



# WHY DIDN'T KETO WORK FOR ME?

And what to do about it ...

DEBORAH HAYES, CCH, RSHOM(NA), NTP

# Cut through keto confusion and end your frustration!

If you're reading this, you are probably one of the many people who tried the keto approach but found that it didn't work, or gave you unwanted side-effects. I want to give you a simple path to weight loss that actually works AND improves your health at the same time.

I'm certified as a homeopath, nutritional therapy practitioner and metabolic balance® coach. I work with people who have tried all kinds of diets only to end up frustrated and confused because the diet didn't work, because they felt like they were starving and miserable, because they developed anxiety and insomnia, or because the weight just came right back.

Why did your keto diet end in failure? Because it assumed that everyone is the same.



# You are unique

You have your own unique nutritional requirements and your own individual metabolism. When you identify exactly what your body needs, you eat the right foods for you, in the right amounts for your body, so you CAN lose weight AND keep it off AND feel great!

How do I figure out the right foods for you? I use the metabolic balance® system, a scientifically proven European program that uses a simple blood draw to identify your metabolic and nutritional needs. You receive a personalized, balanced food plan listing the best foods for you, selected from a database of thousands of foods to give you exactly what your body and metabolism need – along with some easy-to-follow lifestyle guidelines.

# Real food!

No pills, shakes, injections or artificial meal replacements – just real, healthy food that you buy at the grocery store.

You get ten personal coaching sessions to help you with support, guidance and advice. And you benefit from my many years of experience helping hundreds of people with natural healing and holistic nutrition.

# Lose weight - for good!

Discover why keto didn't work for you, and then find out more about how I can help you to lose weight and regain your health.

*Deborah*

# How keto diets work ...



Keto diets work by changing the fuel your body uses for energy. Instead of burning sugar (glucose), which is the body's typical source of energy, a keto diet forces your body to burn ketones, which it makes from fats. This is where the term "keto" comes from – it's short for "ketogenic," which means "producing ketones."

Your body makes ketones when you dramatically reduce carbs, because no carbs = no blood sugar. Your body has to have some kind of energy source, so it switches from using sugar to using ketones. Ketones can be an efficient source of fuel for your body, although some parts, including red blood cells, reproductive organs and parts of your brain need glucose (blood sugar) to function.



Because you are no longer eating carbs (or have dramatically reduced them) your blood sugar levels drop. This means that your insulin levels also drop. Insulin transports glucose into your cells. BUT it also causes any excess blood sugar to be stored, ultimately as fat in fat cells. Lowering insulin levels enables you to stop storing fat and start burning it for fuel. This is why a keto diet can be such an effective weight-loss tool in the short term.

# What you wanted from doing keto ... ... and what you didn't

Keto promises many potential benefits. You probably saw them, at least to start with:

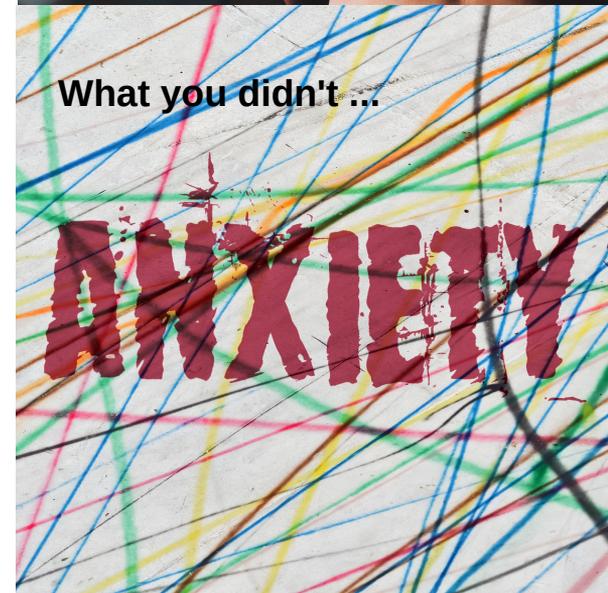
- Weight loss (can be rapid)
- Reduced water retention
- Better muscle definition
- Increase in muscle mass
- More energy
- Better mental focus

However, after a while, you may have noticed some less desirable effects:

- Constipation
- Feelings of anxiety and agitation
- Can't relax
- Waking frequently
- Difficulty falling asleep
- Weight loss stops
- Weight goes up



**What you wanted ...**



**What you didn't ...**

# Problem #1 - Digestion



Let's talk about the digestive effects first.

