

25 DFY Weekly Email & Video Tips

Please remember to not share this entire file with your clients at one time, for best results to distribute gradually

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DFY TIP#1: MINDFUL EATING FOR BETTER HEALTH

WEEKLY EMAIL TIP

SUBJECT LINE: Want to learn to eat mindfully?

[INSERT YOUR NAME] here to help you learn what mindful eating is all about and how it can help you keep your weight down.

But first, why am I talking about eating mindfully anyway?

Good question!

In the modern world we eat for convenience rather than for nutrition. We eat for instant gratification rather than long-term health benefits.

Can you imagine learning a new way of slow eating in which you actually get to experience the tastes and textures of your food rather than wolfing it down in a hurry or snacking on the go?

I can help you to learn to slow down and eat mindfully! I can help you to see the food you eat as medicine that not only nourishes your whole system, but also tastes delicious!

So what is mindful eating?

Mindful eating means taking the time to honor your food by choosing high quality, organic food, preparing it with care and eating it slowly and mindfully using your five senses to really enjoy it.

It means allocating quiet time to prepare and enjoy eating your meal without rushing or multitasking at the same time.

Mindful eating is a way of saying to yourself: "I respect my body enough to be mindful of what I put into it and of the way I eat."

Think of this type of eating as a meditation. It means choosing to be present with your food and the way you eat it.

My clients find that eating mindfully helps to:

- Sense intuitively when you are full
- Gain way more satisfaction from eating
- Develop a healthy relationship with food
- See food as medicine
- Discover new tastes and textures
- Improve digestion (less gas and bloating)
- Regulate bowel movement
- Discover food sensitivities
- Create healthy habits that enliven you

How will I know if it's time for me to learn to eat mindfully?

Glad you asked! It's time for you to practice mindful eating if you answer "YES" to any of these questions:

- You get bloated after eating
- You scoff down your food like there is no tomorrow
- You eat just to feel full not to enjoy the tastes
- You eat to numb out
- You want to learn to enjoy healthy food
- You feel bloated easily
- You gain weight easily
- You crave sugar or starchy foods
- You have difficulty focusing or foggy brain
- You feel lethargic after eating
- You have allergies or hay fever
- You feel addicted to eating foods that aren't healthy for you but you can't stop
- You tend to gain weight easily, especially in your belly
- You have extra pounds that won't come off with diet and exercise

What do I do now?

In my health coaching practice, I help clients discover what triggers them to overeat or binge eat. Then I lead them through a step-by-step process to learn how to eat mindfully and to learn what to eat for their unique body type.

If you answered “YES” to any of the symptoms above, then click [here](#) now to schedule a time to talk with me about how you can learn to eat mindfully.

I’ll help you understand what’s blocking you from eating mindfully and I’ll show you how to get started.

To your health!

[INSERT YOUR NAME]

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[INSERT YOUR NAME]

DFY TIP#2: MY BEST KEPT SECRET FOR BETTER DIGESTION

WEEKLY EMAIL TIP

SUBJECT LINE: My best kept secret for better digestion... (look inside!)

[INSERT YOUR NAME] here to share my best kept secret with you for better digestion!

But first, why am I talking about having better digestion in the first place?

Great question!

We all know that suffering from digestive problems such as gas, bloating, reflux, stomach cramps, diarrhea, constipation, irritable bowel syndrome or inflammatory bowel disease can seriously hinder our daily functioning and make us miserable.

Your gastrointestinal tract (GI) tract acts as your body's food processor and if it's blocked, overloaded, polluted with toxins such as food additives, pesticides and preservatives, or otherwise irritated, it is going to let you know how it feels by having one of the reactions listed above.

Your GI tract first breaks down your food by the mechanical process of chewing and then by a multitude of complex chemical processes that extracts nutrients to feed your system and expel toxins.

The best way to ensure that we are helping make it easy for our bodies to digest our food is to chew A LOT so that our food mixes with our digestive juices so it can be easily digested and better absorbed for optimal nutrition.

So what is my best kept secret to better digestion?

CHEWING!

Believe it or not chewing is one of the most important aids to our digestion and it's also one we often take for granted so much so that we sometimes just swallow our food whole, forgetting to grind our teeth altogether!

Learning how to chew your food properly (up to 30 times per bite) will help you extract the maximum nutrients from your food and get your digestive juices flowing right AND help keep your weight down and your tummy flat.

How? Because if you eat healthy food packed with nutrients that you chew properly with each bite, you will be able to recognize once you feel full and you will therefore eat less!

My clients find that learning how-to chew helps to:

- Sense intuitively when you are full
- Gain way more satisfaction from eating
- Develop a healthier relationship with food

How to chew better for optimal digestion:

To get in the habit of chewing, try chewing each bite of food at the beginning of your next meal 30 times. (Putting your fork down and breathing between bites will help.)

Even if you only have 5 minutes for a meal, let the chewing relax you and use it almost as a meditation. That way you'll enjoy the whole spectrum of tastes and aromas that make up the meal, trigger cephalic phase digestion, and your body and brain will be satisfied even with a quickie.

What do I do now?

In my health coaching practice, I help clients understand why they eat in a rush and forget to chew and we come up with a how-to guide for chewing that is easy to implement and turns eating into a whole new enjoyable experience.

If you want to learn how you to chew for better digestion that will lead to a flatter, firmer belly then click [here](#) now to schedule a time to talk with me about it!

To your health!

[INSERT YOUR NAME]

WEEKLY VIDEO TIP

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To your health!

[INSERT YOUR NAME]

DFY TIP#3: GET THE 'GLOW'

WEEKLY EMAIL TIP

SUBJECT LINE: These foods will give you the glow...

