



Secrets to Losing the Weight in 4 Easy Steps!

I am so glad you decided to take a chance and decided to receive this e-booklet to see if there might be a better way to let go of the weight!

Especially when it is likely that so many other programs and approaches have left you feeling disappointed in the past.

That's why this holds the key for you.

You have to DO something different, if you want different results than you've ever had.

I promise you, this is DIFFERENT.

It is nothing like what the weight loss experts tell you.

It is practically the opposite.

Let's face it. What they tell you doesn't work long term, so you can bet that the real answers you are looking for are actually in direct opposition to what they are telling you.

Contrary to their advice, you don't have to count calories, restrict fat, eat smaller portions or even exercise to lose weight.

But we'll get to that in a second.

Before we get into the content, let me start by introducing myself.



My name is Sherry Rothwell, RHN (registered holistic nutritionist) and I am the creator of the Delish Diet.

I help women let go of the weight without having to give up the rich, creamy, sweet comfort foods they love!

Best of all, we make that happen without counting calories or exhausting exercise.

After all, if it isn't pleasurable, it isn't sustainable.

There is no deprivation here.

Once I get a hold of you, you're going to eat more luxurious than ever!

Like you, I too struggled with my weight for decades.

For my entire career as a nutritionist, I was 30 lbs overweight at 155lbs - and in what literally seemed like overnight (less than 2 months) I ballooned up to 176 lbs on 5'3 and 3/4 tiny frame!

If I couldn't figure out how to lose weight despite being a nutritionist and eating healthy, is it any wonder that you can't either?

What I am about to share with you is NOT mainstream.

You aren't going to learn about it in SHAPE or Fitness magazine. Nor are you likely to have heard it from your nutritionist, dietician, personal trainer or fitness coach.

Why? Because THEY don't know about it either!

You are about to learn exactly what you need to know about why dieting hasn't worked for you in the past and exactly what ACTUALLY does work to let go of the weight - PERMANENTLY.



You are going to be pleasantly surprised to discover that losing weight is easier than you think - although it doesn't always happen the way you want it to - or as fast as you think it should.

But it does happen consistently and sustainably when you address the issue at the level of root cause.

Your body holding on to fat is a warning sign. It is trying to tell you something!

Being overweight is the result of an underlying health imbalance.

Contrary to what the experts tell you, losing weight does not make you healthy - but getting healthy does encourage your body to let go of the weight - *naturally*.

The following 4 fast first steps to permanent weight loss are not only uncomplicated, but they makes sense on a physiological level - *and they work synergistically*.

1. The first step is eating real food, not food products.

You must eat food of quality, if you want your body to stop craving quantity.

If the food you are eating is not natural, then it is likely full of chemical preservatives and additives.

Those chemicals burden your liver and create a sluggish metabolism.

Additionally, when you eat chemicals, your overburdened liver puts what it can't deal with, into your fat cells (as a storage unit) to protect your vital organs.



Until your liver 'can deal' with the toxins, your body will want to hold on to the fat to protect you from releasing those chemicals.

The reason your liver 'can't deal' is because it is overburdened and undernourished simultaneously.

If you do not nourish your liver properly with nutrient dense whole food, it will not have enough accessible nutrition to draw on, to complete the detoxification process.

Many people are overfed, but undernourished, due to eating a poor quality diet, as well as from years of depletion through dieting.

The reason why is every time you eat processed food products, you are not just consuming empty calories, but your body becomes depleted through the process of digesting that food.

Your body requires nutrients to build enzymes and to act as co enzymes.

If you don't eat food with nutrition in it, you must pull from your body's own nutrient stores - bones and tissues to simply digest the food.

This process starts to wear your body down.

Being depleted in this way deprives you of your vitality, decreases your health and damages your metabolism (making it slow).

2. The second step is to balance your blood sugar.

When your blood sugar is all over the place, it causes you to not only crave sugar, but it stimulates the release of insulin (insulin is a fat storage hormone).



Every time you have to eat something sweet, you stimulate insulin and prevent your body from being able to access your stored fat and burn it off.

You must begin by ensuring that you include some fat, protein and fibre at every meal and snack, to balance your blood sugar.

It almost sounds too simple doesn't it.

Simple isn't always easy, but the results are profound.

Few people understand that when you stress your body - whether it be chronic emotional stress, lack of nutrient dense foods, too much sugar or over exercise, you stimulate excess cortisol and that stimulates more insulin.

Excess insulin throws your hormones out of balance, leading to stubborn hormonal weight.

How can you be sure that you have a blood sugar imbalance?

