

Long Email convincing subscribers (health & wellness list) to try out a new diet.

How A Mom Of Three Lost 31 Pounds In One Month: "If I can do it, so can you!"

Morning Cathy,

Did you know obesity can literally ruin your life?

Not only are you prone to severe social stigmatization and judgment, but you are also at severe risk for serious physical and mental illnesses, such as:

- Heart failure
- Migraines
- poor mobility
- Low back pain
- Migraines
- High Blood pressure
- Stretch Marks
- Infertility
- Lymphedema
- All kinds of cancer
- Multiple Sclerosis
- Gallstones
- Asthma
- And more...

I have personally seen what a brain stroke and heart failure look like... It happened in my family. And trust me when I say this, that's NOT something you want to experience. Ever.

Let me explain....

Imagine the moment of terror when your daughter finds her grandma frozen in place, her face crooked from a brain stroke... Or when you wake up in the middle of the night to your dad screaming in pain and clutching his chest. The horror when you realize his life is hanging by a thread as he is literally suffocating before your eyes...

Ambulance rushes and takes him for immediate open-heart surgery. You pray the emotionally draining, painful, and expensive recovery will help him, but there is no saying he will ever be the same again....

Luckily, this tragedy can be easily avoided.

Meet Rachel.

Rachel is a working mom and a wife who added just one golden rule to her diet...

In the next six months she lost 132 pounds. Today she is fit, healthy and can chase after her three active young boys.

Just a year ago Rachel was a completely different person. Her crippling obesity prevented her from being a good mom and wife. She didn't feel comfortable in her own body. She couldn't run or move, and she experienced constant back pain...

Sick and tired of living like that, she went in for a checkup.

Her doctor soon discovered that she has high blood pressure, cholesterol, and signs of a fatty liver. All because of her obesity.

She told him that she tried losing weight countless times but always failed. She tried vegan, keto, LCHF, and every other diet under the sun but nothing helped....

The weight always came back...

Sympathetic with her struggles, he urged her to try a new (and safe) way of eating that is currently rewriting all we know about nutrition.

A fasting-focused lifestyle.

Shocked at first, Rachel found out that this style of eating was well known in the ancient greek culture. It was even practiced by Plato and Socrates to achieve greater health and mental clarity.

She started slow with a 24 hour fast, skipping breakfast and dinner. She soon adapted and started to go for 48 and even 72 hours with no food!

The results shocked her.

She lost 31 pounds in the first month, and 132 pounds in total. This is what she says today...

"The first few days were hard, but I soon adapted. I saw results almost instantly. I just felt so empty and vibrant all the time, and I could see I was getting slimmer by the day. Unexpectedly, my energy levels skyrocketed and I started to work out. After two weeks my skin started to glow and all my food cravings were gone. Fasting became so easy and natural after that.

At my best I ate one big meal once every 72 hours - and it was a real feast. Typically I ate (with no guilt) barbecue with fries, salads, even pizza and peanutbutter! Nowadays I eat once a day to maintain my new skinny posture. Though I kinda miss my longer fasts, they were actually really practical."

But fasting is not only a practical tool for losing weight... it also fixes your body on a cellular level.

Fasting:

- **Makes you fit and attractive.**
- Cleans the protein plaque in your veins.
- **Saves you a lot of time and money preparing food.**
- Stimulates nerve growth making you smarter and sharper!
- **Cleanses your body by recycling cancerous damaged cells.**
- Reverts insulin resistance that develops with constant eating.
- **Resets your taste buds and makes everything so much yummier!**
- Allows you to feast! Don't miss out on finer pleasures in life. Go to your pop's barbecue party without guilt.

Is there anything simpler that also improves your life as much as fasting? I don't think so...

But wait! Don't start just yet!

Even though fasting sounds simple, it is NOT that straightforward.

There are many different fasts... once-a-week fast... intermittent fast... water fast... juice fast... dry fast... prolonged fast... And all of them have their own pros and cons.

There is also science to breaking a fast... what to consume during a fast (which salts & vitamins)... how to prepare for a fast... what to do (and not do) on a fast... The list goes on.

Sounds a lot?

Don't worry, you can learn all of this in one afternoon by reading The Fasting Cure!

... A 116-paged easy-to-read guide based on years of cutting edge research and clinical practice. With its help, you can start reaping the amazing benefits of fasting with zero risks or harm!

Normally, you can get The Fasting Cure from any major publication store. But if you use this expiring link in the next 48 hours (see below), you will get The Fasting Cure for only 75% of the retailer's price!

On top of that, you will also get a beautifully edited brochure suitable for hanging on your fridge, wall or door to help you stay motivated and educated.

Simply click the link, fill in your address and order information...

And the book with the brochure will arrive at your home in the next two days.

Also, if you have any questions about fasting simply pick up your phone and dial 051-455-552. Our certified coach Chris Ross will happily help you.

Sincerely,

Mihael D. Čačić

P.S.

Besides offering The Fasting Cure bundle at a 25% discount, we are also offering limited coaching sessions about fasting, weight loss and exercise. These sessions will keep you accountable and offer support when the going gets tough. Proven to increase your success rate by 45%!

P.P.S.

Click this link to get The Fasting Cure : www.fastingcure.com