

How many times have you heard...

"Eat less and you'll lose weight"

or

"Eat less and you'll feel better".

Yeah...

I used to believe these people before I found the real way to lose weight and feel better.

Looking back... I was so dumb at the time.

But what else was I meant to believe?

For months,

years,

I starved myself from the foods I loved,

gobbled up all the pills I could, just to stay slim.

I deprived myself of everything that was natural.

Did I feel any better?

I'll let you answer that for me.

I tried the diet approach, I gave it my all.

I didn't even realize there was actually something wrong with the way my body was processing food.

Even when I knew I had PCOS, all I was told was to eat less

by doctors, friends, family.

It was only when I let go of the diet mentality and focused on what actually mattered;

My well-being, my state of mind, and my aura.

That was when I finally broke free from the prison I was living in.

My cravings went away,

my relationship with food got better and better,

I stopped feeling the guilt and shame from eating what I wanted,

all while maintaining a healthy weight.

And that's what was most important;

I was healthy

Physically, emotionally, and spiritually.

After solving all of these problems in my life, I started to look for other women like me,

who have been led down a rabbit hole by a rabbit who was lost.

Almost instantly, I found other women who were going through exactly what I already went through.

I had to show them the truth, as I am doing for you now, years later.

With 1:1 mentoring, I have helped these women improve their relationship with food and find the balance they need.

One of these women has shared her story.

She talks about how she overcame cravings and managed to build the life she wanted, without a diet.

You can see her story in

This video

Sam,

at PCOS Nutrition

This will make you UNSTOPPABLE TODAY

Whatever you're doing right now...

It needs to wait.

The rest of your day can't be lived without releasing that tension.

It's been building up ever since you woke up.

It needs to go.

It was 3 years ago when I discovered this method:

It quickly released all the tension I was holding at the time.

When going back to whatever I was doing,

everything just seemed to click.

I felt UNSTOPPABLE.

I still use it to this day.

You can quickly watch it here.

Try it for yourself

and become UNSTOPPABLE for the rest of the day.

Erika

Will you take this challenge?

There is only so much time.

You have to make the choice...

either stay who you are now,

or take a leap of faith,
and discover who you really are.

Because the REAL YOU...

has ambitions,
has confidence,
has courage,
and the will to do as they please.

But...

The idea of the REAL YOU is so foreign.

After all, you've never had any dreams or desires to fulfill.

You've always played a role in someone else's life.

Always seeking to please.

But [Name]...

This is just the past trying to convince you of who you are.

Just clouds blinding the rays of the sun.

You need to uncover those clouds.

I'll teach you...

Step by step, how to do this.

It's not easy.

That's why it's a CHALLENGE.

But ask yourself...

"Is the challenge not worth becoming the REAL ME? "

Think about it, then make your choice.

I'll be waiting for you.

[Sign up here](#)

How many glasses was it tonight?

1?

2?

3?

A whole bottle?

Once one is down the hatch it's so easy to grab another
and another
and another.

And the guilt and shame all pile up into one big question of
"WHY DID I DO THIS?"

And it makes you feel sick to the stomach.

But don't you see?

You have recognised the mistakes.

The nights where drinking a whole bottle in one swoosh

WITHOUT CARE

feel so far away.

You have already made the first step.

So don't give up on yourself.

The second step is to make the decision beforehand

to NOT DRINK THAT GLASS.

No matter how tempting it is,

how much it draws you in like a magnet.

There are ways to make that decision.

Ways to pivot your mind in the direction YOU want it to go in.

But instead you have found yourself in the cycle of the same

"Ifs"

"Buts"

"Maybes".

Until now...

You can finally learn the ways to take the control you deserve

over your own body,

your life,

and spirituality.

I teach these ways in the TRUE LIGHT course.

I look forward to speaking to you there.

Join now

Achieve the SUMMER BODY in less than 1 month

The summer is here!

Bikinis are on,

beaches are packed,

But where are you?

At home in your pajamas?

Come on.... You're thinking about that belly fat, aren't you?

Stop worrying, there's still time.

Over years of training and experimenting, I have found the most efficient method to transform a "not so summer" body, to a "I'm ready for the heat" body.

I share this method with all the women I coach,

And let me tell you:

They are set FOR LIFE.

These women used to be scared of walking out the front door.

And now...

They have revealed their most confident selves.

