

# Delish UN Diet School



# 9 Myths That Are Keeping You Stuck With Your Weight

and what to do instead!



**Hi there, my name is Sherry Rothwell.**

When I woke up to the realization that I was obese, I felt shocked, appalled and completely at a loss for what to. I already ate a healthy whole foods plant based 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've dropped 12 dress sizes for 8 years (and counting) without dieting.

**Click here** if you want to learn more about my personal story.

As a holistic nutritionist with 20+ years experience in the natural health field, I get your commitment to doing this holistically & naturally.

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Delish UN  Diet School

I created this guide to help you identify certain diet mentalities that are stopping you from being the healthiest version of yourself possible. What you learn in this guide will help you discover what you've been missing all along to finally attain and maintain your ideal weight without having to obsess about it!

# *9 Myths That Are Keeping You Stuck With Your Weight*

and what to do instead!

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Myth 1: Eat Less

Myth 2: Fat Makes Me Fat

Myth 3: A Calorie is Just a Calorie

Myth 4: "Sugar Free" Is Good For Me

Myth 5: Going Vegan is Key

Myth 6: I Get Enough Protein

Myth 7: Whole Grains Help

Myth 8: 6 Small Meals Per Day to Keep Blood Sugar  
Issues at Bay

Myth 9: I Need to Exercise to Lose Weight



# Myth 1: Eat Less

When you eat less you actually promote future weight gain.



Restricting calories makes your animal brain believe that you are now living in the midst of a famine. To protect you from starving to death, it instructs your thyroid to slow down to conserve calories – otherwise known as 'slowing down your metabolism'.

The body is instructed to hold onto the fat you already have at all costs – and to store as much new fat as possible!

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In the Delish UN-Diet School, I will show you why eating less is not the answer, and why actually eating MORE is!



## Myth 2: Fat Makes Me Fat

Fat chance! While certain fats are not healthy (and no saturated fat and cholesterol are not the bad guys), fat does not make you fat.....sugar does.



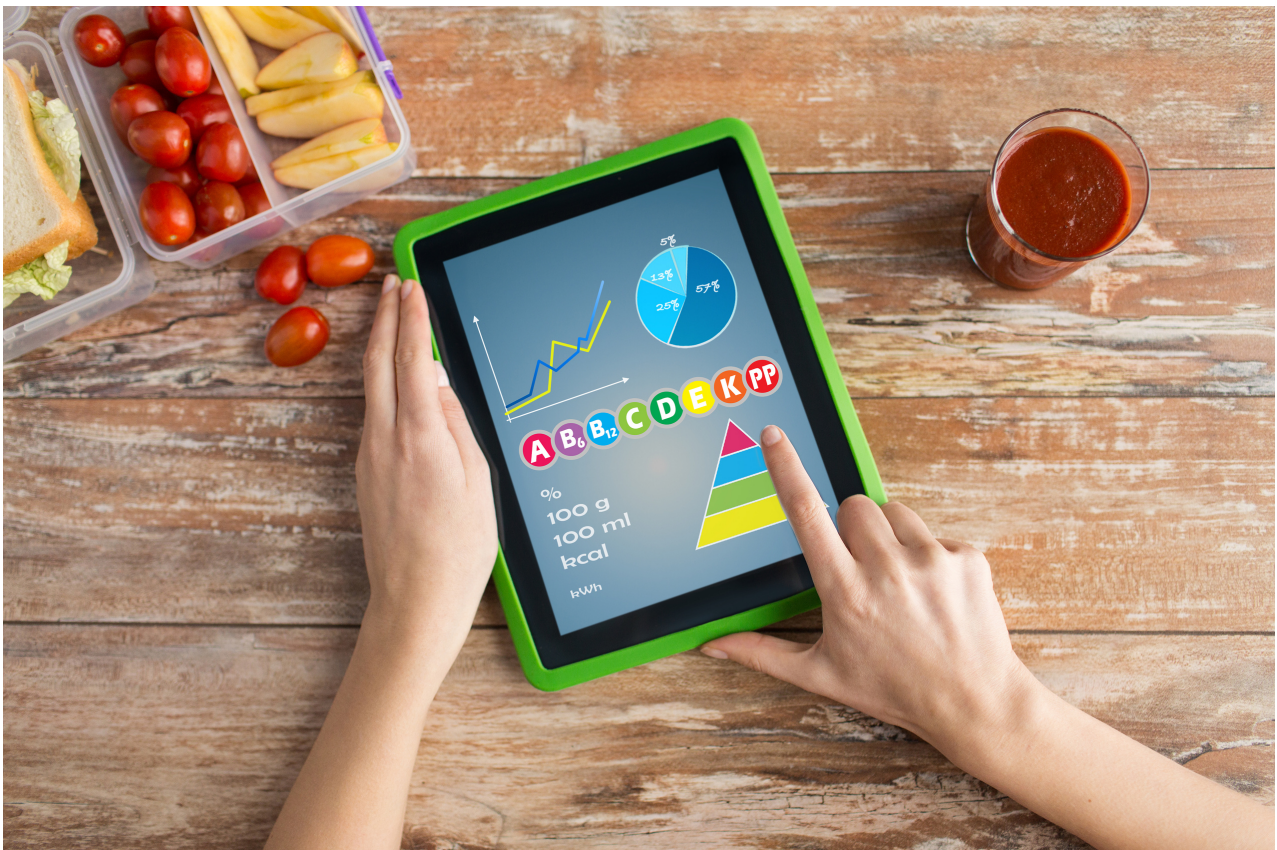
Fat is a very important nutrient for your overall health and well-being – that basically means that it has much better things to do than hang out in your fat cells. Not to mention, when you eat fat, you trigger satiation hormones that stop you from craving sugar.