[INSERT YOUR NAME] here... Ever wondered which foods will give your skin that amazing glow, like you've spent a week detoxing on a tropical island?

Sulfur-residue foods!

But first, why am I talking about eating sulfur for glowing skin?

Great question! Sulfur is not just the mush of yolk found in deviled eggs at your annual office Christmas party that you avoid like the plague.

Sulfur is actually the secret beauty mineral for glowing skin!

Why else would people flock to mineral hot springs to soak in water that smells like rotten eggs?

Sulfur helps your body to digest fats, controls the metabolism of carbohydrates and rids the body of waste that clogs skin pores causing a lackluster complexion.

So what is the fastest way to glowing skin?

Unless you can make it to your local mineral hot springs or spa weekly, your surest way to get glowing skin is to get in the habit of including foods that are rich in sulfur in your daily diet.

You may be surprised to hear that sulfur-rich foods are often the ones you avoid because they tend to give gas and smell like rotten eggs when you cook them.

But try your best to embrace these amazingly nutritious cruciferous veggies like cauliflower, broccoli, cabbage, Bok Choy, kohlrabi and Brussels sprouts!

Here is a healthy and delicious recipe to help you include sulfur in your diet to get the glow:

Get "The Glow" Salad:

1 bunch arugula, chopped
1 bunch watercress, chopped
3 leaves kale, shredded
4 radishes, sliced in half moons
1 red bell pepper, sliced into thin strips
1/2 cup purple cabbage
1 avocado, diced
Hemp seeds or pumpkin seeds to taste

Get “The Glow” Salad Dressing:

1 clove garlic, minced
1 tsp stone ground mustard
Juice of 1 lemon
1/4 bunch fresh Italian parsley, chopped fine
4 basil leaves, chopped fine
1/3 cup extra virgin olive oil

How will I know if it’s time for me to eat more sulfur-residue foods?

Glad you asked! It’s time for you to include sulfur-residue foods in your diet if you answer “YES” to any of these questions:

- Your skin is prone to acne
- You have brittle hair and nails
- You have a pale, pasty complexion

And even if you don’t have any of these symptoms, sulfur is still your go-to for glowing skin!

What do I do now?

In my health coaching practice, I help my clients to shortlist sulfur-residue foods that will best suit their diets so they can get glowing skin daily.

If you answered “YES” to any of the symptoms above, then click [here](#) now to schedule a time to talk with me about including more sulfur-rich recipes in your diet to get that healthy skin glow.

To your health!

[INSERT YOUR NAME]

WEEKLY VIDEO TIP

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To your health!
[INSERT YOUR NAME]

DFY TIP#4: THE MAGIC SUPERPOWERS OF WHEATGRASS

WEEKLY EMAIL TIP

SUBJECT LINE: Is wheatgrass superfood or just weird green grass?

[INSERT YOUR NAME] here to teach you all about the magic superpowers of wheatgrass!

But first, why am I talking about wheatgrass having superpowers?

Great question!

Wheatgrass is a superfood because of its powerful concentrated liquid nutrient content. What this means is that drinking just 2 ounces of wheatgrass has the same nutrient value as 5 pounds of organic raw vegetables!

So it pumps your body with high doses of essential vitamins, nutrients, enzymes and antioxidants to keep you feeling your healthiest and most alive. And it also detoxes your liver and blood.

A shot of wheatgrass at your local healthy juice bar is one of the best energy boosts you can find on the go!

So what exactly will this superfood do for me?

Well, let's see... wheatgrass has more Vitamin A than carrots and more Vitamin C than oranges as well as all the B Vitamins and magnesium, phosphorous, potassium and sodium to name a few.

It helps to detoxify and rid the body of heavy metals and other toxins in your organs and tissue.

And because it is so high in chlorophyll, which is a highly concentrated version of the sun's energy, it's like injecting yourself with golden liquid sunshine, except... it's green.

Hey, Is wheatgrass gluten-free if it's called "wheatgrass"?

Yes it is! Because the juice is extracted from wheatgrass sprouts *before* the wheat seed begins to form, it is considered gluten-free*!

** Be sure your wheatgrass was produced in a gluten-free facility.*

My clients find that drinking wheatgrass a few times a week helps to:

- Cleanse your body of toxins leaving you feeling lighter and healthier
- Speeds up slow digestion
- Regulates blood sugar levels and stabilizes your energy
- Eases gastrointestinal inflammation
- Neutralizes environmental pollutants in the body
- Cleanses the body of heavy metals
- Protects from carcinogens
- Floods the body with Vitamins A, B and C

How do I get this magic superfood into my diet?

You can buy wheatgrass in either a powder or liquid form—whichever best suits your needs.

1. Local juice bars such as Jamba Juice sell it already juiced up—go for the double shot (approximately 2 oz.)
2. Buy frozen wheatgrass cubes from Evergreen Juices. Place two to three cubes in a blender with a splash of tangerine or orange juice. Blend until smooth.
3. Buy wheatgrass seeds from a health food store to sprout by yourself! Here's how:

Soak your hard winter wheat seed (also called wheat berries) overnight (8 to 12 hours). Sprout the seed in a jar for the next 16 to 24 hours, rinsing the seed well three times a day. After a very short “tail” is visible, **plant** the seed on top of the soil. Basic potting mix or topsoil will work fine.

What do I do now?

In my health coaching practice, I help clients upgrade the level of nutrients in their diets.... and in their lifestyles!

Click [here](#) now to talk with me 1-1 about how to add superfoods to your diet every day.