Would you like to reveal your most confident self?

I understand you may not have the time...

So I've compiled half of the tips and tricks I've learned to shaving off those few ounces of belly fat in my CBB App.

Think about it...

Download the app, and you'll already be halfway to the body you so desire.

And for just \$15/week, there's no other investment you could make,

that will get you out on the beach,

in less than a month.

download it now

Go to sleep on demand, TONIGHT

How long has it been?

Days?

Months?

Even years?

You can't keep going on like this.

Your body needs sleep.

It needs YOU.

I know you've been trying,

because I've tried EVERYTHING:

- 3-5 hours of reading
- constant sound of raindrops
- never-ending meditation

But even with all of these hopeless attempts to restore balance to my body,

The sleepless nights would not go away.

The anxiety attacks would not go away.

And I still had to re-organise my life around my stupid sleeping schedule.

It just got worse

and worse

and worse.

Like yourself now, I could not keep on living like that.

I had to do something.

So I called every expert that was kind enough to talk to me.

And eventually...

I was recommended Peptide Therapy.

Of course, I couldn't help but feel skeptical.

But to my surprise,

My sleep gradually got better and better.

From not being able to fall asleep until 4:00am, the hours slowly rewinded...

To 3:00am,

Then 1:00am,

All the way to 9:00pm.

My life had changed.

I finally felt ALIVE.

I was finally happy to wake up to the sound of morning birds.

So why shouldn't you?

With my Peptide Program,

I have already helped 100s of women like yourself.

Just look at the testimonials.

I hope to see YOURS within just a couple weeks.

You have finally found the right thing.

Schedule a call here

An unhealthy gut, stays an unhealthy gut,

unless...

You DO something about it.

Okay...

But what is it you do?

You may think that if you eat enough greens, take your vitamins, that it solves the problem.

So why is it you still get those headaches?

Why do you still feel devoid of energy?

Fixing your gut environment is not as simple as it may seem.

But it can be done...

In only 3 days.

I explain everything

in my 3-day Gut & Hormone Refresh.

And guess what?

It's FREE knowledge.

Why are you still here?

Download it now

EMAIL FOR ELANA'S PANTRY, DESIGNED FOR SUBSCRIBERS TO CLICK ON THE LINK TO RECEIVE FREE VALUE

Want to KNOW WHAT TO COOK for every meal of the week?

I'm sure you do, struggling to conjure up a dish is not the best way to spend every night.

Especially after coming home from work, or completing a myriad of tasks.

After all, our hard work should be rewarded with something to look forward to.

And when it comes to cooking, there's nothing else that is more rewarding than a tasty meal.

The problem is, where do you get the inspiration? The ideas?

Constantly staring at that chicken breast won't do it.

Or gathering up ALL your ingredients and placing them in a pile won't either.

Well, you could try the internet, but most people would agree it's hard to find a recipe that's not wack.

So what DO you do?

Don't panic, I'll tell you.

You need a reference.

A place you can look that will get you putting that apron on in seconds!

No **thinking** for ideas.

No **searching** for ideas.

Or **waiting** for them to come to you either.

One quick look at the "Paleo Cooking from Elana's Pantry" and voila, you'll be **tingling** with the pure anticipation of eating those meals.

I know it's a lot to promise, so I've shared the star recipe from the book

>>here<<

You have to try it out.

And if you do,

Let me know how you get on.

Best cooking wishes,

Elana

EMAIL FOR TERRY WAHLS, ENTICING SUBSCRIBERS TO CLICK THE LINK

How to truly fix your health

Fixing our health has always seemed like a complicated idea or concept to understand.

What does that even mean?

"Fixing your health".

Not many people know because of the stupid amount of misinformation out there.

Or people "think" they know because they take their daily dose of medicine prescribed by their doctor.

It's mind blowing how many people are actually mistaken about their own bodies.

No, eating your five a day, while it does help, does not guarantee a fixed health.

And no, stuffing your mouth with pills every day will certainly not work.

So what is it? How can you actually fix your health?

It all comes down to nutrition, and the right nutrition.

A perfectly designed eating plan designed for your specific needs to get your body back on track.

[Find out more here.](#)

Terry Wahls

EMAIL FOR TERRY WAHLS, DESIGNED TO SELL THE WAHLS DIET APP

A trackable way to restore health

Hey Wahls Warrior,

I'm sure you're fighting as hard as possible (which is good), but I think I may have something that will ease the struggle for you.

