

# Email Sequences for the 20-Day Rejuvenation Program

## The 20 Day Rejuvenation Program Day One

by Club Reduce

Hi Patient Name!

Welcome to the Club Reduce family!

We understand the commitment it takes to lose weight and keep it off for good - that's why we're here to help you through this journey!

You'll be receiving emails from us each day of your program, encouraging you and helping you become your own weight loss success story!

With the Club Reduce 20-Day Rejuvenation Program, you'll begin seeing results quickly!

A healthy eating regimen is just what you're looking for to finally have the body you have always wanted and feel great.

Getting rid of meat, dairy and processed sugar is like cleaning out a closet full of sentimental junk.

We think we can't part with it, but it feels so good when we do!

This is an essential part of the cleansing and healing process.

We are here to support you, please call us with any questions or concerns at:

We can't wait to see your results!

## 20 Day Rejuvenation Program Day Two

by Club Reduce

Hello Patient Name,

Congratulations on choosing to take control of your health and your life!

Getting rid of meat, dairy and processed sugar is like cleaning out a closet full of sentimental junk.

We think we can't part with it, but it feels so good when we do.

This is an essential part of the cleansing and healing process.

A good attitude will make a huge difference.

As James Allen once said, "All that a man (or woman) achieves and all the he (or she) fails to achieve is the direct result of his (or her) own thoughts!"

Your success will be directly proportionate to your thoughts!

Don't forget to take all the Solutions4 supplements as listed!

Remember to log everything into your binder for the day.

Studies done at the Mayo Clinic showed that people who kept a food diary lost twice as much weight as those who didn't!

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## The 20 Day Rejuvenation Program Day Three

by Club Reduce

Hello Patient Name,

You will start the lemonade detox today.

Be sure to check your Solutions4 supplement list as it changes today.

Remember to log everything into your binder for the day.

"When performance is measured, performance improves. When performance is measured and reported back, the rate of improvement accelerates." T. S. Monson

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## The 20 Day Rejuvenation Program Day Four

by Club Reduce

Hello Patient Name,

You're doing great!

This is the second day of the detox portion of your cleanse; note the increase in your Solutions4 Body Purifier supplement.

It's normal to feel uncomfortable while your body is detoxifying.

You'll feel fantastic once all the junk is cleaned out.

Smile a lot and remember laughter is the best medicine.

"Blessed are those who hunger and thirst, for they are sticking to their diets." ~Author Unknown

Actually, if you are drinking enough water, taking all your Solutions4 supplements and sipping your lemonade throughout the day, you shouldn't feel hungry or thirsty.

It's important to sip slowly throughout the day.

Take a sip every 15 minutes. That will make the process much easier.

Remember to log everything into your binder for the day.

It's important to keep track of your progress.

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Bigger snacks mean bigger slacks. ~Author Unknown

## The 20 Day Rejuvenation Program Day Five

by Club Reduce

Hello Patient Name,

Wow! Day five already?

Keep up the good work and remember "Nothing tastes as good as being thin feels." ~Author Unknown

Remember to check your Solutions4 supplement list as your Body Purifier increases again today.

As your joints loosen and pain melts away you will realize that losing weight is a nice side benefit, but being healthy and feeling great is the main objective.

The Americans and Russians at the height of the arms race realized that if they continued in the usual manner they were going to blow up the whole world.

One day they sat down and decided to settle the whole dispute with one dog fight. They would have five years to breed the best fighting dog in the world and which ever side's dog won would be entitled to dominate the world.

The Russians found the biggest meanest Doberman and Rottweiler female dogs in the world and bred them with the biggest meanest Siberian wolves.

After five years, they came up with the biggest meanest dog the world had ever seen.

When the day came for the dog fight, the Americans showed up with a strange animal. It was a nine foot long Dachshund.

When the cages were opened up, the Dachshund came out of its cage and slowly waddled over towards the Russian dog.

The Russian dog snarled and leaped out of its cage and charged the American Dachshund. But, when it got close enough to bite the Dachshund's neck, the Dachshund opened its mouth and consumed the Russian dog in one bite.

The Russians came up to the Americans shaking their heads in disbelief. "We don't understand how this could have happened. We had our best people working for five years with the meanest Doberman and Rottweiler female dogs in the world and the biggest meanest Siberian wolves."

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"That's nothing," an American replied. "We had our best plastic surgeons working for five years to make an alligator look like a Dachshund."

It's nice to look good, but it's who we are inside that makes the difference.

Be sure to log everything into your binder for the day.

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## The 20 Day Rejuvenation Program Day Six

by Club Reduce

Hello Patient Name,

You can start eating solid food again.

But be careful, you have a great start on the path leading to a more vibrant, beautiful you.

Only eat fresh wholesome foods from the approved list.

As Socrates said "Thou shouldst eat to live; not live to eat.

Check your Solutions4 supplement list, it changes again today.

And don't forget to drink plenty of pure water.