To your health!

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DFY TIP#5: NATURAL & EDIBLE APHRODISIACS

WEEKLY EMAIL TIP

SUBJECT LINE: This food is nature's love drug...

[INSERT YOUR NAME] here to let you know the benefits of eating dark chocolate to your love life and libido...

But first, why am I talking about chocolate and libido?

Great question!

Chocolate is made from the cacao bean, which is the seed of the cacao fruit.

Cacao contains two chemicals: tryptophan, which helps with sexual arousal and phenylethylamine, which is released in the brain when you fall in love and is also known as the "love chemical".

So there's a reason that chocolates are the most popular Valentine Day gift and that the word "chocolate" is pretty much synonymous with the word "romance".

So what will dark chocolate do to enhance my sex drive?

Dark chocolate is known to contain an amino acid called L-arginine that helps enhance your sex drive by increasing nitric oxide and stimulating blood flow to your sex organs, which increases sexual sensation and desire.

Chocolate also contains a compound called theobromine, which stimulates the nervous system making you feel excitable and uplifted. This enhances your love mood by giving you that aphrodisiac boost!

My clients find that switching from milk chocolate or flavored chocolate to pure, unsweetened dark chocolate helps to:

- Make you feel uplifted and excited
- Give you an instant, natural energy boost
- Stimulates your sex drive

- Feel more joy and excitement

How do I identify the highest quality chocolate?

- Look for dark chocolate with a 70% cacao content or higher
- Make sure the very first ingredient is cacao or cacao butter and not sugar!

What do I do now?

In my health coaching practice, I help clients identify if they're addicted to sugar and how to switch to a healthier "addiction" like dark chocolate that can actually have health benefits and boost their libidos.

If you think you may be addicted to sugar and want my help to switch to dark chocolate as a healthier alternative that will boost your sex drive, then click [here](#) now to schedule a time to talk with me 1-on-1.

To your health!

[INSERT YOUR NAME]

WEEKLY VIDEO TIP

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[INSERT YOUR NAME]

DFY TIP#6: SENSUAL EATING FOR CULINARY PLEASURE

WEEKLY EMAIL TIP

SUBJECT LINE: Six seductive tips for sensual eating...

[INSERT YOUR NAME] here to let you in on six sensuality secrets that will give you more pleasure from your food!

But first, why am I talking about eating and sensuality in the same sentence?

Aha! You have asked the right question.

Researchers have estimated that as much as 30-40% of our digestive response to a meal is due to the Cephalic Phase Digestive Response or CPDR.

So what exactly is CPDR and why is it important?

Excellent question and here's why:

CPDR simply put means that the thought, sight and smell of food stimulates gastric secretions to prepare for the digestion of food even before you have taken your first bite and that much of the pleasure of eating is derived from this anticipation.

The way your brain works is that it must experience this pleasure and satisfaction from the thought of food even before eating in order to signal to your body to stimulate digestive juices.

BUT if you eat too fast or absentmindedly, your brain will interpret this unsatisfying experience as hunger. So even if you've just wolfed down a huge meal, you may still feel hungry!

So no more shoving fork-loads of unidentifiable mounds into your mouth while watching mind-numbing TV or eating yesterday's lousy leftovers while on Facebook. The point is to give your undivided attention to the food on your plate and you will be amazed at the results!

So what will eating sensually actually do for me?

Basically, the more AWARENESS and PRESENCE you bring to each meal, the LESS you'll need to eat. AND the less AWARENESS and PRESENCE you bring to each meal, the MORE you'll need to eat.

For example:

If you're so busy gobbling down chips that by the time you get to the crumbs at the bottom of the bag you can't even remember what flavor they were, then you're foregoing 30-40% of your digestive power, decreasing nutrient absorption and slowing down your metabolism.

Plus because of CPDR your brain still WANTS to eat because it craves the full sensual experience of eating.

So if you aren't engaging CDPR, the brain registers HUNGER, saying "Wait! I didn't eat! I want more!" — even if you've eaten an entire bag of chips!

How do I eat sensually?

1. **Sight:** Savor the colors of your food, the beauty of what's come from the earth, the rain and the sun.
2. **Smell:** Bring the food up to your nose as if you've never smelled it before and inhale.
3. **Touch:** What's the texture of your food? Of your utensils? Of the napkin on your lap?
4. **Environment:** What environment are you creating for yourself when you eat? Candles or fluorescent light? Special china or paper plates? A crystal goblet or plastic cup?
5. **Texture:** Chew your food about 30 times per bite and notice the texture of the food...let yourself breathe while chewing.
6. **Pamper Yourself:** You may be wondering who are you to pamper yourself? And I ask you: who are you NOT to pamper yourself? So buy that special ingredient to make your meal extra tasty like truffle oil to spruce up your salad or high quality dark chocolate for dessert!

What do I do now?

In my health coaching practice, I help my clients identify their favorite ways to implement sensual eating daily!

If you think you may be one of those people who has been shoving down food just to feel full and want to get more pleasure out of eating, then click [here](#) now to schedule a time to talk with me today.

To your health!

[INSERT YOUR NAME]

WEEKLY VIDEO TIP

SUBJECT LINE: Six seductive tips for sensual eating...

[INSERT YOUR NAME] here to let you in on six sensuality secrets that will give you more pleasure from your food!

But first, why am I talking about eating and sensuality in the same sentence?

Aha! You have asked the right question.

Researchers have estimated that as much as 30-40% of our digestive response to a meal is due to the Cephalic Phase Digestive Response or CPDR.

So what exactly is CPDR and why is it important?