If you are following any one of my diets, you'll know it's not as easy as it may seem.

And if you are not, but would like to, you'll find out what I'm talking about.

Keeping track of all you are consuming is overbearing, especially when you are focused on maintaining good spirits.

Nevermind the cravings, and the odd temptation to cheat.

One of the most common things Wahls Warriors would tell me is that they can't stick to the diet, which I can completely understand.

But, it's necessary to heal our bodies. It was never meant to be easy, but I found a way to make it manageable.

The Wahls Diet app.

From ready planned meals to fully trackable nutrients, all you have to do is open the app, choose a meal, and everything will be done for you.

You have a lot going through your mind now and the last thing you need to be worrying about is if you ate enough kale at lunch.

Plus, you'll be surprised at how well it integrates the diet into your life and therefore the foods into your stomach.

It really is useful, I've been using it for the past year and living with MS has never felt easier.

Go check it out in the app store [here](#).

And as always, keep fighting.

Your fellow Wahls Warrior,

Terry

EMAIL FOR SARAH BALLANTYNE (THE PALEO MOM), SELLING THE NUTRIVORE PRODUCTS

You know you don't need a diet?

I'm going to tell you why.

It's easy to be misled into thinking that a diet is the only way to be healthy, the only way to lose weight, or the only way to actually feel good about our bodies and what we put in them.

But why would you limit yourself to a set of strict rules that will determine your meals, your days, and eventually your life.

It's a food prison!

Your relationship with food doesn't have to be that way.

You CAN indulge into the treats you love and you CAN not feel left out at the dinner table. All while caring for your body's health.

You just need a simple nutritional goal to meet everyday, and one that won't take up all your brain energy so you can enjoy your life the way YOU want to.

Luckily, I created the Nutrivore Guide, telling you everything you need to know on becoming a Nutrivore, so that you can reek the benefits of a healthy but enjoyable life.

[become a Nutrivore here<<](#)

Sarah

The Paleo Mom

EMAIL FOR SARAH BALLANTYNE (THE PALEO MOM), SELLING THE NUTRIVORE PRODUCTS

You've made a mistake

Don't worry, I'm not going to scold you, or talk down on you.

If you're anything like me, you will have had those days where making the right choice all of a sudden becomes a mountainous task.

And because you are human, you will have made a choice that you're not so proud of.

Like putting 2 sugars in your tea instead of one, or reaching for a slice of cheesecake one too many, or whatever it is you believe is setting you back... it's not.

Let me remind you that you have endless more chances to make a choice again, endless more chances to choose that salad over the chocolate cake.

You can't pin your worth on a single mistake, because at the end of the day these mistakes don't matter as long as you're making progress, one small step at the time.

And that's what being a nutrivore is all about.

Small actions over a long period of time that build up to counteract any mistake you make, no matter how big it may seem.

If you want to learn more about being a nutrivore and becoming someone that progresses every single day, then I have a guide just for you.

[>>Click here<<](#)

Sarah

The Paleo Mom

EMAIL FOR IZABELLA WENTZ (THETHYROIDPHARMACIST), DESIGNED TO GET PEOPLE TO WATCH THE FREE DOCUERIES

You're not crazy

You're more sane than the doctors who dismiss you, the people who desperately try to comfort you,

Telling you "it's all in your head".

This is our lives we're talking about, our ability to communicate, share, and love, not some ghost we believe exists in the cupboard.

You are the only one who knows your body, you know when something isn't right.

When the world feels like it's against you, where will you find the people that WILL listen?

It's a tough question, a question for many women around the world like you.

Most of the women who have asked this question are still sufferers, waiting to be heard.

Although there are some who have made it through, who have had the light shone on their bodies so they can understand what's going on and fix their problems.

No more fatigue, no more weight gain and the crippling anxiety and depression that comes with it.

Find out about these women in the [Thyroid Secret docuseries](#).

You really aren't alone in this.

Your thyroid pharmacist,

Dr. Izabella Wentz

EMAIL FOR IZABELLA WENTZ (THETHYROIDPHARMACIST), DESIGNED TO GET SUBSCRIBERS TO WATCH THE FREE DOCUSERIES

The “once and for all” Thyroid cure,

It's so simple,

It's not medication, and it's not surgery, or taking a whole load of supplements.

