

Email #1

Subject: Sneeze-proof your body

Preview text: Your plan to ward off cold and flu

Not to get super serious or anything, but cold and flu season is in full swing!

Besides protecting yourself the obvious way — wash hands, eat healthy foods, repeat — what else is there?

The key to minimizing your sick days in the future is to maximize your immune system's defensive power right now.

Want to stop the cycle of getting sick? Read our latest dispatch [*The Secret to Staying Sniffle-Free This Winter*](#) over on the blog.

Don't be stuck in the same spot you were last year — struggling through the sneezing, wheezing misery. It's your responsibility to build up your immune system's soldiers, and with our DIY plan, it's easier than ever....check it out [right here](#).

Email #2

Subject: Recover from a food hangover

Preview text: 5 steps to lighten up, restore energy, shed guilt

Let's be honest. We've all suffered from a food hangover. And big holiday events, whether it's a Memorial Day cookout, Thanksgiving dinner or New Year's bash, tend to bring them on with a vengeance.

The morning-after drill looks something like this: You wake up, stumble to the bathroom, look in the mirror and think, "What have I done?"

You're bloated, uncomfortable and irritable. You think that if you don't do something to cure your hangover fast, you'll stay fluffy forever...or at least until the hangover guilt kills you.

If this strikes a nerve, do yourself a big favor...

Find a quiet area and read our latest blog dispatch!

[*How to Deal With a Food Hangover*](#) will show you how to break through the "blah" and get back on track — with your digestion, energy, mood and more.

So stop the guilt trip. This is a recovery plan that you can rely on. C'mon over here and check it out>>>> [*How to Deal With a Food Hangover*](#)

Email #3

Subject: Here's why you gained weight...

Preview text: Maintain your weight, beat the statistics

We're in 'that' season!

The season of savoring a little champagne here, a little bacon-wrapped bite there, and maybe a cookie or two in between.

Before we know it, all those 'little' innocent indulgences add up to guilt-ridden weight gain.

Between Halloween and New Year's Day, the average person will gain six to 10 pounds. Moreover, researchers have found that people tend NOT to lose the weight they gain around the holidays.

With so much temptation everywhere you look, how can you ensure that you're not a statistic?

Our latest blog dispatch, [*How to Outsmart Holiday Weight Gain*](#), gives you practical advice for enjoying yourself at the buffet table, while warding off weight gain.

The power to preserve your waistline and feel 100% is entirely in your hands. Let us show you the way! Don't miss these timely tips...

Check it out: [*How to Outsmart Holiday Weight Gain*](#)

Email #4

Subject: How to rock your (body) resolutions

Preview text: Sidestep these common weight loss blunders

Hey <insert name>,

Let's talk New Year's Eve! Hope you had a blast! We don't know about you, but amazing food, friends, and bubbly is just what we needed to welcome the new year.

Now that the party is over, let's talk resolutions.

When January 1 strikes, so many people set their sights on weight loss.

And, at the end of the year, so many people miss their mark (we'll get to the 'why' in a minute!).

So, how do you rock your resolutions and set yourself up for success?

Well, for one, make it a point to write down a realistic, measurable goal, preferably with small, incremental milestones along the way.

The next step is to read [*Make That Weight Loss Stick: 3 Diet Mistakes To Ditch in the New Year*](#) on the [Sunergetic](#) blog.

In the article, we reveal the three most common diet traps that often cause well-intentioned folks to give up on their goals. As an alternative, we also present simple, time-tested practices that set you up for weight loss glory instead of weight gain.

Check it out: [*Make That Weight Loss Stick: 3 Diet Mistakes To Ditch in the New Year*](#)

Email #5

Subject: Got jiggle?

Preview text: 3 fat-blasting tips for jiggly bits

Hey <insert name>

Have you ever thought, “If I only had ‘the magic bullet’ to blast away this flab, I’d be able to *[insert goal here: look good in my jeans, feel more confident, etc.]*.”

When it comes to fighting flab and winning, we sometimes get caught ‘wishing’ for an easy button. But the truth is...

It’s already in your hands!

To shed those fluffy areas, you need habits, not hype. And in today’s blog dispatch, we cut to the chase and give you the simple habits that will help you do just that, while promoting better health all over — in as little as three steps.

>>Read it here: [*3 Steps to Burn Flab Faster*](#)

If you have fat that won’t seem to budge and you’re looking for a breakthrough, this article is *especially* for you. [Read it now.](#)

Email #6

Subject: How to loosen sugar’s chokehold

Preview text: Conquer your sugar addiction naturally

Hey <insert name>,

Two quick questions: Is your sugar addiction out of control? And do you want to do something about it?

There are a lot of reasons to tame your sweet tooth. Too much added sugar in your diet can lead to a staggering number of health issues, the obvious ones being weight gain and obesity.

If conquering sugar cravings is on your health radar for 2020, we can help with that...

This week's blog article is full of sneaky little tricks to tame your sugar addiction once and for all.

In it, we offer some ideas for alternate sweet treats, which to be honest are so good, you'll never go back to the white stuff ever again!

Our goal has always been to get you living and feeling 100%. Controlling your sugar intake is part of that. So, let's get to it...

Read [Conquer Your Sugar Cravings? Yes, You Can!](#) on the Sunergetic blog.

What you'll learn will surprise you, and you'll never be a slave to sugar again.