Sample Email Copy #2

I hear this question a lot: "I want to get healthy – where can I start?"

With all of the conflicting information out there, I know how overwhelming it can seem. So, I was thrilled to hear that the Nutritional Therapy Association was creating their first-ever program designed specifically for those who want to gain a deep and practical understanding of how to take control of their own health: Foundational Wellness. I had the opportunity to be part of this course myself! I teach (the subject you teach).

Foundational Wellness is an 8-week online course that gives you a fully comprehensive roadmap to the kind of abundant health your body is capable of attaining.

It covers topics like how to stock your pantry, how to properly prepare your food, how to optimize your digestion, energy levels, and sleep, and helps you understand what's happening in your own body.

The Nutritional Therapy Association, a school that’s renowned for its high-caliber certification programs in holistic nutrition, emphasizes bio-individuality, meaning they recognize that there’s no “one-size-fitsall” way of eating. So, rather than laying out a rigid diet to follow, the course empowers you with an understanding of how to make the kinds of dietary and lifestyle choices that will be best for you.

If you're ready to make a change in your life and not only answer the question of, "where can I start," but also gain a comprehensive understanding of a specific roadmap you can follow to create your healthiest life, get started with the Foundational Wellness course here: (affiliate link)