



Welcome to the Delish Diet Deep Cleanse!

21 day journey to kick start your path to permanent weight loss (while getting shit done)!

How to Use Cleansing to Lose Weight

Welcome!

Hello, and welcome to this webinar. I'm can't wait to share with you about how you can use cleansing to lose those first or last 15lbs pounds of stubborn weight.

For those of you who don't know me, my name is Sherry Rothwell and I'm a registered holistic nutritionists who helps women let go of the weight without giving up the rich, sweet creamy comfort foods they love - so that they can lose weight and keep it off in a way that is sustainable and deprivation free.



I've been in your shoes.



- I've starved myself for months to lose weight for just one 'special' day, only to gain the weight back and more in a few weeks.
- Ate nothing for 11 days trying to loss the 'after baby weight' and didn't lose 1 single lb
- Lost 13 pounds in 2 weeks on the cleanse that I am about to share with you, never to gain the weight back (it's been 7 years)!

You are in the right place if...

- You want to use your weight loss journey as a catalyst to up-leveling your health and your life
- You have a deadline coming up that you want to lose the weight for (grad, photoshoot, party, reunion, wedding, date etc.)
- You are up for a challenge

Here is what I am going to share with you tonight.

- 1) We'll talk about the erroneous fears you have about cleansing that you need to let go of that keep you fat and sick.
- 2) How cleansing creates a foundation for your body to heal itself and therefore enables you to return to your divine right body design (a naturally thin person who doesn't have to obsess about dieting)!
- 3) I will tell you exactly how it works and what to do (if you are a DIY'er you can run with it on your own or if you prefer to have resources, support and community in the process, don't worry I will share with you later how you can learn more).

This training is perfect for you if.....

- 1) You are feeling heavy, acidic, exhausted and chronically not in the best mood
- 2) You want to get a jumpstart at losing weight so that you can finally take it all the way to your ideal weight.
- 3) You have emotional weight and a shit ton of personal stuff draining you and you want to take yourself to the next level internally while getting healthier and hotter at the same time!
- 4) You need a reset - you've gotten off track with eating healthy and you find yourself craving crap.
- 5) You are like me, you and you simply want to take your health, beauty, energy and longevity to the next level (you love how much better you feel when you give your body the attention it needs)!
- 6) You want to get shit done, off your plate and create space in your life for something new!

Sound familiar?

- Done with 'diets', but still want to lose weight?
- Inflamed, in pain, puffy and drying out?
- Feel heavy, gross and can't seem to stop yourself from eating crap (despite your best intentions to eat healthy)
- Want to lose 5-15lbs before bikini season, a wedding, grad, reunion or other up-coming event?!

A cleanse is the only healthy way to lose weight quickly.

How about instead of dieting, you skip the self punishment and the inevitable rebound weight gain and instead use a deadline (such as a special day) as an opportunity to take your health to the next level in the process?

How would it feel to...

- Have smooth digestion and a flat tummy?
- Bright sparkly eyes?
- Smooth, clear and dewy skin?
- Shiny hair and strong nails
- A glowing complexion?
- Freedom from aches and pains?
- Good moods, steady energy and more motivation?

Lose 15 lbs in 21 days
and take your life to the
next level in the process.

In case you don't think this is
possible for you....

In case you don't believe it's possible for you
to stick to a cleanse, I want to introduce you
to the stories of a few clients that are already
doing this, who used cleansing the way I
recommend in the Delish Diet Deep Cleanse
program to lose weight fast in a healthy way!



I'm down 15 lbs with the delish diet cleanse! 3 totally manageable weeks, and still going with slight modifications. At least half that weight was inflammation from foods I am reactive to. Crazy!

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Cleansing isn't a new concept

Since the dawn of civilization, fasting and detoxing have been performed as part of religious rituals and ceremonies.

All early forms of medicine included cleansing as a component such as Yoga, Ayurveda, Traditional Chinese Medicine, most religions, Egyptian Medicine and even Hippocrates who is known as the father of modern medicine.

Erroneous Beliefs About Cleansing

- That cleansing is a fantasy and toxins don't accumulate in our bodies.
- Toxins are just chemicals - autointoxication
- That cleansing and detox are the same thing.
- That eating a cleansing diet will feel like you are starving and deprived.
- That you will become nutrient deficient.
- That you will die or get sick from detox reactions.