Keto diets can impact your gut in a bad way. Research has shown that if you are on a keto diet, you probably have much less variety in the types of beneficial bacteria in your intestine.

This is most likely because of low fiber intake, and possibly also because of a reduced variety of food.

This can cause constipation, and it turns out to be a bad thing for several other reasons:

- Your gut bacteria help to digest your food
- They produce nutrients that help keep your gut healthy
- They produce serotonin (a neurotransmitter) that makes you feel happy and calm, and can enhance sleep. Most of the serotonin in your body is produced in your gut
- They form part of your immune system. Did you know that over 70% of your immune system is located in your gut?

# Problem #2 - Anxiety

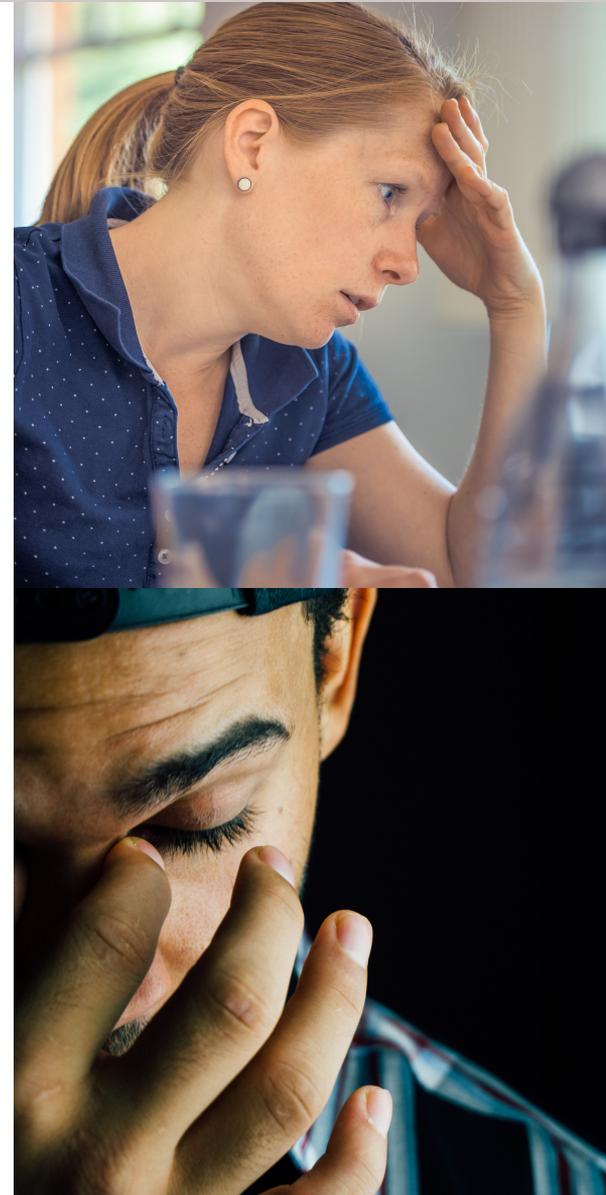
Feeling anxious and jittery is not uncommon on a keto diet.

This happens because when your blood sugar drops below a certain level, your body perceives it as an emergency, because some important parts of your body need glucose to function. So your adrenal glands leap into action and produce stress hormones. These make your liver produce glucose (this is called "gluconeogenesis," which means "making new sugar").

This brings your blood sugar back up, but also causes you to feel anxious due to the impact of the stress hormones on your body.

If this keeps happening, your adrenals can become exhausted, leading to ongoing feelings of anxiety, fatigue and also sleep problems.