Why are you so concerned with putting more things into your precious body when you can focus on what you are already giving it.

You know what it is.

The fuel for our bodies and our brains.

The thing with extraordinary healing powers.

The very thing that has a huge play into how long we live.

Food!

Now, I'm not saying everybody is the same. The cure that may work for one person may not work for the other. Some people may need medication. Some people may need surgery.

What I am saying is that there is a lot more hope than you think. You yourself hold a large portion of power over your own body.

In my case I had acid reflux. All the medication I was prescribed did not keep me from staying awake every night. I tried many doctors, many medicines, for 3 years. It was until I removed dairy from my diet that I would never have to worry about acid reflux again.

If you want to find out other people's stories and how you can discover your own cure to your thyroid problems you can watch the Thyroid Secret docuseries.

9 episodes where you will start on the path to ending confusion, ending the suffering, and healing your body, “once and for all!”

[Check it out here<<](#)

Your Thyroid Pharmacist,

Dr. Izabella Wentz

EMAIL FOR KELLY SHALLAL (HUNGRYHOBBY), SELLING A CUSTOM MEAL PLAN

How you escape the pit of stress

You know that feeling?

When you've come home from work and all that awaits you is the "glorious" task of planning your meals for the week?

Yeah, I know that one.

The only way to get healthy, or it seems, is that you have to go through this grinding pain of constant planning, shopping lists, actual shopping, and food preparation. All leading to the same old boring meals.

If only there was a way to avoid the stress, and the overwhelming amount of tasks getting healthy brings.

That's what I thought, at least.

So, I created a custom meal plan for anyone looking to achieve their nutritional goals.

You'll have everything at the click of your fingers, so you won't have a busy schedule determining your life.

But instead, live it the way YOU want to.

Get yourself the meal plan

[>>here<<](#)

Best wishes,

Kelly Shallal

EMAIL FOR KELLY SHALLAL (HUNGRYHOBBY), SELLING A CUSTOM MEAL PLAN

Diets come at a price

If you've started dieting, or tried to, or even been dieting for a while now, you'll know that it comes at a price.

Depending on the diet... keto, paleo, IBS diets, the price will be greater for some than others.

The treasured foods you can't eat, the horrible foods you have to eat, but worse of all, the restrictions on actual meal ideas.

With such a small palette to work with, it's hard to come up with something new every day and not end up in a never ending cycle of 3-5 meals.

That's why I have created a custom meal plan which you can tailor to your diet's needs.

All of the calendar boxes ticked off.

Fresh and exciting meals everyday, making the utter most of the diet's ingredient palette.

It's hard to believe we're becoming healthier and changing our lives when we're eating the same thing every day.

We need to feel renewed, and a renewal of food will definitely help with that.

[Check the meal plan out here<<](#)

Best wishes,

Kelly Shallal

EMAIL FOR MICHELE (THRIVING AUTOIMMUNE), SENDING SUBSCRIBERS TO A VIDEO

How you are tricking yourself into being sick

What?

Who would want that?

You know that there may be a reason, which has been hidden from you, that is quite literally forcing you to be sick.

I know, it sounds crazy, but it will all make sense in a minute.

Let's say you worked an office job, which maybe you do.

You are always on time, complete every task to perfection, you try your absolute best, but for some reason you can't catch a break from your boss.

You can't complain, of course... that's the boss.

All that stress just bottles up and it starts to affect your body.

You can't help but feel sick.

Of course, you take time off work to recover but no matter what you can't seem to feel better.

Whether it's headaches, nausea, aching joints... it just won't go away.

It turns out you are subconsciously avoiding the stressful environment at work, by staying sick.

Your brain wants to keep you in the place where you mentally feel most comfortable, even if it comes at a cost. Which is normal, we are all human.

However, this can be a bad habit to get into. Remember, your body's health is the priority.

All you have to do is catch yourself whenever you feel like this may be happening, and instead of avoiding the problems at work, try to fix them.

I hope this was useful to you. If you want to find out more about this, check out the video I've linked just below.

[insert link]

Michele
At Thriving Autoimmune

EMAIL FOR JESSICA ESPINOZA (DELICIOUS OBSESSIONS), SELLING THE EAT THE RAINBOW COURSE

Start Preparing

Only one week left until you'll have access to my lifelong held secrets.