Excellent question and here's why:

CPDR simply put means that the thought, sight and smell of food stimulates gastric secretions to prepare for the digestion of food even before you have taken your first bite and that much of the pleasure of eating is derived from this anticipation.

The way your brain works is that it must experience this pleasure and satisfaction from the thought of food even before eating in order to signal to your body to stimulate digestive juices.

BUT if you eat too fast or absentmindedly, your brain will interpret this unsatisfying experience as hunger. So even if you've just wolfed down a huge meal, you may still feel hungry!

So no more shoving fork-loads of unidentifiable mounds into your mouth while watching mind-numbing TV or eating yesterday's lousy leftovers while on Facebook. The point is to give your undivided attention to the food on your plate and you will be amazed at the results!

So what will eating sensually actually do for me?

Basically, the more AWARENESS and PRESENCE you bring to each meal, the LESS you'll need to eat. AND the less AWARENESS and PRESENCE you bring to each meal, the MORE you'll need to eat.

For example:

If you're so busy gobbling down chips that by the time you get to the crumbs at the bottom of the bag you can't even remember what flavor they were, then you're foregoing 30-40% of your digestive power, decreasing nutrient absorption and slowing down your metabolism.

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To your health!

[INSERT YOUR NAME]

DFY TIP#7: LISTEN TO YOUR BODY

WEEKLY EMAIL TIP

SUBJECT LINE: The Hunger Game: want to learn to play?

[INSERT YOUR NAME] here to teach you how to tell the difference between emotional hunger and physical hunger by playing the “Hunger Game.”

But first, why am I talking about emotional hunger versus physical hunger and what’s the difference?

Emotional hunger means you turn to food either to avoid uncomfortable emotions or to heighten pleasurable ones. It means you eat based on how you feel instead of what your body needs.

Examples of emotional hunger (FEELINGS):

- Eating for comfort or out of loneliness or sadness
- Eating from boredom
- Eating to try to soothe anxious or depressed feelings
- Eating to fill an aching heart

Whereas physical hunger means you eat when your body signals to you that you are in fact, hungry. And it means that you stop eating when you are satisfied and before you are uncomfortably full.

Examples of physical hunger (SENSATIONS):

- Stomach growls and gets that hollow hungry sensation
- Body feels weak and energy goes down
- Blood sugar gets low and you feel shaky
- You feel lightheaded or faint

So what will learning to listen to my body do for me?

It will free you from being a slave to food!

What that means for you is that you’ll feel more in control of your eating and less dependent on food to “help” your moods and emotions.

By listening to your physical hunger signals, you can determine how hungry or full you really are. With practice, you'll be able to pinpoint where your body is at any given moment.

By doing so, you will train yourself to stop eating BEFORE you are too full and to not turn to food when you are not actually hungry but are in fact bored, upset, anxious or depressed.

Because everyone knows that's a vicious cycle... so let me show you how to end that cycle and have some fun while doing it! Enter... the Hunger Game!

How do I play the Hunger Game?

Let me first clarify that I'm not talking about undergoing top-secret weapons training to learn to "kill" off your colleagues or friends... I'm talking about a simple, helpful game that you can play all by yourself even in a busy restaurant!

Here's how you play the Hunger Game:

- See if you can be the slowest eater at the table — no one has to know you're playing or that you're trying to win the Hunger Game
- Periodically check in with yourself throughout your meal and honor when you're energized and satiated by completing the meal
- Use an end-of-meal ritual, like putting your napkin over your plate or ordering hot tea and fresh fruit to symbolize completion of the meal

What do I do now?

In my health coaching practice, I help my clients learn to tell the difference between emotional hunger and physical hunger. Together, we come up with a plan to help you keep identifying the difference so you can lose weight naturally and double your energy.

If you think you may be engaging in emotional eating and you don't know how to change it, then click [here](#) now to schedule a time to talk with me today.

To your health!

[INSERT YOUR NAME]

WEEKLY VIDEO TIP

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To your health!

[INSERT YOUR NAME]

DFY TIP#8: WHY MOST DIETS FAIL

WEEKLY EMAIL TIP

SUBJECT LINE: Want to know 5 reasons (most) diets fail?

[INSERT YOUR NAME] here to let you know that research shows that regular dieting is a waste of time and energy. Don't believe me? Read on to find out why...

Why am I dissing on dieting?

According to Dr. Mark Hyman, functional medicine doctor, Director of the Cleveland Clinic Center for Functional Medicine and New York Times bestselling author of "Ultrametabolism" and "Ultrawellness" most diets predictably fail because of 5 reasons...

1. You try to exercise your willpower to control your appetite instead of understanding there is a science behind hunger
2. Your focus is too much on counting calories
3. Your diet consists of all low-fat foods
4. Your weight is actually affected by hidden reasons that require medical attention
5. You lack a solid health and weight loss plan to guide you on your journey

Dr Hyman also says that when the average dieter loses weight, they lose muscle AND fat.

But once they regain the weight, they gain back only the fat... which will ultimately slow down your metabolism.

Boooo! That's not what we want!

How can I succeed with my health without dieting?

Here are 5 success tips that will keep you in peak health without dieting:

1. Eat enough whole fresh food to satisfy your appetite (your body will be less hungry because it's fully nourished)
2. Eat protein for breakfast to boost your energy for the day
3. Eat your last meal three hours before bedtime to give your system time to digest before sleep
4. Make low-glycemic foods your diet staple such as nuts, seeds, chicken and fish so your blood sugar stays level
5. Eat good fats at every meal such as avocado, nuts, seeds and olive oil (healthy fats are your friend, not your enemy)

What do I do now?

