

## **Monthly 3 – Seminar Push for New Lead**

Hi (Name),

Quenching your thirst can come in a lot of different ways, but some are much healthier than others. Let's take a look at what you should and shouldn't be imbibing:

### **Water**

When you don't drink enough water, your body's ability to cleanse itself is exponentially diminished. Not only does your system need it to keep all of your cells and organs working properly, but drinking a sufficient amount of water every single day will also help you lose weight. When you are hydrated, your body has more energy to burn fat. If you feel that missing a glass or two every day isn't that big of a deal, you're wrong. Even if your body is a mere 2% dehydrated, it will drastically decrease your system's ability to work properly, so your energy levels, your brain function, and your endurance will significantly diminish. So drink up!

### **Alcohol**

Did you know that if you drink alcohol daily, then your intake of sugar and risk of weight gain is significantly heightened? Even if you opt for a light beer, the additives involved will still expand your waistline and diminish your health. Alcohol will also leave you feeling bloated and your muscles inflamed.

### **Soda**

Sodas are every bit as bad as alcohol for sugar content. The artificial sweeteners in diet sodas have a bad influence on your health, too. It's best just to stay away from soda altogether and stick with freshly squeezed juices (in moderation).

### **Portion Control**

Some people choose a green smoothie or a nutritional shake for a good, healthy drink option. However, it's best to remember not to overdo it. If you keep putting ingredients in the blender until it's up to the brim, and you try to drink the entire thing, you'll feel too full and your body won't be able to properly assimilate the nutrients from your concoction. Be sure to measure out all of your portions and to stop when you're full. If you have leftovers, put them in the fridge or the freezer for another morning or later in the day.

### **Nutritional Shakes**

We have excellent nutritional shakes that have been proven a perfect addition to any weight loss plan. Come to our [Weight Loss Seminar](#) to discover how tasty and how healthy they are!

See you there!

(Clinic Name and Information)