

## Canceled or No Show Seminar Weekly Follow Up 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.

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.

Certain nutrients are very effective for helping the body handle stress; they include:

- magnesium
- calcium
- potassium
- zinc
- probiotics
- vitamin c

-vitamin b complexes

There are also plants known as "adaptogens" that can help the body handle stress such as St John's Wort, Kava Kava, Ginseng, and Club Moss.

Look out for next week's email to learn what we can offer to help you relax!

Call (Office Phone Number) or click below to register for our Free Breakthrough Weight Loss Seminar and learn what you can do to reach your health and weight loss goals!

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