In my health coaching practice, I help my clients learn how to lose weight, gain energy and feel better than ever... without dieting. That's huge!

If you want to take control of your health the right way and make a commitment to being the healthiest and happiest version of yourself, then click [here](#) now to schedule a time to talk with me today!

To your health!

[INSERT YOUR NAME]

WEEKLY VIDEO TIP

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[INSERT YOUR NAME]

DFY TIP#9: NOURISHMENT IS ABOUT MORE THAN JUST FOOD

WEEKLY EMAIL TIP

SUBJECT LINE: 5 ways to nourish yourself inside....

[INSERT YOUR NAME] here to share some out-of-the-box ways to think about nourishing your body, mind and spirit...

But wait, why am I even using the word “nourishment” if I’m not talking about food?

That’s a great question!

The reason I am using the word nourishment outside of its regular foodie context is because we often find ourselves so over-focused on food that we forget about all the other simple and wonderful ways to nourish ourselves.

What does it mean to nourish myself without food?

We forget that taking a walk in a forest with our dog is calming and rejuvenating.

That lying on your bed listening to your favorite song while feeling the breeze kissing your face is soothing and relaxing.

That feeling the grass tickle your feet as you watch the clouds drift by is as good as meditation!

We actually “eat” all day with our senses... we “consume” our environment through touch, feel, taste, sound and sight.

Here are 5 ways to nourish your senses, starting today...

- **Relationships:** Seek out and nurture relationships with friends and lovers that make you feel good about yourself and say goodbye to the ones that drain your energy.
- **Environment:** Remember that your environment affects your mood and energy. So if you are stuck in an office all day staring at a wall, it’s time to kick off your shoes and run wild through a park so you can feel sunshine on your back and breeze on your skin.

- **Connections:** We spend so much of our time alone at our computers or behind high walls and yet it's so important for our spirits to make connections with others. So join a club or an online Meetup and make new connections!
- **Sleep:** There is no way around it—there is just nothing quite like sleep to rejuvenate your body and restore your entire system to better functioning.
- **Movement:** Movement sparks your endorphins, which make you feel energized and excited and keeps the oxygen circulating through your system, so you can feel refreshed and alive.

What do I do now?

In my health coaching practice, I help my clients realize that there is more to life than food! I call the most important parts of our lives “THE BIG 5”—these need as much love and attention as eating!

If you are tired of feeling like your life is lacking excitement and meaning and you want to find a way to feel nourished in all areas of your life, then click [here](#) now to schedule a time to talk with me today so I can help you feel more energized and alive than ever before!

To your health!

[INSERT YOUR NAME]

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[INSERT YOUR NAME]

DFY TIP#10: ESSENTIAL HOW-TO SLEEP TIPS

WEEKLY EMAIL TIP

SUBJECT LINE: 7 tips for deep, blissed-out sleep...

[INSERT YOUR NAME] here offering you sweet pillow talk about dreamland where we spend about one third of every day of our lives...

But first, why am I even talking about sleep when it's something our bodies do naturally?

Actually, the truth is that sleep is not something that just happens... unless you are a teenager! Even babies need to learn to fall asleep and sleep well.

What's important about getting good sleep?

Good sleep is vital for good health. Sleep deprivation can lead to a multitude of health issues:

- It escalates the hunger hormone called ghrelin, which increases food cravings
- It escalates the stress hormone called cortisol, which can cause weight gain, diabetes, heart attacks, high blood pressure, depression, osteoporosis and depressed immunity
- It causes elevated blood pressure in people with hypertension, which can lead to cardiovascular disease and stroke

Learning how to improve your sleep is not just a luxury—it's a necessity!

How do I get better sleep?

Follow these 7 tips and rest assured (excuse the pun) that you will feel more rejuvenated and energized than you even knew was possible:

1. Practice regular sleep rhythms by going to bed and waking up around the same time each day.
2. Create total quiet and darkness in your bedroom.
3. Avoid caffeine or reduce your intake after noon as it affects your sleep dramatically.

4. Get regular exposure to daylight for at least 20 minutes a day because the sunlight triggers your brain to release melatonin, which is vital for healthy sleep.
5. Eat no later than two hours before you go to bed because eating a heavy meal before bedtime will impede your body's natural overnight detoxification process.
6. Write down your worried thoughts before bedtime so you can free your mind and drop into a deep and restful sleep.
7. Take a hot salt or aromatherapy bath because raising your body temperature before bed helps to induce sleep.

What do I do now?

In my health coaching practice, I help my clients implement these 7 tips and more so they can make the most of their sleep—and their health.

Click [here](#) now to schedule a time to talk with me today if you need the support and accountability to help you follow through like never before!

To your health!

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WEEKLY VIDEO TIP

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[INSERT YOUR NAME]

DFY TIP#11: BREATHE BETWEEN BITES

WEEKLY EMAIL TIP

SUBJECT LINE: Want to hear my secret to losing weight?

[INSERT YOUR NAME] here to let you in on a little weight loss secret that is rarely talked about... because it's totally free and the single most natural thing in the world.

Get ready... take a deep breath and here it is...my secret is... breathing!

What?! Why is your weight loss secret something our bodies do naturally already?

Exactly! I'm talking about something our bodies do without even thinking about it, so that you can think about it!

A lot of people don't know that oxygen is actually a key nutrient to speeding up your metabolism. Yet, oxygen is almost completely ignored in most nutrition books.

What's important about oxygen when it comes to weight loss?

Most experts focus on carbs, proteins and fats but ignore the one key nutrient—OXYGEN—that helps to burn all of these nutrients in the body better.

