

# Delish UN Diet School



# 9 Myths That Are Keeping You Stuck With Your Weight

and what to do instead!



Sherry Rothwell, RHN  
[www.DelishDiet.ca](http://www.DelishDiet.ca)

Delish UN  Diet School

**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. I thought to myself, "what more can 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 9 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.**

I created this guide to help you identify certain diet mentalities around food choices 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

TRUTH: When you eat LESS you actually promote MORE future weight gain.



Restricting calories makes your animal brain believe that you are 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 then 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

TRUTH: 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 & carbohydrates do (even healthy carbs).



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 carbs & sugar.

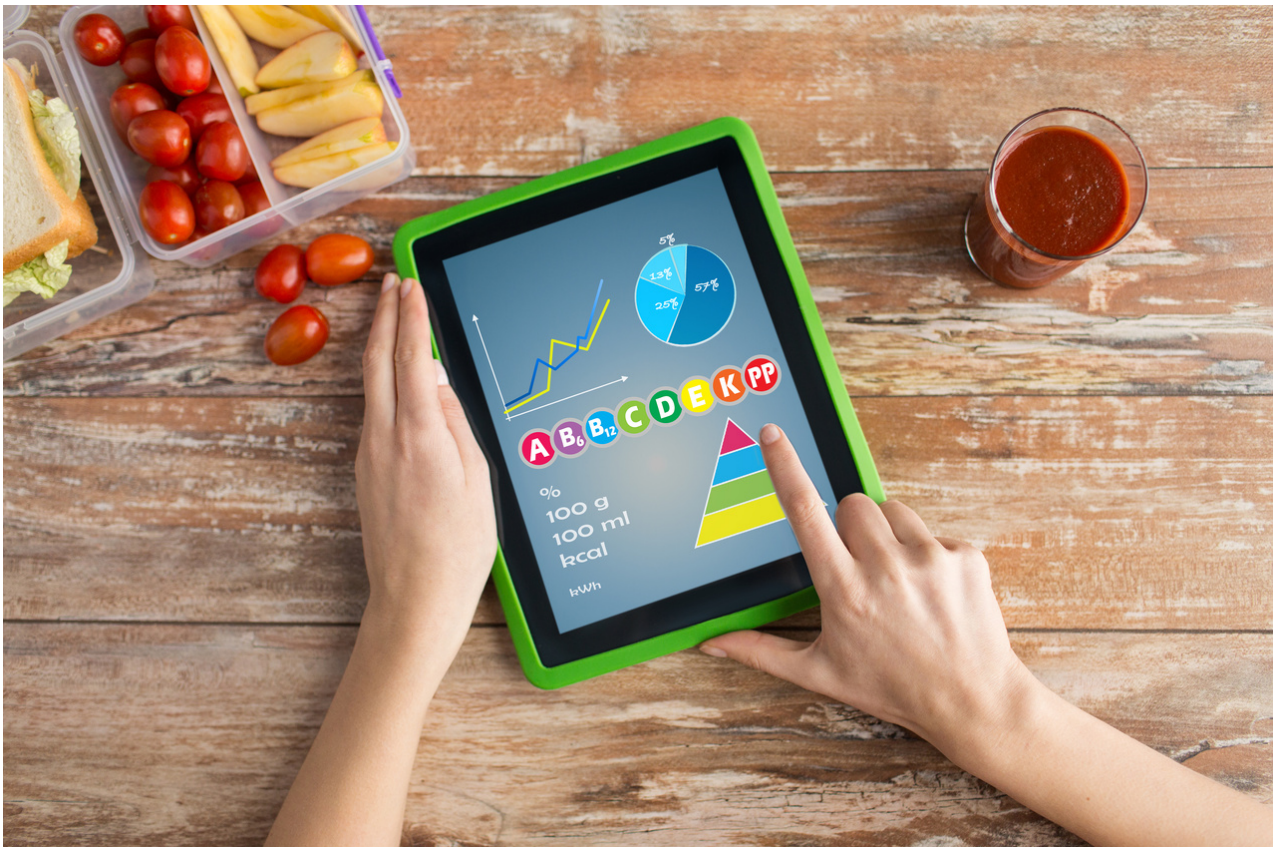
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In the Delish UN-Diet School, I will show you which fats to emphasize and which ones to avoid. I will share with you the one worst food combination you could possibly eat if you want to lose weight (despite those same two foods being healthy on their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



# Myth 3: A Calorie is A Calorie

TRUTH: The quality of calorie you eat has different effects on the regulation of fat storage.



