

## Canceled or No Show Seminar Weekly Follow Up Emails

### Week 12

**SUBJECT:** You Know It's Bad For You But Do You Know Why?

**EMAIL:** Hi (Name),

You know sugar is bad for you - but do you know WHY it's so detrimental to your health?

The truth is, all the food you consume eventually turns to sugar.

When you constantly bombard your system with food that changes to sugar quickly, you are dramatically increasing the level of insulin hormone in your bloodstream.

You hear about insulin in conjunction with diseases like diabetes; however, insulin is also a major fat storing hormone...The key to healthy weight loss and a healthy diet is figuring out what foods take longer to make the change to insulin - this is the basis of the glycemic index.

Keep in mind that just because a food is low on the glycemic index, doesn't necessarily mean it can support long term health or weight loss.

We understand the important role sugar plays in successful and healthy weight loss and we are happy to share our knowledge with you!

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!

(Subdomain.WeightSeminar.Com)

(Clinic Name)  
(Office Address)  
(Office City and Zip)  
(Office Phone Number)