The bottom line on oxygen is that when you breathe, you burn more energy.

Think of the analogy of building a fire.

When you build a fire you need two things: wood for fuel and good air circulation.

The same is true in your gut. You need food for fuel and oxygen to stoke your metabolic fire.

This is one of the reasons why physical exercise is so powerful—it increases the body's oxygen intake and teaches the body to use that oxygen to burn fat even more efficiently.

How can I start breathing while eating?

Try this simple trick—put your utensils down 3 times in your meal. Each time you put your utensils down, take a breath.

You can even do this when you're at a work dinner or out with friends—it can be your little secret!

What do I do now?

In my health coaching practice, I help my clients completely transform HOW they eat, so they can lose weight and gain energy easily and naturally.

If you're ready for a radical new approach to weight loss and health, then click [here](#) now to schedule a time to talk with me today about simple changes that will give you BIG results.

To your health!

[INSERT YOUR NAME]

WEEKLY VIDEO TIP

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[INSERT YOUR NAME]

DFY TIP#12: BE “NAUGHTY” MENU

WEEKLY EMAIL TIP

SUBJECT LINE: Do this when you just wanna be “bad”....

[INSERT YOUR NAME] here to tell you that sometimes you’ve just gotta let your rebellious inner child run wild and do some “naughty” things that would make your ancestors turn in their graves.

Wait - why am I talking about being naughty?

We put so much pressure on ourselves to behave well, do the right thing, eat right, look good— all that pressure can become crazy making.

Eventually, we’ve got to let off steam... but usually that takes place in the form of self-sabotaging our health, when what we REALLY want to do is be “bad” in some way.

I call this “Rebellious Inner Child Syndrome.”

What’s important about “Rebellious Inner Child Syndrome”?

It’s a way of rebelling against outside authority. A way of being bad for the sake of it. Most people don’t like being told what to do so we have our own mechanisms in place to help us rebel.

Some of these mechanisms may be outdated, dysfunctional or self--destructive so we want to stay away from those.

As health-conscious adults, we can revise our strategy for being “bad” while still getting the pleasure experience of being naughty.

Here are 10 healthy ways to be naughty....

1. Cut the "DO NOT REMOVE" tag from your mattress.
2. Have sex outside.
3. Give your kid a Mohawk without telling your spouse.
4. Draw a mustache on a poster.

5. Wear a short skirt with no panties.
6. Go through the express lane at the grocery store with more than 10 items.
7. Invent a character, dress up like him or her and talk to strangers in character.
8. Try washing something that says "dry-clean only". (Be careful with this one)
9. Go to the movies an hour early and sneak in to watch the end of the other movies.
10. Make a prank call on your mom.

Add your own “naughty” items... The sky’s the limit... Set your rebellious inner child free!

What do I do now?

In my health coaching practice, I work with clients to spot how they are engaging in outdated, self--destructive behavior in a failed attempt to feel more free and alive.

Together we come up with new ways to feel free, alive and even wild!

Click [here](#) now to schedule a time to talk with me today about letting your rebellious inner child run wild and free!

To your health!
[INSERT YOUR NAME]

WEEKLY VIDEO TIP

SUBJECT LINE: Do this when you just wanna be “bad”

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What's important about "Rebellious Inner Child Syndrome"?

It's a way of rebelling against outside authority. A way of being bad for the sake of it. Most people don't like being told what to do so we have our own mechanisms in place to help us rebel.

Some of these mechanisms may be outdated, dysfunctional or self--destructive so we want to stay away from those.

As health conscious adults, we can revise our strategy for being "bad" while still getting the pleasure experience of being naughty.

Here are 10 healthy ways to be naughty...

1. Cut the "DO NOT REMOVE" tag from your mattress.
2. Have sex outside.
3. Give your kid a Mohawk without telling your spouse.
4. Draw a mustache on a poster.
5. Wear a short skirt with no panties.
6. Go through the express lane at the grocery store with more than 10 items.
7. Invent a character, dress up like him or her and talk to strangers in character.
8. Try washing something that says "dry-clean only". (Be careful with this one)
9. Go to the movies an hour early and sneak in to watch the end of the other movies.
10. Make a prank call on your mom.

Add your own "naughty" items... The sky's the limit... Set your rebellious inner child free!

What do I do now?

In my health coaching practice, I work with clients to spot how they are engaging in outdated, self--destructive behavior in a failed attempt to feel more free and alive.

Together we come up with new ways to feel free, alive and even wild!

Click [on the link below this video](#) now to schedule a time to talk with me today about letting your rebellious inner child run wild and free!

To your health!

[INSERT YOUR NAME]

DFY TIP#13: 10 HEALTHY ON-THE-GO SNACKS

WEEKLY EMAIL TIP

SUBJECT LINE: 10 healthy on-the-go snacks inside...

[INSERT YOUR NAME] here to tell you that there are really healthy snacks out there that you can eat on-the-go and guilt-free!

But first, why am I talking about healthy on-the-go snacks?

I'm talking about healthy snacks today because our modern lives get so busy, and that makes it hard to find time to suss out a healthy snack.

But that doesn't mean you have to compromise your health by settling for Twinkies!

So, what's important about healthy snacking?

Healthy snacks are important for those in-between meal moments because they:

- Sustain your energy from meal to meal
- Stabilize your blood sugar
- Keep your mood steady and focus sharp

So how do I know what to look out for in healthy, on-the-go snacks?

- **Nuts**—an excellent source of high protein:

Look for raw or dry roasted and stay away from nuts with additives like vegetable oil and salt as these can turn rancid if they sit in a bag in a store.

