

Day 6 – Seminar Push for New Lead

Hi, (Name)

How many diets have you been on that have resulted in your giving up? How many of these failures have been attributed to late-night eating? If you're anything like our patients, it's definitely easy to give into temptation late at night after starving yourself all day on a ridiculous diet!

In our [Weight Loss Seminar](#), we cover many ways that you can overcome your late night eating, particularly if it's related to stress and high emotions. We'd love to have you come and learn about some fabulous methods that we use to help people control and overcome their cravings. In the meantime, here are a few tips to help you avoid late night eating!

1. Increase Fiber Intake

Fiber not only helps to keep your bowels healthy, it also regulates your blood sugar levels. When you have even levels of blood sugar, the energy from your food will last longer, and you will feel your cravings reduce.

2. Get More Protein

When you have enough protein in your nutritional plan, your muscles are sufficiently fed. You won't tire as easily, and you will find that you have more energy throughout the day. This, in turn, will assist you in keeping cravings at bay.

3. Eat Slowly

Our lifestyle these days demands us to do everything quickly. If our computer or our phones or our cars don't go as quickly as we'd like them to, we get frustrated and angry! The same can be said of our eating habits. We tend to scarf down food in order to hurry on to the next thing. Take a minute to really savor and chew your food. Not only will your taste buds be more satisfied, but your digestive system will thank you for not having to work extra hard to break down your meals.

4. Don't Skip Breakfast

If you don't start out with healthy, energy-giving food, then the rest of your day will only get worse. Your body will become lethargic, and you will soon be craving foods that are bad for you. Be sure you always get a well-rounded meal, first thing in the morning.

5. Drink More Water

When your body is hydrated, your cravings will lessen. Many times, when people think they are hungry, they are actually just thirsty. If you're having a severe craving, drink a few glasses of water. You could even add some pieces of fruit to soak in the water if you need a little bit of flavor. You'll be too full to worry about cravings if you make drinking the recommended eight glasses of water part of your daily routine.

6. Distract Yourself

When you're craving foods late at night, chances are you're either in the kitchen or in front of the television. Close your kitchen down after dinner. Simply don't go near it. Instead of turning into a zombie in front of the television, do something more rewarding that more fully involves your brain. Take up a hobby or read a book. You'll soon forget all about your cravings.

For more tips on healthy living, we invite you to attend our Weight Loss Seminar. We've seen thousands of patients live better, healthier lives because of our program, and we want that for you, too!

[Register for a Free Weight Loss Seminar Now!](#)

Kind thoughts,
(Clinic Name and Information)