

## Canceled or No Show Seminar Weekly Follow Up Emails

### Week 8

**SUBJECT:** Are Your Hormones Working Against You?

**EMAIL:** Hi (Name),

Did you know you already have fat burning hormones, as well as fat storing hormones?

How many weeks have you spent sweating away on a treadmill or trying to starve yourself thin?

The fact is, no matter how much you diet and exercise, if your hormones are in fat storing mode, you will not lose weight.

A few overall symptoms of a hormonal imbalance are:

- Weight gain
- Mood swings, sudden anger or depression
- Drug excesses or lack of appetite
- Circles under the eyes or eye irritation
- Stiffness or pain of muscles or joints
- Cold extremities or tender breasts
- Runny nose or frequent sore throat
- Headaches, frustration, or hysteria
- PMS, low libido, menopausal symptoms, infertility, or miscarriage
- Osteoporosis or leg cramps
- Poor sleep quality, insomnia, anxiety, irritability or feelings of panic
- Runny nose or bruise easily
- Fibroids or endometriosis
- Dry skin or greasy hair
- Constipation, bloating, inflammation, and slow digestion

If you're ready to learn how to get your fat burning hormones working for you, instead of against you, we're ready to help!

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)

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