

SUBJECT: Begin the new year the right way

Hello (name)! Happy New Year!

It's been a hell of a year, hasn't it? We all are exhausted from everything going on lately. And even though people say "New year New you" we both know that's not entirely true.

You can't be a new person if you don't make changes and new decisions.

That's why I'm bringing you a change of course.

You see. One of the most common worries of people -and one of their new year's resolutions as well- is health. They commit to a better diet, to working out more often, to finally let go of those junk meals. But sadly those resolutions are forgotten after a month. Has it happened to you? It has to me.

Here's something you need to know about those resolutions: You don't need a big, dramatic, massive change. You just need one little change that sparks the fire for improvement. Just a tiny little change.

And that's what we're going to propose:

BEGIN to change and improve your health. And what better way to do it than scheduling an appointment with us. We will make sure you get the right idea of where you are and where to go.

We will design a plan of actionable and sustainable steps you can follow and we will be there for you.

You will be able to:

- Understand what a healthy nutrition looks like without losing the joy of eating.
- Incorporate physical exercise into your daily life in a fun and useful way.
- Get diagnosed and treated by specialist using our millennia-proved healing methods with ground breaking materials.

Interested?

Right now, click [here\(link\)](#) to schedule an appointment.

We will be delighted to help you.

Have a beautiful day.