

7 HOLISTIC STRATEGIES FOR WEIGHT LOSS THAT WORK!



Delish Diet



Discover 12 food mistakes people make that stop them from losing weight - despite a healthy diet!

by Sherry Rothwell, RHN



DELISH DIET

The Sexy Way to Lose the Weight!



Hi there, my name is Sherry Rothwell. I used to be obese, with a history of binge eating, so I get your struggle first hand.

When I woke up to the realization that I was obese, I felt shocked, appalled and completely at a loss for what to do. I already ate a healthy whole foods diet and cooked wholesome meals from scratch.

What more could I do?

The last thing I wanted to do was start counting calories or set foot in a gym. I had to find another way. And I did. I dropped 12 dress sizes for 8 years (and counting) without dieting.

As a holistic nutritionist with 20+ years experience in the natural health field, I get your commitment to doing this naturally. If you want to learn more about my story, [**click here**](#) to watch this short 10 min video.

In this easy to read booklet you will learn my 7 holistic strategies for weight loss that really work. Plus you'll discover the 12 mistakes people often make that stop them from losing weight, despite eating healthy.



STRATEGY 1

Mind



Get de-brainwashed from the diet mentality.

The diet mentality has you doing a bunch of things that at best only give you short term results. At worst it causes more rebound weight than you started with. You are going to have to learn to do something different if you want permanent results.



STRATEGY 2

Body



Love your body now and let that inform
your choices and actions.

It's time now to stop trying to force the fat off
from a place of frustration and instead feed
yourself - body, mind and soul. You need to stop
punishing yourself with restrictions and instead
provide your body with pleasurable food, pleasurable
thoughts and pleasurable feelings that nourish you
on the heart level.



STRATEGY 3

Emotion



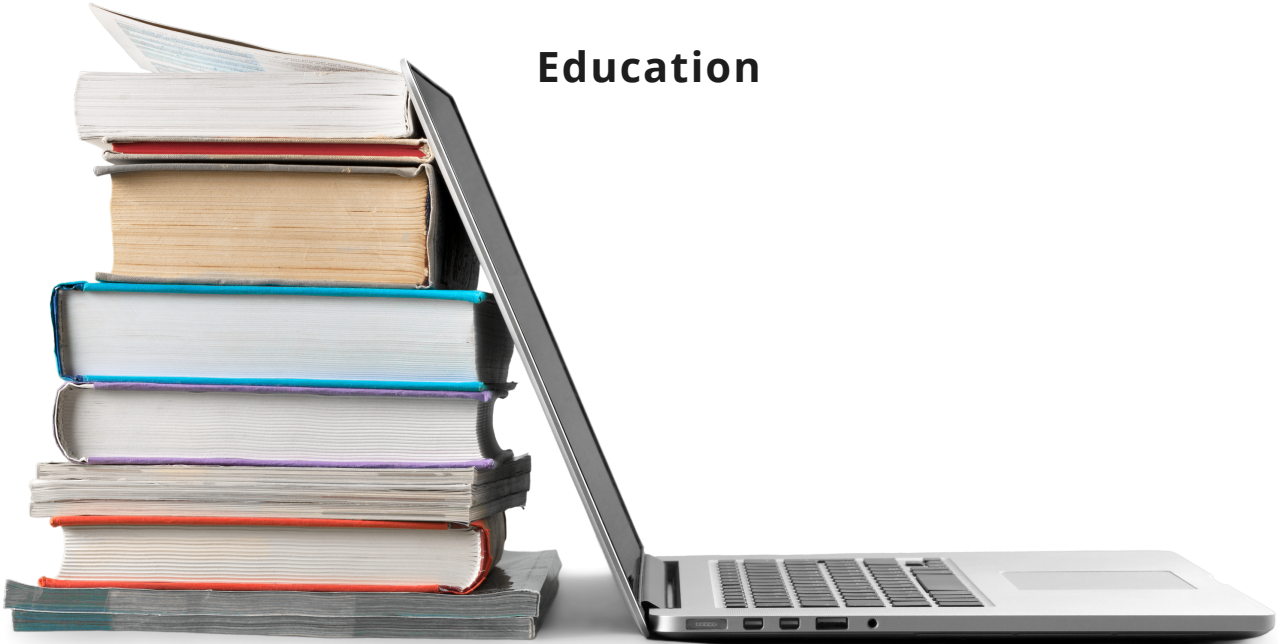
Drop what's draining you and weighing you down.

You don't just have physical weight, you have emotional weight too. Whether that's stress, pressure or unhealed trauma, it's weighing you down and keeping you fat. That is because chronic stress triggers your fat storage hormones. Being thin won't transform your life, but dropping your emotional weight will!



STRATEGY 4

Education



Knowledge precedes experience.

