

**SUBJECT: They're lying to you...**

Hi [NAME],

It's [NAME] here, from [NAME].com.

I'm mad! REALLY mad!

And you should be too.

I'm sick and tired of the lies the food industry keeps telling us about losing weight.

The odds are already stacked against us in our fight against the flab.

Why should we have to sift out true information from all the lies... every time we shop for food?

Go into any food store and pick up a box of cornflakes, for example.

Chances are, you'll see the words "Reduced fat" in huge red letters on the front.

The implication is that if you eat these cornflakes, you won't put on a lot of weight, because there's not a lot of "fat" in them.

Baloney!

It's a high intake of CARBOHYDRATE that (in the main) makes you fat, not the "fat" you find in a lot of foods.

So, by sneakily diverting your focus away from one of the real causes of weight gain, these food corporations cream HUGE profits from uninformed and unsuspecting buyers.

How do I know this?

Because I graduated as a registered nurse 33 years ago and learned from heart specialists, lung specialists, and other experts what to do to be healthy.

I earned two master's degrees along the way: one in Community Health and Wellness Promotion and the other in Geriatrics and Diabetes Management.

I became a Nurse Practitioner and sharpened my expertise in weight loss management through working in a medical weight loss clinic.

There I discovered that people need a lot of emotional support to lose weight.

So I became certified as a Health and Wellness Coach, and, more recently, as a Christian Life Coach.

It's tough to lose weight, and even tougher after you hit 50.

**DON'T BELIEVE ANYONE WHO TELLS YOU OTHERWISE.**

A lot of people are lying to you by promising you a magic bullet, an easy "solution" – just so they can make a fast buck.

But you won't hear this from me.

I'll take you by the hand and coach you through every weight loss pitfall you can imagine.

You'll get my 33 years of EXPERIENCE and SCIENTIFIC knowledge.

I won't make you any empty promises.

Here are some (genuine) comments from people who've taken my coaching program:

"By the end of our first month of coaching I lost 23lbs and now love my future. Thanks so much!"

~ [NAME], TX

"Since joining 2 and 1/2 months ago I have lost a total of 30lbs! You rock!"

~ [NAME], FL

"I'm happy to report that I am now 17 pounds lighter

than when I first started Sharon's coaching plan. This is by far the best value for the money and your health."

~ [NAME], AZ.

"I am amazed at how much more energetic and happy I feel by following this plan."

~ [NAME], NV

"My digestion has been so much better lately. I credit her exceptional program for helping to keep me motivated with proper exercise..."

~ [NAME], MO

"Life can be as beautiful as you make it. Thank you, [NAME], for making our relationship amazing!"

~ [NAME], FL

So why wait?

Take control of your life today.

Click on the link below and let's set up your first strategy call.

It's free, and you'll be delighted you've taken your first step down the road to permanent fat freedom.

[LINK]

To the new you.

[NAME]