- **Fruit**—packed with vitamins, minerals and antioxidants:

Look for organic fruit like bananas packed with potassium and oranges loaded with Vitamin C

- **Yogurt**—high in protein and good source of healthy fats:

Look for full-fat, organic yogurt or ones that do not contain artificial flavors or sweeteners like corn syrup.

- **Hard boiled eggs**—high source of protein and will keep your blood sugars level:

Boil them the night before and throw a couple in your bag.

- **Peanut butter sandwich**—also high in protein and stabilizes blood sugar:

Look for a brand that is organic or free of additives.

- **Energy bars**—a much healthier and nutritious alternative to chocolate bars:

Avoid brands with soy protein isolate and look for brands that contain over 10 grams of whey protein, hemp protein or pea protein.

- **Dark chocolate**—high in natural caffeine that can give you that energy boost:

Look for brands that list cacao as the first ingredient not sugar.

- **Trail Mix**—packed with a combo of proteins and sugars to increase your energy:

Look for a mix that doesn't contain added vegetable oil and salt or buy a variety of nuts, seeds, raisins and cranberries at the health store to mix yourself.

- **Raw veggies**—slices of raw veggies are loaded with vitamins and minerals:

Choose organic veggies where possible and cut the morning of to maintain their maximum nutrients instead of buying pre-cut slices in a bag.

- **Seeds**—pumpkin seeds and sunflower seeds are high in sources of vegetable protein:

Look for raw seeds wherever possible. You can find them in the bulk food section.

What do I do now?

If you want to make sure that you're eating healthy all the time, then click [here](#) now to schedule a time to talk with me 1-on-1. I can help you shortlist the best foods for your body, so you can feel great and look great now!

To your health!

[INSERT YOUR NAME]

WEEKLY VIDEO TIP

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To your health!

[INSERT YOUR NAME]

DFY TIP#14: FRESH AIR & SUNSHINE IS FOOD!

WEEKLY EMAIL TIP

SUBJECT LINE: 3 underrated but potent vitamins!

[INSERT YOUR NAME] here to let you in on a little secret of 3 super potent vitamins that are crucial for our health and wellness yet we often overlook them... Can you guess what they are?

I'll give you a clue: they are all around you, don't cost a dime and are accessible at any time of day...

That's right! I'm talking about nature, fresh air and sunshine!

But first, why am I talking nature, fresh air and sunshine as vitamins?

Let me explain...

We are so conditioned to think that vitamins are something manufactured in a lab and labeled that we need to purchase in a bottle at a store that we forget to open our eyes and look all around us. Vitamins are everywhere!

Nature itself is a multi-vitamin world but it's often the last thing we turn to for our vitamin fix simply because we are not conditioned to think of it as... nutritious. But it is... so hold tight while I go into more detail...

So what are my 3 most underrated yet most potent vitamins?

1. **Vitamin N** = Nature
2. **Vitamin FA** = Fresh Air
3. **Vitamin S** = Sunshine

Never heard of them before? Well, don't worry because you have now!

Did you know that instead of exploring the great outdoors the average American spends most of their time stuck in stale offices and dark living rooms?

Even kids today spend 7 hours more on academics and 2 hours less on sports and outdoor activities per week than they did 20 years ago.

Well unfortunately, all this indoor living is devastating our health!

Research shows that children who get more "vitamins N, FA and S" have lower stress levels, more success in school, and fewer ADHD symptoms. And adults who exercise and socialize more in nature are happier people all round.

We all know that simply being in sunlight triggers our skin to make vitamin D, also known as the 'sunshine vitamin'. Research has linked low vitamin D levels with depression, obesity, diabetes, cardiovascular disease, autoimmune disease, osteoporosis and cancer.

To make sure you have enough Vitamin D, be sure to get at least 15-20 minutes outside WITHOUT sunscreen. Why? Because sunscreen (high and low SPF factors) prohibits the body from making vitamin D by 95 %.

So in light of all this it is so important to get outside and get lots of nature (VITAMIN N), fresh air (VITAMIN FA) and sunshine (VITAMIN S)—these are super potent forms of food for our bodies!

How can I get more Vitamin N, Vitamin FA and Vitamin S?

- Make outdoor adult play mandatory—splash in puddles, throw snowballs, pack a picnic or catch fireflies.
- To avoid the typical 3pm slump, take a 10-15min walk outside and drink in fresh air instead of coffee.
- Try gardening! Getting your hands in the dirt is actually good for you—there's a strain of bacterium in soil—Mycobacterium vaccae—that has been found to trigger the release of serotonin, which in turn elevates mood and decreases anxiety. No wonder kids already know that digging deep in dirt makes them happy!
- Move your kitchen outside—fire up the grill and make fun creations such as fruit kebabs, or if you have kids, let them personalize meats by brushing on sauces before cooking.
- Sleep under the stars—even if camping without a bathroom isn't for you, you can pitch a tent or put up a hammock in your backyard!

What do I do now?

If you want to talk more with me about fun ways to get more of these natural, abundant and potent vitamins in your life, then click [here](#) now to schedule a time to chat.

To your health!

[INSERT YOUR NAME]

WEEKLY VIDEO TIP

SUBJECT LINE: 3 underrated but potent vitamins!

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What do I do now?

If you want to talk more with me about ways to get more of these natural, abundant and potent vitamins in your life, then click [on the link below this video](#) now to schedule a time to chat.

To your health!

[INSERT YOUR NAME]

DFY TIP#15: HOW TO BEAT THE WINTER BLUES

WEEKLY EMAIL TIP

SUBJECT LINE: 10 tips to beat the winter blues!

