

Review Copy of Launch Emails

11.23.22

How to ditch diet culture for good

It's almost time...<name>,

In the next 24 hours... I'll be releasing my exciting new group intensive to you.

I believe this is one of the most (if not THE MOST) empowering way to build the strongest and most sustainable foundation of health...

...so you can nurture and grow your relationship with food easily.

- No more feeling of frustration
- No more feeling guilty
- And most importantly no more binge eating

The journey to your body's food freedom starts tomorrow.

I know that you would hate to miss out on this chance.

So make sure to keep an eye out for my email.

<signature>

11.24.22

It's here... <name> it's here!

I'm so proud and excited to bring you...

My most complete package to finding your effortless relationship with food, mindset, health and fitness!

I might've told you this before but...

Years ago as a bodybuilder and Collegiate Athlete...

I unknowingly entered into a totally unhealthy relationship with food to keep an "IMPOSSIBLY" lean physique.

And after I got the guidance I needed and DESERVED from a coach, I broke free from the vicious grips of my unhealthy food obsession.

That's why...

I've tailored this course to perfectly fit your needs so you could FINALLY embrace your body's food freedom.

Click here now to recover from your toxic relationship with food and take back control of your for good.

<name>, I don't want you to miss out because this course only opens for a (super) limited time.

Tick tock tick tock.

Don't wait any longer...

Click here now!

11.25.22

Exclusive inside scoop (don't tell anyone)

Hi <name>,

Yesterday I just launched my new group intensive and here is what you could expect to see.

- Fun weekly group coaching calls hosted by yours truly along with other women starting this journey (your new crew)
- Easy-to-follow interactive learning with workbooks (cozy sweatshirt and messy buns are optional)
- Private Invitation to our intimate and trusted online community (your future besties)

Are you as excited as I am?

Click here and let's get the party started!

<signature>

11.26.22

You would hate to miss this...

<name>, I know how it feels because...

I went through the same cycle of neverending perfection with food.

I know that feeling when you don't get to savor every bite of your favorite doughnut while only leaving crumbs of guilt and shame.

I know how you feel when you punish yourself with strenuous exercise just to burn off the calories you binge ate earlier.

Being in an extremely unhealthy relationship with food is far from easy.

But it does have to be this way.

You need to escape from the terrible place of restriction.

But, you don't need to do it all by yourself.

Follow along your own food freedom journey together with women all around the world who understand you and know what you're going through.

[Click here](#) to break free from the vicious cycle of neverending perfection and allow peace to find you.

<signature>

11.27.22

I'm emotional writing this...

Hi <name>,

I want to share with you what Natasha said about my new group intensive.

“ I'm emotional writing this because I never thought I'd go on such a healing journey of learning about myself.

I started this intuitive eating journey with the desire to find freedom around food, but no idea that it would require so much self-growth. “

So what do ya say, <name>?

Are you ready to embark on your own journey about yourself and finally find freedom around food?

Click here and let's get started.

I promise that you won't regret it.

<signature>

11.28.22

(Last DAY)You can't afford to miss this

Hey <name>!

This is the final day for the launch of my new exciting group intensive.

If you have trouble eating out at family dinners and restaurants,
if you always trying and see no results in many diets,
and if you are afraid of enjoying your favorite food because of macros and calories,

Then this is for you.

You'll finally be able to not binge eat anymore, feel more in control to eat out than ever before and allow peace and satisfaction with their relationship with food.

Doors are closing really quick and <number of people joined> have already joined!

And the clock is ticking so don't wait any longer – if you finally wanna feel in control around food again, click here now.

<Signature>