When you scrub those hard water deposits off your bathroom sink, if you don't rinse it off with clear water you end up with cloudy cleanser streaks.

You've just scrubbed the inside of your body.

Continue to rinse and flush those toxins down the drain with fresh, pure water!

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## The 20 Day Rejuvenation Program Day Seven

by Club Reduce

Hello Patient Name,

Rich, fatty foods are like destiny: they too, shape our ends. ~Author Unknown

Make your calories count!

Soybean and mungbean sprouts, spinach, watercress, kale, broccoli, Brussels sprouts, collard and turnip greens are all great sources of protein.

It might seem hard to live without animal products, but many people live without them and live better and longer. You can do anything for 20 days and you only have 13 days left!

"Think of the fierce energy concentrated in an acorn! You bury it in the ground, and it explodes into a great oak. Bury a sheep, and nothing happens but decay." - George Bernard Shaw

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## The 20 Day Rejuvenation Program Day Eight

by Club Reduce

Hello Patient Name,

Health professionals warn us that consuming too much meat increases our risk for heart disease, diabetes and certain forms of cancer due to the high saturated fat content.

Studies indicate that saturated fat stimulates certain types of estrogen-receptive tumors as well.

Reducing animal product consumption, if not eliminating it entirely, will help to reduce the risk of these serious diseases as well as facilitate weight loss.

Experiment by replacing the meat in your diet with high protein vegetable substitutes such as spinach, broccoli and bean sprouts.

Blend an avocado with a little lemon juice and

# Email Sequences for the 20-Day Rejuvenation Program

your favorite natural seasonings to make a delicious veggie spread or dip.

Be creative; try a new fresh herb each day!

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## The 20 Day Rejuvenation Program Day Nine

by Club Reduce

Hello Patient Name,

You are doing great!

You should be noticing some nice changes in your waistline and joints by now.

Stay with it, the best is yet to come.

Remember to have a good attitude and smile often.

David received a parrot for his birthday. This parrot was fully grown with a bad attitude and terrible vocabulary. Every other word was an expletive. Those that weren't expletives were, to say the least, rude.

David tried hard to change the bird's attitude. He was constantly saying polite words and playing soft music, he did anything he could think of. Nothing worked. When he yelled at the bird, the bird got worse. If he shook the bird, the bird got madder and ruder.

Finally in a moment of desperation, David put the parrot in the freezer. For a few moments he heard the bird squawking, kicking and screaming and then suddenly, there was quiet.

David was frightened that he might have actually hurt the bird and quickly opened the freezer door. The parrot calmly stepped out onto David's extended arm and said: "I'm sorry that I might have offended you with my language and actions, so I ask for your forgiveness. I will endeavor to correct my behavior."

David was astounded at the bird's change in attitude and was about to ask what had changed him when the parrot continued:

"May I ask what the chicken did?"

Don't forget to log everything into your binder

for the day.

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## The 20 Day Rejuvenation Program Day Ten

by Club Reduce

Hello Patient Name,

Look back through your binder as you log in today and note the progress you've made.

It's getting easier now that you can look back down that mountain and see how far you've come.

You can do it; you are going to reach your summit!

Remember - "Obstacles are things a person sees when he takes his eyes off his goal." - E. Joseph Cossman

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## The 20 Day Rejuvenation Program Day Eleven

by Club Reduce

Hello Patient Name,

"Power is the faculty or capacity to act, the strength and potency to accomplish something. It is the vital energy to make choices and decisions. It also includes the capacity to overcome deeply embedded habits and to cultivate higher, more effective ones." - Stephen R. Covey

As you focus on the positive aspects of this program, how you feel physically and emotionally, etc. you will realize that you are establishing habits, some temporary and some good lifelong habits.

You make the decision which habits will become a permanent part of your character.

"In reading the lives of great men, I found that the first victory they won was over themselves...self-discipline with all of them came first." - Harry S. Truman

Don't forget to log everything into your binder

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for the day.

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## The 20-Day Rejuvenation Program Day Twelve

by Club Reduce

Hello Patient Name,

Keep up the good work. You can do it.

Some days you will notice more progress than others, but remember:

"Constant dripping hollows out a stone." Lucretius

Your goal is important. Your physical, emotional and mental health are worth the effort and determination required to reach it.

"It's easier to go down a hill than up it, but the view is much better at the top." - Henry Ward Beecher

Don't forget to log everything into your binder for the day.

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## The 20 Day Rejuvenation Program Day Thirteen

by Club Reduce

Hello Patient Name,

Hang in there!

"We are all faced with a series of great opportunities brilliantly disguised as impossible situations." Charles R. Swindoll

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## The 20 Day Rejuvenation Program Day Fourteen

by Club Reduce

Hello Patient Name,

You're doing great!

"First we form habits, then they form us. Conquer your bad habits or they will conquer you."

Rob Gilbert

It can be difficult to stick with a new diet, especially when special events or holidays come up.

Be creative, find ways to celebrate that don't include body damaging foods.

