Monthly 2 – Seminar Push for New Lead

Hi (Name),

If you're like most Americans, you tend to get stressed out, and when that happens, you overeat. We've all been there. The trick is to train your body to not react to high levels of emotion and to make sure your body is full of healthy food.

Many people don't even realize that they binge when they're feeling pressured or sad or even angry. They think they are hungry or that they need the food for energy to keep going.

Instead of giving into overeating bad foods, try these few things to help you avoid binging:

Snack Time
It's extremely beneficial to your body to eat smaller amounts of healthy food throughout the day. That way, when mealtime comes, you won't be eager to go for a large pizza…and eat the whole thing yourself! Set regular snack times so that you're feeding your body all day long. You'll metabolize the food better and keep you emotionally and intellectually steady throughout the day. During our Weight Loss Seminar, we cover the best times to eat and how much to eat to avoid cravings.

Get a Food Counselor
If you don't know the type of food your unique body needs, then you'll have a difficult time feeling satisfied. This can lead to an overindulgence of foods that are terrible for your health and weight. We offer private consultation sessions at Club Reduce to help determine which foods your body truly needs. We can help you come up with a plan that will get you losing weight in no time!

Eat Fresh
Fresh, organic fruits and vegetables are the most satisfying foods that you can give your body. When you're full of the essential vitamins and minerals that your body is desperate for, your cravings will completely disappear!

Relax
Learning to control stress is an essential part of avoiding binge eating. We offer special programs at Club Reduce that have helped thousands of people take control of their cravings through relaxation and stress relief techniques.
For even more fabulous ideas on how to avoid binging, come to our Weight Loss Seminar and learn even more. You won't be disappointed!

Until next time,

(Clinic Name and Information)