You're going to be so glad after you have seen this.

My meal plans, buying on a budget, and my daily tricks to sustaining the perfect food habits (not diet).

All in one place!

6 years ago, I created the Eat The Rainbow 30 Day Ecourse.

Every day, hundreds of people were emailed with applicable information that immediately changed their perception and experience of food.

And now, Eat the Rainbow is back, better than before.

Since the first release I've gathered and compiled all of the newest things I've learned about eating a diversely coloured palette of food.

All done with one goal in mind:

To make healthy living accessible to everyone.

I know you're interested. I've recently created a video sharing some of my favorite Rainbow foods to use in cooking fabulous Rainbow meals.

Click the link [here](#) to go watch it and already start your Rainbow life.

This is only a small piece of what Eat the Rainbow has to offer.

I will email you as soon as the course is open to access, so keep an eye out for my emails.

Best Wishes,

Jessica Espinoza

EMAIL FOR ALEANA (GRAZED AND ENTHUSED), SELLING THE LYMPHATIC LOVE GUIDE

Do you have “mystery symptoms”?

Have you ever had those symptoms that pop out of nowhere?

Unexplained and almost random.

Any search for answers on google almost always leads to confusion, or being scared into having cancer.

If you're reading this, you probably know by now that you don't have cancer, and all of these “mysterious” symptoms stem from a much simpler underlying problem.

Not one to be frightened of, but one that must be conquered.

As you most likely already know, I'm talking about the health of the Lymphatic System.

For years, our lymph has been disregarded among the medical industry.

It is because of this, I have made it my mission to raise awareness to arguably the most fundamental system in our body.

These symptoms you may be having will not go away unless you do something about it.

You may feel like you're eating the right foods, feel like you're getting enough sleep, and feel like you couldn't do anything else to fix what you have.

Well, there's something for you that will take the feelings out of your actions, and instead the knowing that you are healing your body.

To find out if this is the right thing for you, [click here](#).

As always, I wish you all the luck in your healing process.

Alaena

EMAIL FOR CAITLIN (GRASS FED GIRL), SENDING SUBSCRIBERS TO A VIDEO WITH FREE VALUE

How to get rid of "food chatter"

Ah...

Our best friend

Always there when you need it most, whether it's a heartbreak, a stressful day at work, or hopelessly trying to juggle all of the pieces of your life.

But really, "food chatter" isn't a friend at all.

Because we all know the result of listening to this "food chatter" is the inevitable 9:00pm search in the cupboards.

Even though eating releases the tension in you that so easily builds up, it is not a sustainable way of living.

You can't just feed off the pleasures of food for happiness, it simply doesn't work.

All this really does is lead to guilt.

The source of all the pains.

This is why you must choose to ignore the "food chatter".

Start seeing food for what it really is.

Which by the way...

I recently created a video showing how wonderful some foods are for your body and mind.

[Watch it here<<](#)

I go over 3 effects of incorporating more meat into your diet.

I must say, the third one will surprise you.

Anyway, I must be going now.

Remember, do not listen to that "food chatter"!

Best Wishes,

Caitlin

at Grass Fed Girl

EMAIL FOR SARAH FRAGOSO, SELLING THE EVERYDAY PALEO COOKBOOK

Making your mind up? Here's why you should change what you eat.

You probably already know the main reasons, but there is another one you haven't thought about.

Yes, becoming the healthiest version of yourself is super important.

Yes, losing that excess weight that you don't need to be carrying around does make your body look good.

But, there is something far more sacred.

That being your actual relationship with food.

The way you look at it, how you interact with it, and the manner in which it enters and leaves your mind.

What I'm saying is, that cheesecake that you have saved up for the evenings, or the cookies, chocolate cake, or whatever... starts to look alot nicer when you're not eating it all the darn time.

And the foods that you do then eat more of, you look at as little bits of goodness. The love that develops for that food comes from the fact that you KNOW it is healing you.

Remember this, **something doesn't have to taste good for you to appreciate it.**

Which brings me to the "Everyday Paleo" cookbook.

It has everything you need to start cooking up some nutritious dishes.

After just a few meals, you're going to be loving food so much you're not going to believe it.

So here it is:

[right here<<](#)

I know you'll love it.

Best wishes,

Sarah

