Hi Jen,

I like how you always give people a better and safer way to do things like doing intermittent fasting instead of water fasting.

I went through your website and saw your Daily Health Tips page and it reminded me of past work I have done for someone.

And some of the techniques I used for him can be applied to you too.

All it is is 5 simple strategies to your page making it more impactful and memorable.

And once that is done you will see a rise in conversion rates and respect for sharing valuable information.

I have created a sample of the strategies in use below.

If you like it, reply with a "yes" and I will complete it and send it over.

All the best,

Riaz