And remember the serotonin? If your gut microbes are reduced and you aren't producing enough serotonin, this is going to have an effect too, making you feel more anxious, agitated and down.



# Problem #3 - Sleep disturbances



You may have had problems sleeping while on a keto diet. Possible issues include:

- Not being able to fall asleep, because you're feeling too wired
- Waking up frequently in the night

Remember the way the adrenals kick in to get your blood sugar back up through gluconeogenesis? If your blood sugar is dropping too low in the night, your adrenals will jump into action here too.



The problem is that your adrenals should be calm while you're asleep, just kicking in towards morning to start waking you up. If they are firing all night, they will keep waking you up at the wrong times. You may wake feeling anxious for no reason, and have difficulty falling asleep.

Serotonin comes into play here too – it produces feelings of calm, helping you to fall asleep.

# Problem #4 - You stop losing weight. (Or even gain it back!)

You probably lost a lot of weight very quickly when you adopted the keto diet. Some of this is water, but some of it is definitely fat (yay!).

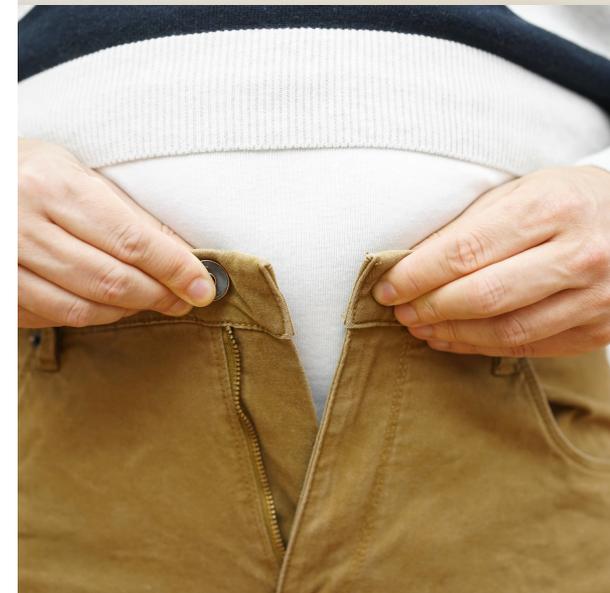
But guess what – your adrenal glands are involved here too. Because your blood sugar is low, they are hard at work making stress hormones. These make your liver produce glucose (gluconeogenesis again) to power the parts of your body that need it. As your blood sugar levels rise, so does your insulin.

But – insulin prevents you burning fat. So weight loss comes to a halt.

Another process can also occur, which is called physiological insulin resistance. It's an adaptation to keto diets, which means that the glucose your liver produces can't get into your muscles and so remains in your blood. Your blood sugar level rises higher and your body's response to this is to produce even more insulin.

More insulin = less weight loss. You may even start to regain the weight that you lost earlier.

The standard keto program advice at this point is to cut carbs even more – but if physiological insulin resistance and gluconeogenesis are occurring, cutting carbs further won't help.



# Keto works better for some people than others

...

Problem - you feel worse



Some people do great on a keto diet.

But many people find that it works to start with and then after a while they begin to develop problems.

That's what happened to me.

At first, I felt great and lost weight. But after a few months, I found I was waking up every hour or two, night after night, and finding it hard to get back to sleep. At first, I didn't realize it was my diet – I blamed it on menopause.

Solution - find YOUR balance



I also started to regain the weight I had lost. I ended up weighing more than I did before keto. I knew I had to find an answer, so I used my nutrition background. I looked into the problems I was experiencing and realized my keto diet was causing them.

I also found a way to bring my metabolism back into balance. I started to sleep better and feel better. I reached my goal weight. I'm still at my goal weight three years on, and still feeling great.

I want to share that solution with you, so you can feel great too

# What to do if keto doesn't work for you

If keto didn't work for you, what can you do? How can you get your metabolism back in balance, stop feeling anxious and get a decent night's sleep? Oh, and lose that weight as well?

