

## Attended Seminar – Didn't Schedule for Evaluation Emails

### Week 10

**SUBJECT:** Your Thoughts Could Be the Reason You are Not Losing Weight!

**EMAIL:** Hi (Name),

Your thoughts and feelings have much more to do with weight loss than you may realize.

Researchers are starting to realize how your thoughts and emotions affect your body and the entire universe around you.

In fact, a study done by Dr. Masaru Emoto proved that water molecules react accordingly to human emotion; a beautiful and geometric water crystal developed when positive emotions were put towards it, and confusing, unclear water crystals developed when negative emotions were put towards it.

With keeping in mind both the study and the fact that we're 60% water, think about how negative thoughts impact your body alone!

With new technology, we are actually changing the way people think- for the better!

Stress is an inevitable factor of life, but there are ways to ensure that your body can appropriately cope with stress.

At the first sign of stress, our adrenal glands secrete the stress hormone, known as cortisol, and adrenaline.

Adrenaline and cortisol have many negative effects on the body, especially while trying to lose weight.

Adrenaline causes an increase in hormones that make us crave fat and carbohydrates, and causes the body to retain water.

Cortisol causes the stomach muscles to relax, which puts a break on digestion.

It also elevates blood sugar, which increases insulin; a fat storing hormone.

It can inhibit the body's ability to burn fat properly, and can influence the body's tendency to burn protein instead of fat.

The fact is, no matter how much you diet or exercise, if you are in a constant state of stress, you'll never lose weight.

We are still extending our Seminar Special, which gives you a One-on-One Weight Loss Evaluation for only (Office Price)!

A Personalized Weight Loss Evaluation typically costs (Price of Weight Loss Evaluation) so this is a discount of (Price of Coupon Discount).

Call (Office Phone Number) to schedule your Evaluation!

(Clinic Name)

(Office Address)

(Office City and Zip)

(Office Phone Number)

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