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Now more than ever, it's critical that we educate ourselves on what we can do to get and stay healthy.

With autoimmune conditions on the rise and more people than ever suffering from preventable, lifestyle-induced diseases, it's clear that something about the way we’re living our modern lives simply isn’t working.

The truth is, your body is capable of abundant health, when given the right nutrients and the correct support. You’re not broken, your environment is.

That’s why I am thrilled to share a brand new resource that I had the opportunity to be part of, which teaches you how to redesign your own environment and discover the kind of health your body is capable of: the Foundational Wellness course.

Created by the Nutritional Therapy Association, a school that’s renowned for its high-caliber certification programs in holistic nutrition, the Foundational Wellness course is their first-ever program designed for those who want to gain a deep and practical understanding of how to take control of their own health, without necessarily becoming a practitioner.

Foundational Wellness is a self-paced, 8-week, fully online course that does a beautiful job of laying out how to make positive, sustainable changes in both your dietary and lifestyle habits. It takes away the eternal question of what exactly you should buy at the grocery store, digs into ways you can improve the degree to which you're actually absorbing your nutrients, and gives practical tips for more energy, better sleep, and an abundantly healthy life. In Step (step you’re in) of the course, I teach (the subject you teach).

If you're ready to make a change in your own life, get started with the Foundational Wellness course. You can learn more about the course right here: (affiliate link)