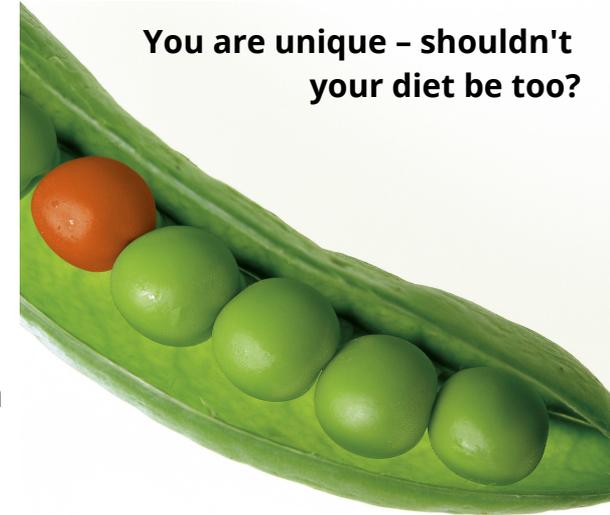
I can help you with all of those things.

The first thing is to figure out what foods are right for you. The keto diet assumes that we are all the same. But we are all different and each of us needs the right balance of foods for us.

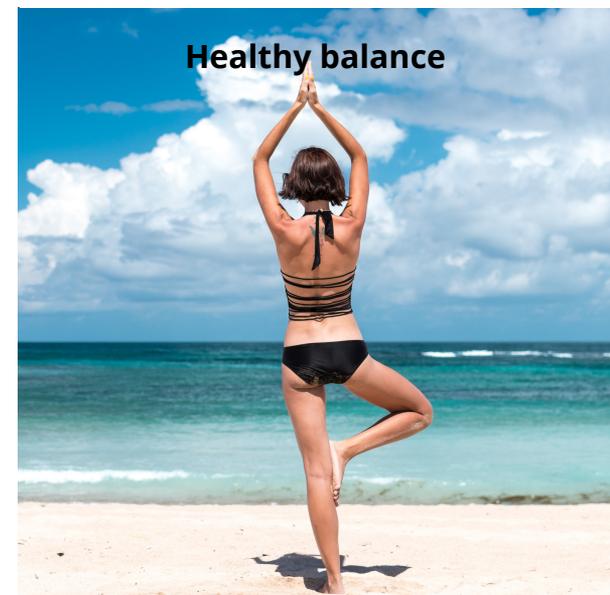
I show you what foods you need to eat – the right types of proteins, fruits, veggies, healthy fats and carbs that your body needs. Using a simple blood test (it's not a food sensitivity test), and working with a specialized lab in Germany, I identify exactly which foods suit your unique metabolism and bring it back into balance.

I also identify nutritional supplements that will support and heal your adrenal glands, helping to reduce feelings of anxiety and improve sleep. I can help with your digestive issues, too.

And finally, I coach you with supportive lifestyle changes and other techniques, so you feel relaxed and revitalized.



**You are unique – shouldn't  
your diet be too?**



**Healthy balance**

# What is metabolic balance?

## Metabolic balance is:

- Knowing the right foods for YOU
- Discovering real food
- Enjoying tasty meals
- Being free from food cravings
- Reaching your ideal weight
- Staying at your ideal weight
- Improving your health
- Feeling a sense of calm and well-being
- Sleeping better
- Feeling more energetic
- Learning to tune in to what your body really needs
- Not being "on a diet" forever
- Feeling good about yourself
- Liking what you see in the mirror
- Wearing clothes that make you feel good

**If you're tired of yoyo dieting,  
frustrated with diets that don't work,  
worried about your health,  
or just plain confused about what to eat,  
I can help you**

Metabolic balance® could be the best investment you'll ever make for your well-being!

Learn more in a FREE, no-obligation 20-minute discovery call.

[\*\*Schedule call\*\*](#)

Here's to your good health!

*Deborah*



[www.rebalance-health.com](http://www.rebalance-health.com)

© Deborah Hayes 2019