You have a lot to learn **and a lot to unlearn.**
Knowledge of how your body works, gives you the confidence to trust it and have faith in your self healing capacity. Under the right conditions and with the right food, your body burns excess fat on autopilot. Your only job is to provide your body with what it needs, eliminate what it doesn't, protect it from harm and attend to your soul's desires.



STRATEGY 5

Environment



Eliminate the need for willpower.

The only reason a person ever needs willpower is because they haven't made the decision to permanently transform their lives. You must do what it takes to live and work in environments (and with the right people) that support you to become the best version of yourself. This doesn't happen by default, it happens in an environment that is by design set up for your success.



STRATEGY 6

Vision



No more 'weighting'.

Stop 'weighting' to pursue your dreams and embrace your weight loss journey now as a way to transform yourself from the inside out. It's time now to use your weight loss success story as a springboard to create your dream life!

www.DelishDiet.ca



STRATEGY 7

Address Your Weight Loss Blocks



Achieve Optimal Health

Your extra body fat is not the cause of your health issues, it's an effect of them. Losing weight is a natural good 'side effect' of getting healthy. Underlying health imbalances that you might not even know you have, stand in the way of attaining and maintaining your ideal body weight. We can help you pinpoint the cause of your weight loss resistance by assessing your unique weight loss blocks. We'll strategize a customized plan and guide you on your individualized path of healing.

Book Session Now!

12 MISTAKES PEOPLE MAKE THAT STOP THEM FROM LOSING WEIGHT

Now that you know 7 holistic weight loss strategies that work, I bet you are wondering about the food part.

Ready to discover the 12 most common mistakes people make that stop them from losing weight - despite a healthy diet?

Let's take a birds eye view of what people often do, that stops them from getting permanent results with weight loss.

12 Mistakes People Make That Stop Them From Losing Weight

- **Mistake #1: Eating processed food** - Diet drinks, smoothies, pills and bars are processed food. You may have heard that a calorie is just a calorie, but that just ain't so. The type of food that your calories are derived from, have different effects on your hormones. Calories don't turn into fat at random, hormones regulate whether or not a calorie is turned into fuel or fat. Certain foods trigger fat burning hormones and certain foods trigger fat storing ones. You need to learn how to tell the difference. Just because a 'food product' says 'diet', low calorie, 'zero sugar' or 'heart healthy' - doesn't mean that they actually are. Companies hire marketers for good reason - they know exactly what psychological triggers to use to get you to buy them. That's why you need to have a solid base of nutrition knowledge, so that you don't fall prey to the hype.



12 MISTAKES PEOPLE MAKE

- **Mistake #2: Counting calories** - Reducing calories puts your body into famine mode. When you eat a low calorie diet for too long, your metabolism will slow down to match. The less energy you put in, the less energy your metabolism can put out. Eventually your body will go into starvation mode, which triggers a feasting response to counterbalance it. As a result, you will inevitably quit your diet, feel compelled to binge and then gain more rebound weight than you started with - BECAUSE the calorie restriction slowed down your metabolism. It is a terrible cycle.
- **Mistake #3: Exercising to compensate for calories consumed** - Aerobic exercise has very little impact on the amount of calories your body burns. What's worse is that sometimes exercising the wrong way can make it even harder to lose weight. This is because your body interprets the exercise as stress, which leads to excess cortisol. Excessive levels of cortisol stimulate hormones that break down muscle tissue and cause your body to store more fat. Your food choices have a way bigger impact on your body's ability to burn fat than how you move. When it comes to losing weight - exercise is secondary and optional.
- **Mistake #4: Avoiding fat** - Fat isn't fattening, sugar is. Fat does not stimulate fat storing hormones, but sugar does. Low fat foods are full of excess sugar to compensate for how terrible they taste. Ample fat is necessary to trigger satiety hormones that stop you from having the urge to binge on carbs. Even healthy complex carbohydrates are high in sugar (this sugar is 'inherent' and is referred to as digestive sugar'). The reason that this kind of sugar is called digestive sugar, is because the carbohydrate portion of the food is broken down into glucose (which is the chemical name for sugar), in the digestive process.



12 MISTAKES PEOPLE MAKE

- **Mistake #5: Eating starchy complex carbohydrates** - Although these foods are healthy in general for young fit people, they keep overweight people overweight. The reason why is because the starch (which is also sugar) that they contain stimulates the fat storing hormone insulin. But that doesn't mean that you have to avoid these foods forever. The secret to being able eat these foods in moderation in the future, is found in achieving hormone balance. You can do this by identifying your personal weight loss blocks and healing them at the level of root cause.
- **Mistake #6: Eating too much sugar** - Even if you don't eat a lot of sweets or even none at all, if you are still eating starchy carbs, you are eating too much sugar. When you are overweight, all forms of sugar are fattening. Even natural unrefined sugars, fruit and healthy whole food starchy carbs. Even if there is no added sugar, there is too much sugar in these foods because they become sugar once they are digested. The vast majority of vegetables are not starchy, so there are plenty of other foods you can eat until you achieve hormone balance. There are also natural sweeteners that give you the sweet flavour without stimulating fat storage, so you don't have to give up sweets and treats to attain and maintain your ideal weight either.
- **Mistake #7: Eating complex carbs to balance your blood sugar** - It's true that complex carbs are great for keeping blood sugar balanced if you are young, have optimal amounts of muscle tissue and you are very active. If you are overweight though, fibre rich complex carbohydrates are like a time release sugar capsule. The sugar is slowly released keeping your insulin elevated. This stops your body from ever having a chance to dip into your fat cells to burn *that fat* for energy.