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## The 20-Day Rejuvenation Program Day Fifteen

by Club Reduce

Hello Patient Name,

The end is in sight! You are 75% finished!

Stick to your task till it sticks to you;  
Beginners are many, but enders are few.  
Honor,  
power, place, and praise Will come, in time, to  
the one who stays. Stick to your task till it  
sticks to you; Bend at it, sweat at it, smile at  
it too; For out of the bend and the sweat and the  
smile Will come life's victories, after awhile.  
Author Unknown

You can do it. You're on the final lap!

"Nothing of great value in this life comes easily.  
The things of highest value sometimes come  
hard.  
The gold that has the greatest value lies  
deepest  
in the earth, as do the diamonds." - Norman  
Vincent Peale

Don't forget to log everything into your binder

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for the day.

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## The 20 Day Rejuvenation Program Day Sixteen

by Club Reduce

Hello Patient Name,

"We are what we repeatedly do. Excellence, therefore, is not an act but a habit." - Aristotle

There are many resources for information as you establish new habits for good health.

Beware of fad diets. Quick and easy weight loss programs don't sustain proper nutrition. Remember how good you feel now.

"The trouble with most folks isn't so much their ignorance, as knowing so many things that ain't so." - Josh Billings

Using common sense is crucial in sifting through the numerous devices for health and beauty.

Sometimes the best solution is so simple and natural that it gets overlooked.

A teacher asks her class, "If there are 5 birds sitting on a fence and you shoot one of them, how many will be left?"

She calls on little Johnny.

He replies, "None, they will all fly away with the first gun shot."

The teacher replies "The correct answer is 4, but I like your thinking."

Then little Johnny says "I have a question for YOU. There are three women sitting on a bench having ice cream. One is delicately licking the sides of the triple scoop of ice cream. The second is gobbling down the top and sucking the cone. The third is biting off the top of the ice cream. Which one is married?"

The teacher, blushing a great deal, replied "Well, I suppose the one that's gobbled down the top and sucked the cone."

To which Little Johnny replied, "The correct answer is 'the one with the wedding ring on, but I

like your thinking."

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## The 20 Day Rejuvenation Program Day Seventeen

by Club Reduce

Hello Patient Name,

Hopefully by now you have this program all figured out and some good habits are established.

Remembering to log everything into your binder each day probably comes automatically.

You know where to find recipes and you know which ones are your favorites.

Making healthy choices should be second nature.

If you slip up, don't give up. Just recommit and keep moving forward.

"Our greatest glory is not in never falling but in rising every time we fall." - Confucius

Remember I CAN is more important than IQ.

One third grader was bragging about her knowledge of the state capitals. She proudly said, "Go ahead, ask me, I know all of them." A classmate said, "OK, what's the capital of Wisconsin?" She replied, "Oh, that's easy, W."

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## The 20 Day Rejuvenation Program Day Eighteen

by Club Reduce

Hello Patient Name,

"Failure will never overtake me if my determination to succeed is strong enough." - Og Mandino

You are nearing the end of your twenty day

# Email Sequences for the 20-Day Rejuvenation Program

program. Stay with it and don't terminate prematurely. There is satisfaction in knowing you finished what you started.

"Age wrinkles the body. Quitting wrinkles the soul." - Douglas MacArthur

You will soon begin to add a variety of foods back into your diet.

Nuts and seeds, whole grains and starchy vegetables that are excluded from weight-loss diets can be good choices.

Products containing aluminum should be permanently avoided.

Aluminum zirconium, sodium aluminum phosphate and aluminum silicate can be found in some anti-antiperspirants, hand lotions, baking powders and mixes containing baking powder such as cake, pancake or muffin mixes.

Aluminum can also be found in some medications and vaccinations.

Our bodies can chelate small amounts of aluminum through natural elimination, but when the intake is more than the outtake and aluminum builds up in our tissues and brain cells, it can cause serious health issues.

Read the labels on the products you use to prevent return of the harmful substances you have just cleansed from your body.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

When you choose to give your body the nutrition it needs and protect it from harmful chemicals, preservatives, MSG, aluminum etc. you are on the path to a healthier happier you.

Don't forget to log everything into your binder for the day.

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## The 20 Day Rejuvenation Program Day Twenty

by Club Reduce

Hello Patient Name,

Look back through your binder and examine your progress. Notice how you feel now compared to how you felt three weeks ago. How will you feel in another three weeks if you don't return to bad eating habits?

Give yourself a pat on the back. You should have enough range of motion to actually do it now!

We can now help you maintain your loss...or if you want to lose even more, we have additional help for you!

We are here to support you, please call us with any questions or concerns at:

## The 20 Day Rejuvenation Program Day Nineteen

by Club Reduce

Hello Patient Name,

"The great thing in the world is not so much where we stand, as in what direction we are moving." - Oliver Wendell Holmes

You are definitely moving in the right direction. Feeling good is a choice or a series of choices.