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In the Delish UN-Diet School, I will show you which fats to avoid, as well as which ones to emphasize. I will share with you the one worst food combination you could possibly eat if you want to lose weight (despite those same two foods being healthy on their own).

# Myth 3: A Calorie is A Calorie

I think not! The kind of calorie you eat has differing effects on the regulation of fat.



Calories don't make decisions about regulating the storage or breakdown of fat tissue. Hormones are the boss! Different foods trigger different hormones. If the food you choose triggers a fat storing hormone, then you store fat. If the food you choose triggers a fat burning hormone, then you trigger fat burning.

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In the Delish UN-Diet School, I will show you which foods trigger fat burning hormones and which ones trigger fat storage hormones.

# Myth 4: "Sugar Free" is Good For me

Artificial sweeteners are not good for you. They are toxic to your brain and nervous system.



Not to mention that many artificial sweeteners have been shown to trigger your liver to dump glucose, which results in triggering insulin – which stimulates your body to store fat. Excess insulin doesn't only cause your body to favour fat storage, but it is also inflammatory causing other health issues.

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In the Delish UN-Diet School, I will show you natural and non-toxic alternative sweeteners, so that you can lose weight without giving up the rich, creamy sweet comfort foods you love!



# Myth 5: Going Vegan is Key

You can be vegan until you can't be.  
Being vegan makes you more susceptible  
to weight gain because it lacks certain  
nutrients and has too many of others.



Being vegan can help at first if you are eating a whole foods based vegan diet. Initially a plant based diet cleanses your body from toxicity which causes weight loss resistance. However, over time the body can become depleted of the nutrients that are the building blocks of healthy hormones – eventually leading to weight gain.

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In the Delish UN-Diet School, I will show you why a vegan diet can make you fatter, even if it initially made you thin. You will learn how to know when it is no longer appropriate for both health and weight loss.

# Myth 6: I Get Enough Protein

You probably don't.



There is a belief in the vegetarian community that as long as you are eating enough calories of whole foods, you are getting enough protein. While it may be true that you will survive, you won't thrive.

Contrary to popular opinion, most people don't eat too much protein – they don't eat enough of it – nor do they emphasize the right kind. Optimal levels of protein are essential for fat burning, regeneration, healing and metabolism (and you want a healthy metabolism right?!).

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In the Delish UN-Diet School, I will show you how protein has the power to help you realize your ideal weight while optimizing your health.



# *Myth 7: Whole Grains Help*

We've been told that we need to eat a lot of whole grains for health, but we don't. And they certainly don't help when it comes to weight loss – they actually have the opposite effect!



The truth about whole grains is that they are actually not that nutrient dense, they often inflame the gut and cause weight gain.

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In the Delish UN-Diet School, I will show you why whole grains are even worse for causing fat storage than refined grains and sugar! I will show you what to eat instead to give you that good bread feeling, so that you never need to cave to cravings.



# Myth 8: 6 Small Meals Per Day Keep Blood Sugar Issues at Bay

Actually, eating this way only treats the symptom of blood sugar imbalance and perpetuates the cause.



When you eat frequently, you are constantly raising your blood sugar. If you have to constantly eat to raise your blood sugar, that means you have dysglycemia. Eating to balance your blood sugar, rather than eating in response to 'true hunger' is a sign that you are becoming insulin resistant. You should be able to stop eating anytime and not have any issues with your blood sugar.

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In the Delish UN-Diet School, I will show you how to eat to heal dysglycemia so that you don't need to eat all the time.

# *Myth 9: I Need to Exercise to Lose Weight*

Not at all. What you eat triggers fat storage or fat burning.



The more you exercise, the more calories you require as energy needed to fuel that exercise. If you eat less and exercise more, you force your body to put the brakes on fat burning to conserve energy. This is a protection mechanism. Your metabolism **MUST** slow down (make you tired) so that you stop exercising. Your body is doing what needs to be done, so that you don't waste away now that there is a shortage of fuel!

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In the Delish UN-Diet School, I will show you which kinds of exercise can trigger weight gain, which kinds don't and how to move your body to balance your hormones, so that exercise helps instead of hinders you on your path to your ideal weight!

# *Quick Reference Take Action Checklist*

- ☒ Eat more of the RIGHT things.
- ☒ Eat more QUALITY fat and less sugar.
- ☒ Worry less about quantity and more about quality.
- ☒ No ARTIFICIAL sweeteners.
- ☒ Make veganism temporary.
- ☒ Eat MORE quality protein.
- ☒ MINIMIZE whole grains.
- ☒ 2 - 3 square meals a day
- ☒ NATURAL movement, not "exercise"



# *Ready to learn the truth about what it actually takes to lose weight?*

Want to discover even more myths that are  
keeping you stuck?

In the Delish UN-Diet School, we delve deeply into the truth  
about weight loss.

I will help you deconstruct the 'diet mentality', so that you  
can rewire your mind for success with permanent weight  
loss.

Each topic is delivered in 30 'ish' minute (or less) trainings,  
accompanied by a 1 page hand out that highlights the most  
important take-aways.

This course is perfect for you if you fancy yourself a DIY'er  
who wants to create your own weight loss plan or you are a  
trainer, fitness or weight loss coach who is looking to fill in a  
few gaps in your knowledge.

**Click here** to register or learn more so that you can create a  
customized weight loss program that works!