

## WooHoo! I'm Losing Weight and Feeling Great!

*Cheryl Sennett's Vegan Story*

I've lost 18 pounds as of this morning, and that's just in the past 5 weeks. Being vegan is the best thing anyone could do for weight loss and health!

Yes, as you can see, I'm excited! I love waking up every morning and feeling thinner. I can feel my stomach becoming flatter, and the scale just keeps confirming what I'm feeling.

But this is not really just about weight loss. What I'm really excited about is knowing that I'm also getting healthier. I'm taking the Healthy Weight Loss Class offered by Delisa and have been eating far more vegetables and fruits, so I'm actually better nourished while losing weight than I was before I started. And I'm eating so much bulk that I'm really full. In addition, I've lost that horrible, ravenous hunger that I used to have because I'm now so well nourished. How often does that happen on a diet! Of course, this isn't a "diet" in the usual sense of the word. It's not something to go on to lose weight and then to go off again. It's a lifelong commitment to healthy eating.

I've wanted to become vegan for a long time. About 10 years ago I read John Robbin's book, *Diet for a New America*. I learned how animal agriculture is destroying the environment, and what I learned about the treatment of animals just broke my heart. I didn't want to take part in an industry that had so little regard for living creatures. After reading the book, I thought being vegan was the right thing to do, but I thought I couldn't do it. And I was afraid the food wouldn't taste good. I've never been a big meat eater, but I was one of those who said, "I can never give up cheese!" So I became an ovo-lacto vegetarian (no meat, but ate dairy products and eggs). But I didn't really know how to be vegetarian and gradually went back to eating meat. I bought organic meat, thinking that would be better, although now I realize that really doesn't make much

difference.

Fast forward to 2009 when I discovered the Food for Life Nutrition and Cooking Class for Cancer Prevention & Survival while surfing the Net. I've always been fascinated with nutrition, I love to cook, and I still had the desire to be vegan in the back of my mind, so I enrolled in the class. I also bought the new book by John Robbins, *Food Revolution*, which confirmed much of what I knew but also added to my knowledge base. What I learned the very

first night in class made sense and I changed to a vegan diet immediately.

I went home and did a fridge clean-out, getting rid of cheese forever. I felt good, had more energy, and lost weight initially, but then I got kind of complacent and started eating more vegan convenience foods, bread, and nuts and gained it back.

So when I discovered Delisa was offering the new class on healthy weight loss, I registered immediately. I was actually traveling at the time, and signed up while I was in Ecuador! I did not want to miss out on this class; I knew it would help

me to get to where I want to be.

I've been frustrated with being overweight for many years so The Healthy Weight Loss Class was just what I needed. I didn't want to miss a single class! I've learned that I really can get full when I eat a lot of vegetables (I used to think I couldn't!) and I've learned some amazing things about beans: how they keep you feeling full longer and you don't absorb all their calories and as they move through your system, they take fat along with them. Learning how to make a variety of healthy salad dressings was a real bonanza; I had just been using vinegar on my salads and was getting tired of that. The new salad dressings are amazing and I have



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several of them on hand every day. They are easy to make and really add zest to my salads. I read the wonderful book Delisa recommended, *Eat to Live*, by Joel Fuhrman, M.D. which is full of great information. And I started to lose weight immediately! And it's easy! I've lost my cravings and hunger! I need less sleep and have more energy. And I had to go out and buy some smaller pants.

I used to be part of the corporate world, but for the past few years I've lived a much freer life and I love it. I'm passionate about traveling and I work during the summers for a tour company in Alaska. I never want to sit behind a desk again. So being healthy is really important to me. Not only do I want

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to feel good, but I don't want to be a slave to a corporation just so I can get health insurance. My healthy vegan diet has been the best thing I could have done for myself.

My advice to anyone making this change is to buy Joel Fuhrman's book, *Eat to Live*, and take Delisa's cooking class. The support and knowledge you receive are really, really important. And if you have to ease in more slowly, then do that -- rather than not doing it at all. Change your diet, change your life! Enjoy a delicious, nutritious and very satisfying way to eat. Never "diet" again!

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