

Open rate: 64.2%

CTR: 4.6%

Subject: I have a confession 🙄

Preview: my thoughts on protein powder

I just got off the phone with one of my dearest friends.

She was *ecstatic*.

She just got back from Europe and had the time of her life.

And she was most excited — not because she got to see the Eiffel Tower (something she'd wanted to since she was a child.)

Not because she met someone tall, dark, and handsome on her travels.

>> But because she ate dairy products for two straight weeks and it didn't trigger her typical digestive issues.

"It was GLORIOUS! I got to eat CHEESE! Real, parmesan cheese!" she exclaimed LOL

And I knew exactly what she was talking about.

I've had so many patients over the years explain the same phenomenon to me.

When they went overseas, suddenly their dairy sensitivities just seemed to *poof* disappear.

Why?

Because European farming practices and food processing standards are incredibly different from ours here in the US.

Plus,

- + Their farms are less crowded...which means less illness for the livestock and fewer antibiotics administered
- + They haven't allowed growth hormones to be injected into cows since the '90s
- + They pasteurize their milk in a different way which leads to milk with a lower sugar content
- + Their cows have a different gene pool which affects the quality of the milk produced and the amino acid profile of said milk (which means it has fewer gut irritants in it)

In other words, European milk is just far superior. End of story.

Now, you probably know that I'm a big advocate of eating whole foods and getting the majority of your protein from a nice juicy steak.

But I have to confess...even as hard as I try, I don't always meet my protein goals every day.

Sometimes, I'm just flat-out too busy running a business and a 40-acre farm to cook.

And other times, I just don't *want* to.

So, I say, if you can beef up your protein intake *without* compromising quality, a nice whey protein powder is a lifesaver, and there's absolutely nothing wrong with it.

I have a scoop or two of [Momentous Grass-fed Whey Protein](#) pretty much every day without fail, on top of my protein-rich diet. It's my post-workout go-to for an easy and efficient way to make sure I'm getting enough protein in my diet to support my muscle mass.

Honestly, I can't choose a favorite between the chocolate and vanilla flavors. They both are excellent. Something to really look forward to at the end of a hard lifting session.

And while the taste is phenomenal, I LOVE the fact that they source from European dairy farms.

Plus, this protein powder:

- + Is cold processed to preserve native protein structures
- + Includes ProHydrolase to maximize absorption and for easy digestion
- + Is a protein isolate, which means it's higher in protein and lower in lactose

%FIRSTNAME%, the BEST health insurance you can possibly have is a nice slab of muscle on your bones.

Be sure to encourage and support YOUR muscle the right way with the highest-quality, cleanest protein powder on the planet, [AND SAVE 15% on it when you use code XXXX > HERE.](#)

BUTTON: SAVE 15% on whey protein with code XXXXX

<SIGN OFF>

P.S. I also have my mom and dad each take a couple of scoops of this protein powder daily. It's not just for people who work out and lift heavy. A daily protein boost is simply essential for all ages and can help with the rapid loss of muscle mass that happens as you get older. [Be sure to use this link and use code XXXXX to save 15% on my *favorite* protein powder.](#)

Open rate: 58.2%

CTR: 5.4%

Subject: I have a VERY real question about this 🙄
Preview: Do you think GLP1s are “cheating” ??

SO many people argue that GLP1 agonists are like taking a shortcut to weight loss.

Like somehow, if you’re using tools that are available to you — you’re “cheating.”



Which begs the VERY real question:

WHY IN THE WORLD WOULDN'T WE USE EVERY POSSIBLE TOOL TO HELP PEOPLE GET HEALTHIER?

Seems to me it's only the people who benefit from a sick and inflamed populace who would think like that. But I digress.

Now, I get it, {{first_name}}.

GLP1s aren't a tool that's within everyone's grasp.

They can be expensive, and hard to reliably get a hold of.

Insurance companies LOVE to deny affordable access to them.

>> But there are other tools that you can easily access. Tools you can pop online and order and have them delivered straight to your doorstep, even at a regular interval if you'd like.

And one of my all-time FAVORITE tools is creatine.

Creatine is a powerful powder made from 3 amino acids.

- Arginine – which helps with blood flow, muscle repair, and muscle growth.

- Glycine – which has calming effects on the nervous system.
- Methionine – an essential amino acid (which means your body can't make it, you've got to ingest it) that helps break down fats and supports liver health in a big way

Creatine is one of the most well-studied supplements in the world.

It's affordable.

>> And my friends over at Momentous make a super high-quality one.

We're talking NSF Certified, which means every single batch is tested for heavy metals, harmful additives, and label claim accuracy.

They source their creatine from Germany, which is a much more reliable source of high-quality food items than China (*which is where most other creatine comes from *cough cough**).

Now, just like with a GLP1 agonist, you can't expect to start taking creatine and see all of the amazing benefits *without* also changing up your workout routine and diet.

But, you got to start somewhere.

And creatine can give you:

- The extra cognitive spark to feel more like yourself (the one who actually *wants* to workout)
- Increased energy support so exercise and daily tasks don't feel so draining
- Endurance to keep on going and improving

This is the kind of product I think *everyone* should be using.

It's really a no-brainer.

And for a limited time, you can get a 20% discount on ALL of my favorite Momentous products, including their top-shelf creatine.

This is an incredible chance to stock up and save on some of the best protein, supplements, and creatine on the market.

Because you deserve to use every single tool you can to improve your health. It's definitely NOT cheating, I promise.

<SIGN OFF>

P.S. As someone with a rather sensitive stomach, I love that the Momentous Creatine doesn't wreck my digestion. It mixes well and doesn't get clumpy, either. **Tap here to save 20% NOW!**