Here are some of the signs (some or all may apply):

- 1) you start to feel shaky when you can't get to your next meal
- 2) you get 'hangry' – in other words you feel impatient, angry and snap at innocent bystanders, while you hunt for something you can eat now
- 3) you feel like you are always hungry and have to eat constantly or you start to 'crash'
- 4) feel like a meal isn't done unless it comes with bread or other starches



5) you feel the need to top your meals off with something sweet before you feel satisfied

3. The third step is to eat as much fat as you crave to finally become satiated.

Fat doesn't make you fat (sugar does, remember - because it stimulates insulin - and leads to insulin resistance).

Eating more of the right quality fats (natural, unprocessed ones), create satiety - so you naturally stop overeating - *without having to use will power.*

Additionally, eating specific kinds of fats *in specific ways* can stimulate your metabolism.

These same metabolism boosting fats (and cholesterol!) nourish your glands for proper hormone balance.

As you may have already discovered, hormonally driven weight gain, does not respond to calorie restriction and exercise.

In fact restricting calories and over exercising actually compounds the problem!

By now you get that counting calories, overexercising and restricting fats doesn't work.

You probably already knew it from experience, even before you discovered the how and why of it!

4. The fourth step is eliminating sugar and starch.



If you are a sugar a-holic, well then, you already 'get' why you can't lose the weight.

But if you don't eat any (or much sugar) at all, you might be wondering, how does this approach apply to me?

Many people are unaware that the so called healthy whole grain carbs that we are told to eat 6 - 7 servings of per day, are full of sugar - even though there is NO sugar added!

Yes, you read that right.

Let's take a look at the sugar content of healthy whole grain carbs:

2 slices of bread = 6 tsp sugar
1 cup of quinoa = 8 tsp sugar
1 cup baked potato = 12 tsp sugar
1 cup corn = 25 tsp

Even complex carbohydrate's are broken down in the digestive process to glucose (sugar).

All this natural 'digestive' sugar also stimulates insulin.

Which blocks fat burning.

Even if you don't eat a drop of white sugar or any natural unprocessed sugar - you are eating too much sugar to be able to access your stored fat.

Why?

Because at any one time, your body needs less than 1 tsp of sugar in your blood.



Any more than that, and you are stimulating insulin and therefore blocking your body's ability to burn fat for energy.

This happens because of hypoglycaemia and insulin resistance - even if you are not a diagnosed diabetic.

Here are some more of the signs and symptoms of insulin resistance.....

- Fatty liver
- Having been diagnosed with gestational diabetes in the past
- Abdominal obesity
- Elevated blood sugar
- Acne and large pores on the face
- Polycystic ovarian syndrome
- Scalp hair loss in women in the male pattern.
- Skin tags
- Swollen ankles

It's shocking isn't it!?

Most people don't recognize that their blood sugar imbalance is the issue!

You get it now though.

You know what you need to do let go of stubborn weight.

But I bet you are still wondering....

- ✓ will I feel bored and deprived eating this way?
- ✓ can I really give up sugar and starches?
- ✓ can I really live with out my comfort foods?



- ✓ what exactly do I eat/not eat?
- ✓ what kind of fats should I be eating exactly and how much?
- ✓ how do I get started!?

I believe that any diet “worth it’s shirt” must be more luxurious than what you are already eating to make it sustainable.

It should change your whole paradigm of what it means to eat healthy so that you never want to go back to eating the way you used to, that got you overweight in the first place.

AND it should include a lot of good quality satiating fat and delicious sweet treats so that you never feel deprived!

Finally, it must not require you to become scientific about what you eat.

Who wants to track their food all day? You’ve got better things to do with your time!

A sustainable diet for permanent weight loss should include.....

- clear guidelines so that you know what to include in your kitchen (and what not to).
- it should tell you how you can still have your favourite comfort foods, so that you never feel like you are missing out!
- it should be based on real foods - not processed food products, shakes, protein bars and supplements.
- you should feel like you are eating more decadently than ever, enjoying food more than you ever have before - and you should be more satiated and satisfied than ever!
- it should make it so that losing the weight is the natural sequela of getting healthy



You don't lose weight to get healthy, you have to get healthy to lose the weight.

Until the 13th century, the word diet, actually meant 'way of life'.

The word stems from the Greek word '*diaeta*' referring to not only the food one consumes, but their daily habits too.

The Delish Diet is a way of life you'll love!

Unlike other diets, you can maintain THIS for life, making the weight you let go of, permanent.

Plus, you'll know exactly how to adjust your program, so that you never have to say no to going out for dinner, splurging or letting a friend cook you dinner again!

The best part is you get to become healthier and more energized than you've ever been in your life!

Sound like exactly what you need?

If you said YES! then here's where you can join us to learn how: <http://www.nutritionwisdom.ca/buy-delish-starter-kit/>

Let's make this the last diet you ever do!