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" foods are Good For me

TRUTH: Artificial sweeteners cause fat storage and they are not good for you.

They are toxic to your brain and nervous system.



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

TRUTH: Being vegan makes you more susceptible to weight gain because a vegan diet is an extremely high carb diet. It lacks certain building nutrients, resulting in hormone imbalance.



Being vegan can help at first, IF you switch from the standard north american diet to a whole foods based vegan diet. Initially a plant based diet cleanses your body from toxicity, but if you cleanse too long, your body becomes deficient in essential nutrients eventually leading to health imbalances. I know this not just from studying the art and science of nutrition, but from personal experience having been lacto-vegetarian for 13+ years. Lacto-vegetarian means no meat of any kind and no eggs. In order to not be hungry, a vegan has to eat a lot of grains, legumes and starchy vegetables, which is hard on the gut and leads to digestive issues and food sensitivities. Not to mention, one has to have optimal muscle mass and be very active in order to have a purpose for all those carbs. That's why young people in their 20's can often thrive on vegan diet for a time and more mature people often do not.

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In the Delish UN-Diet School, you will learn how to eat 'plant forward' or low carb vegan if you don't like meat or choose not to eat it.



# Myth 6: I Get Enough Protein

TRUTH: You probably don't.



As a former vegetarian, I used to believe that as long as people ate enough calories of whole foods, they will get enough protein. There is some truth to this, because you won't be satiated, if you don't get enough protein. As a result, you will be driven to overeat until your body gets the protein it needs. However, the quality of the protein you eat is the difference between surviving vs. thriving. There is a big difference in the amino acid profile and absorbability of animal vs. plant protein. 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 essential amino acids and fat soluble vitamins found in animal foods 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

TRUTH: 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 because they contain a lot of carbs. It doesn't matter if those carbs are natural whole food carbs with fibre – they are still broken down into glucose (or what I call inherent sugar) once the grain is digested. That sugar, inherent in the grain spikes blood sugar and insulin and therefore triggers fat storage.

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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, when you crave that 'flour like feeling' so that you never need to cave 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 temporarily, while perpetuating the problem.



When you eat frequently, you are constantly raising your blood sugar. If you have to snack and graze to feel good, that means you have dysglycemia. Eating to balance your blood sugar (to avoid energy and mood crashes), rather than eating in response to 'true hunger' is a sign that you are becoming insulin resistant. A person with healthy blood sugar balance, can stop eating anytime without any symptoms other than a growling stomach.

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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 you've induced a fuel shortage!

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In the Delish UN-Diet School, I will show you which kinds of exercise 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 for Beginners*

- ☒ Eat LESS of the WRONG things (processed Frankenfoods).
- ☒ Eat more of the RIGHT things (natural whole food).
- ☒ Eat more QUALITY fat and less sugar & starchy carbs.
- ☒ Worry less about quantity and more about quality.
- ☒ No ARTIFICIAL sweeteners.
- ☒ Make veganism temporary.
- ☒ Eat MORE quality protein.
- ☒ MINIMIZE whole grains, legumes & starchy veg.
- ☒ Stop snacking, eat 2 - 3 square meals a day of nutrient dense foods.
- ☒ 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 even more  
deeply into the truth about weight loss.**

I will help you deconstruct the 'diet mentality', so that you can  
rewire your mind for success because that is what is required to  
actually embody what you learn to achieve 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 nutrition knowledge, and understand weight loss from the  
paradigm of natural nutrition.

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

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