How Cleansing Heals

- Eliminates inflammation.
- Heals digestion.
- Deep nourishment.
- Rest and recovery mode.

10 Steps to Cleanse Your Life!

- Step 1: Eliminate all processed foods
- Step 2: Eliminate all inflammatory foods
- Step 3; Eliminate all starchy foods
- Step 4: Add in new deep cleansing and healing foods.
- Step 5: Include building foods if you are in a state of deficiency.
- Step 6: Get into healing mode with permanent lifestyle changes
- Step 7: Detox your home on all levels.
- Step 8: Clear clutter and drop what is draining you.
- Step 9: Raise your standards to up-level your life.
- Step 10: Stop settling and consciously design your dream life instead of living on default.

Eliminate All Processed Foods

- Refined oil
- Refined salt
- Refined sugar
- Refined flour
- Artificial sweeteners

Eliminate Inflammatory Foods

- Sugar
- Dairy
- Peanut butter
- Corn
- Wheat
- Eggs
- Soy
- Nightshade vegetables
- Any food you know you are sensitive or intolerant to

Eliminate All Starchy Foods

- Grains (bread, rice, pasta, oats)
- Seed Grains (quinoa, millet, buckwheat, amaranth)
- Potatoes, Yams, Beets, Carrots
- Legumes (beans & lentils)

If you are in a state of deficiency or menstruating..

Just add natural 'building' foods such as:

- Grass Fed Organic Red Meat
- Grass Fed Organic Home Cultured Dairy
- Eggs (if you are sure they are not a trigger for inflammation for you)

Add in Healing & Cleansing Foods

- Sea vegetables
- Cultured foods
- Sprouts
- Microgreens

You don't have to do this alone.

If you want resources, support and community to do this don't worry I have you covered.

The Delish Diet Deep Cleanse includes 5 modules:

- Module 1: The Diet
- Module 2: The Lifestyle
- Module 3: Home Detox
- Module 4: Environment Up-level
- Module 5: Inner Work

The Program Includes

- Meal Ideas
 - Recipes
 - 3 weeks of done-for-you menu plans (vegetarian, nightshade free and fish/seafood plans)
 - How to get prepared plan
- and more!

Plus Training in Special Topics Like...

- How to deal with a cleansing reaction.
- How to overcome constipation.
- How to digest fats better.

and more!

And now for the BONUS Masterclasses!

- Delish Diet Masterclass: Secrets to Losing the Weight in 12 Simple Steps!
- Seasonal Rejuvenation Masterclass
- How to Heal Your Gut Masterclass

Sounds amazing but still wondering if you can do it?

Yes, you can do it! It simply begins with a decision
followed through by committed action.

Only you know how badly you need this.

Is your health your priority right now or not?

Only you can decide.

Wondering if you have the time?

- I'll be honest with you, this is a challenge, especially the first time around (learning takes time and energy).
- You can listen to the trainings while you cook and clean.
- How much more time do you have to waste before you put your health first?
- There isn't ever really a good time.
- Do you have a deadline?
- Every time you do the cleanse, it will take less of your time and mental energy because you will have heaps of experience behind you,

Do you have the money?

- Pay now or pay later.
- Be resourceful and go get the money (save it, make it or borrow it).
- Your health and quality of life is obviously worth it!
- Consider this an investment in your health and in your future health.
- How much money will you save in the future on medication, pain killers and out of pocket medical services?
- How much more productive/effective will you be to generate money with a healthy mind and body?
- How much money will you save with less sick days?
- Make your money back by becoming an affiliate.

My 3 special tips for people who know they need to do this, but are afraid they can't.

- Incorporate new cleanse foods into what you already eat to familiarize your self with them first
- Try out the cleanse recipes to prove to yourself that you will still be eating delicious food while cleansing
- Make cleanse friendly treats like my skinny bomb recipes like macadamia nut butter cups, halva and chocolate fudge.
- BONUS tip - yes you can still drink black coffee (or make a latte with macadamia nut milk or a have it over ice with canned coconut milk).



Ready to join
us on the
journey?

You can start now!

<http://bit.ly/Delish-Cleanse>