the foods they like. The worst part of it all is almost everyone gains all the weight back and puts more weight on. The real travesty is every one of these programs actually makes the condition worse because they leave the person with a lower metabolism than before and an even higher hunger than they had at the beginning of their weight loss regime. I am revealing this weight loss cure protocol because it worked for virtually 100% of tens of thousands of patients that used it over the last thirty plus years. I am revealing this discovery because it worked for me! I believe that if you follow this protocol your weight loss issues will be cured and you can live the rest of your life as a normal, thin, happy person!

In the 1950s obesity was a rare occurrence. In Europe less than a quarter of 1% of the population was considered obese; less than 3% were fat; less than 6% were considered slightly overweight. Europe had just been devastated by the Second World War. Food was scarce. People ate food that was grown and harvested, usually within a mile of where they lived. Everything was relatively fresh. Fruits, vegetables, and grains were not genetically modified. There were no artificial chemical fertilizers... Herbicides, Pesticides, and insecticides were never used. Cows roamed freely and ate grass and hay. They were not injected with growth hormone, antibiotics, or other drugs. Meat and poultry was killed and butchered in local neighborhoods and purchased fresh. Bread was made daily with flour, water, salt, and yeast. Pasteurization and irradiating of food, killing all enzymes and nutritional value, was not practiced... Microwaving food was an unheard of technology. Artificial sweeteners like saccharin, aspartame, and sucralose were nonexistent. High fructose corn syrup, dextrose and over 15,000 chemical additives commonly used today were an unheard of concept. Monosodium glutamate and other flavor enhancing excitotoxins were not even imagined...

Eating a meal in a fast food restaurant is a guaranteed way to mess up your hypothalamus and push it into an abnormal state, lowering metabolism, increasing hunger, and guaranteeing large amounts of fat will be stored in the problem areas making it virtually impossible to lose. A standard meal in a fast food restaurant consists of over 2,500 calories! Combine that with the massive amounts of man-made trans fats, high fructose corn syrup, artificial sweeteners, MSG, etc. and you have the absolute perfect method to create an abnormally operating hypothalamus guaranteeing you'll become obese. The fast food industry has done this purposefully...

This is not a conspiracy, this is pure economics. It is in the financial best interest of the fast food industry to make you fat , and get you physically, chemically addicted to the food like a drug. Fat people buy and eat more food.

Simeons wondered if HCG could play a role in getting the hypothalamus out of its abnormal operating state back to normalcy, therefore normalizing metabolism, hunger, and storing of fat in the secure are fat reserves. He wondered if HCG combined with a complete protocol could release the secure fat deposits in obese patients, thus reshaping their bodies, making them slimmer and more aesthetically beautiful than they could ever imagine. He wondered if this could be a way to keep structural fat and muscle while simultaneously have the body release and burn off these abnormal grotesque bad fat deposits. Thousands of test patients and years later, Simeons had perfected his weight loss cure protocol. The results were astonishing. Almost 100% of patients were losing approximately one pound per day while on the protocol. They were not losing structural fat or muscle. They were losing the abnormal secure fat.

Simeons, therefore, had a clientele that included well-to-do, high society, wealthy individuals from around the world. Although much of Simeons's research was published in prestigious medical journals, news of his cure spread mostly by word of mouth. At this time, it was an embarrassment for most people to say they were receiving treatments for obesity. The news about his cure and spectacular results spread slowly. Not surprising to Simeons, the amount of professional jealousy within the medical community also stifled the spreading of the truth about this medical breakthrough that cured obesity.

The fact is medical breakthroughs are always ridiculed and violently opposed. History proves that it takes decades before new discoveries become generally accepted in medical circles. They are always criticized, debunked, and discredited. This is made clear in the movie *Sister Kenny* (1946). This movie discusses the treatment of polio. At the turn of the century polio created the same fear that the word cancer does today.

Since most of Simeons's patients came from the wealthy elite from around the world , news of Simeons's success in treating obesity reached a member of one of the leading royal families in Europe. Due to a promise of confidentiality, I will not release the name of this family. The princess of the royal household was ridiculed for her obese condition. Under the most secret circumstances, the princess was treated by Dr. Simeons using his weight loss cure protocol for a period of six weeks. The results were nothing less than miraculous... The princess lost almost sixty pounds. More importantly, the reshaping and re-sculpting of her body allowed her to for the first time to be photographed in a swimsuit. This photograph made the front page of major newspapers around the world... Speculation as to how she was transformed from an obese, grossly disfigured woman to this new sexy starlet became the talk of high society circles around the globe...

Please take the time to read and study Kevin Trudeau's book *The Weight Loss Cure...* You will find it valuable in your quest to lose weight and live healthy. [Find it at Amazon here](#)

[See Kevin Trudeau's Videos describing the HCG method for weight loss here](#)

### Quotes

In 1972 I was treated by a physician in New Orleans for obesity. He was a dermatologist that I had visited for an allergic reaction to a medication that I was taking. He told me about this weight loss program he ran out of his office. I was very interested... I weighed 195 lbs....

Over a period of six weeks I lost 37 lbs. I weighed in at 158 lb. after my last injection.

Even at 500 calories a day, this was the easiest diet I ever followed. After the first week I even found myself offering to share my ½ cup of strawberries with my husband one night after dinner.

I never felt hungry, irritable, deprived and had more energy than I've ever had in my life. Just thought I'd share this with you.---J.M..., Louisiana

Ten years ago I was very over weight and needed to reduce. I tried four other programs before I found the HCG program. The first four helped me lose a total of eight pounds at the rate of about \$100/pd.

Then a friend told me about the HCG program. I started at over 200 pounds and finished at 138. I had no side effects and gained self-confidence. The program helped me to like myself and the results kept me going.---S.L..., Ohio

Provided by <http://www.HCGProgramDirect.com>

I have said it hundreds of times to every one who is skeptical that Dr. Simeons's method meets and exceeds the scientific method of proof...

I have written you in the past about the criminal deceit of those who have prevented by slander, allowing the prescribing of the HCG material, and the correct method, ect. Which means I have been angry and outspoken about this for 35 years...

What's missing ,to me, is the 'background' of anyone opposing the use of HCG. As a matter of record, the medical profession as a whole has no understanding of the biochemistry, nor means to cure obesity...

The 'Fat Chance' special missed the whole point that the HCG therapy cured obesity 40 years ago. Dr. A.T.W. Simeons of Rome found the permanent cure for obesity in the early 1960's and the American diet industry suppressed it for 40 years.

**Why?**

The American diet industry has grown in the last 40 years from \$2 billion/year to over \$150 billion/year. That industry would collapse if the fact were widely known that obesity is a permanently curable symptom of hypothalamus dysfunction. What is unconscionable is the almost infinite amount of pain and distress and degradation that have been endured by almost three generations of fat Americans, let alone those fat people in the rest of the world, because of the greed of the diet industry... I have used the Simeons weight reduction program. I personally guarantee that it works.---N.S..., La Grande, Oregon

***All truth passes through three stages. First it is ridiculed. Second it is violently opposed...  
Third it is accepted as self evident.  
---Arthur Schopenhauer.  
German philosopher***

***If people let the government decide what foods they eat and what medicines they take,  
their bodies will soon be a sorry state as are the souls who live under tyranny.  
---Thomas Jefferson***

***It's Not Your Fault You Are Fat***