12 MISTAKES PEOPLE MAKE

- **Mistake #8: Eating gluten free alternatives** - Gluten free grains and alternative flours are much higher in carbohydrate than wheat. As a result, when you go for gluten free, you are also choosing foods that are higher in inherent or digestive sugar. That means they are more 'fattening' than wheat products. There are plenty of gluten free alternative flours that are not starchy, so you don't have to give up bread, cake, cookies or pastries.
- **Mistake #9: Eating high fat and high carb together** - This is the worst thing you can do for your weight. Far too many people eat way too much of both together as the result of 'going keto' but failing to do it properly. If you eat more fat without also significantly reducing carbs, you will see very little, if any results with weight loss. You might even gain more weight because you will be continuing to stimulate fat storing hormones while adding more calories to the mix. Carbs are not an essential nutrient, but fat is. So don't cut the fat, cut the carbs.
- **Mistake #10: Not eating enough** - When you don't eat enough or often enough, your metabolism slows down. Many people are overweight because their metabolisms have been damaged by dieting and their endocrine system is tanked due to stress. Not eating enough and experimenting with fasting can sometimes make the problem worse if you have hormonal imbalances.



12 MISTAKES PEOPLE MAKE

- **Mistake # 11: Thinking your weight is only about diet and exercise** - Whether you can't get yourself to eat the right foods or eating the right foods doesn't seem to have much of an effect, both are a sign that you have underlying health issues that need your attention. Your body is trying to tell you that now is the time to stop skimming the surface and go deeper. Permanent weight loss is the result of achieving optimal health. Put your health first and let your body prioritize when it is the right time to prioritize letting go of the fat. Most people with stubborn weight need to simultaneously do all of the following: address underlying health imbalances, restore deep nutrient deficiencies, confront chronic stress, cultivate a more pleasurable life and create a more compelling future to look forward to. Taking a holistic and synergistic approach is more effective than taking any of the above actions in isolation.
- **Mistake #12: The final mistake that people make is choosing a path to weight loss that they don't plan to do forever** - If you want to lose weight, you are going to have to embark upon the path of doing it in a way that is pleasurable - Realistically, you are going to have to keep doing what you did to lose the weight, to keep it off. To think otherwise is to defy logic. The way to keep doing it forever, is to choose a dietary approach to get thin, that is more pleasurable and more luxurious than the diet that got you fat!





DELISH DIET

The Sexy Way to Lose the Weight!

Want individualized help to learn how to do this?

Click here to book a session now.

We'll help you pinpoint the cause, strategize a customized plan and guide you on your individualized path of healing.

It's easy to get started in 3 simple steps!

Step 1: Identify what is keeping you stuck.

Step 2: Pinpoint the solution.

Step 3: Strategize how you can overcome your obstacles.

Click here to book now!

www.DelishDiet.ca



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Want to learn a little bit more before getting started?

If you said YES! you'll love learning how to adopt a way of eating that is nourishing, natural, pleasurable, satiating, decadent, luxurious and most importantly doable!

Click here to get access to my 1 hour 'Lose Weight Without Dieting' webinar.

- no pills, shakes or bars
- no counting calories, carbs, protein or fat grams
- no avoiding fat
- no deprivation or portion control
- no willpower needed
- no killing yourself at the gym exercise is optional!

Click here to watch the webinar now!

In our programs we go into even greater depth about 'what to eat', 'what not to eat' and why. If you want support on your learning journey, you can learn more about our e-courses, group coaching, kitchen and lifestyle makeovers for weight loss by **clicking here**.

WWW.DELISHDIET.CA



QUICK REFERENCE CHECKLIST

- GET DE-BRAINWASHED FROM THE DIET MENTALITY.
- KNOWLEDGE PROCEEDS EXPERIENCE.
- TRANSFORM YOUR ENVIRONMENT SO THAT YOU DON'T HAVE TO USE WILL POWER.
- LOVE YOUR BODY NOW AND LET THAT INFORM YOUR CHOICES.
- DROP WHAT'S DRAINING YOU AND WEIGHING YOU DOWN.
- ADDRESS YOUR WEIGHT LOSS BLOCKS.
- USE YOUR WEIGHT LOSS SUCCESS STORY AS A SPRINGBOARD TO CREATE YOUR DREAM LIFE!