[INSERT YOUR NAME] here to help you figure out some easy ways to combat that feeling we sometimes get when the leaves fall off the trees and the sun sets way too early and we start unpacking our winter gear in preparation for those hibernation months of winter...

But first, why am I talking about beating the winter blues?

Depending where you live—New York City versus Los Angeles—winter will either be something you dread or something that passes you by without noticing.

Sometimes even people who live in the warmer states like California experience cyclical changes that affect their moods and disposition.

The extreme form of this is called SAD or Seasonal Affective Disorder. SAD is a cyclical form of depression caused by changes in the circadian rhythm—a 24-hour cycle that regulates biochemical processes in the body.

For some people, as the hours of sunlight decrease in the fall and winter, their circadian rhythm cycle can become disrupted. The hormone melatonin and the neurotransmitter serotonin suddenly drop in the winter and this causes lethargy, depression, irritability and weight gain.

So what are my top 10 tips for beating the winter blues?

1. Take Vitamin D3:

Vitamin D3 is not actually a vitamin, it's a steroid hormone manufactured in the body from direct exposure to sunlight. Because sunlight is weak or scarce in some winters, be sure to buy Vitamin D3 supplements to make up for lost sunlight!

2. Invest in a high quality light therapy sun lamp:

Light therapy sunlamps are often household necessities in states that suffer from lack of winter sunshine like Washington. Be sure to invest in a high quality sun lamp that you can use throughout the day for 15 minutes at a time.

3. Hibernate happily:

Sometimes it's best to surrender to winter and take up hibernation like a bear. You can watch movies you've always wanted to see or curl up on the couch with a good book you've been meaning to read or get all cozy by the fire in your favorite woolly socks.

4. Eat warm, nourishing comfort foods:

Use this time to make those rich bean soups and hearty squash and root vegetable stews that you've been wanting to try. It will nourish and warm your body and spirit.

5. Watch comedy shows and improv that make you laugh out loud:

Laughter is the best medicine. Download your favorite comedian and watch the show till you have a stitch in your side from laughing or put on your sexy winter boots and invite a friend out to see your favorite comedian live.

6. Layer up and go for walks outside in the cold, fresh air:

Just because it's cold outside, it doesn't mean you shouldn't be outside. As long as you layer up with woolly hats, down jackets and long johns, even the snow and sleet will be your friend. Take a stroll on a freezing wintery evening and return home refreshed.

7. Spend time soaking it up in a hot tub or sauna:

There is nothing that raises your body heat quite like soaking it up in a hot tub or sauna. Just do it weekly throughout winter! You can't go wrong.

8. Find a movement class that makes you sweat:

Getting your body moving floods you with feel-good endorphins. So find a high energy dance class like Zumba or African Dance or even belly dancing and get your groove on. Then treat yourself to a cup of hot chocolate afterwards with your new dance buddy.

9. Buy some great looking winter outfits so you don't feel frumpy:

Take all your old, moth-eaten sweaters to Goodwill and buy yourself some sexy, head-turning winter gear like leggings and boots so you can go out and about in style.

10. Take a vacation somewhere sunny or tropical:

If the winter months are simply unbearable, there is nothing that breaks it up better than a short vacation to a sunny place like Hawaii or Mexico. It will give you the boost to get through the rest of the winter... this time with a tan!

How will I know which of these tips will work for me?

Good question!

Start by picking your top three that just jump out at you. Those are the ones that obviously appeal to you the most—so that's a great place to start!

Next, schedule a time on your calendar to actually do them starting tomorrow.

So if you picked hot tub, movement class and nourishing soup, then go out today and buy the ingredients for the soup to cook tomorrow and find a movement class you can start next week and treat yourself to your local hot tub spa on the weekend!

Once you've done these three keep doing them if you enjoy them or ditch them if you don't! And then start adding more from your top 10 list until pretty soon winter will be over and you will yearn to do it all over again!

What do I do now?

If you are one of those people prone to the winter blues and you want to make sure not to fall into that rut this year, then click [here](#) now to schedule a time to chat with me about more ways to make your winter months not only bearable but pleasurable too!

I can help you come up with a plan that feels good in your bones and I can help you implement it and follow through so that you can beat the winter blues this year for real!

To your health!

[INSERT YOUR NAME]

WEEKLY VIDEO TIP

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[INSERT YOUR NAME]

DFY TIP#16: DIETING REVELATIONS

WEEKLY EMAIL TIP

SUBJECT LINE: How to find the perfect diet for you...

[INSERT YOUR NAME] here to talk about the truth of why most diets don't work... and let you in on 10 ways for you to start discovering the perfect diet for you.

Why am I talking about finding the perfect diet for you?

You've probably heard the statistic that 95% of dieters can't keep the weight off, and when they gain it back they often gain MORE than they weighed before.

Research has proven that dieting can backfire AND mess up your metabolism.

What's important about this dieting statistic?

This statistic is important because it's likely that you want to drop a few pounds so you can feel sexy in your clothes, wear the latest styles, look great on the beach and feel confident in your skin.

And you deserve to have those results!

But if diets don't work, then what does?

Here are my 10 ways to start discovering the perfect diet for you... Because you won't find it in any diet book.

I've compiled these 10 "paradigms" on discovering your perfect diet from working with clients in my health coaching practice.

One client [insert name, occupation], after working with these 10 paradigms, [insert weight loss result].

Chances are good these paradigms will work for you, too!

10 Paradigms To Help You Discover The Perfect Diet For You:

1. There are as many "right" diets as there are people on the planet!

2. What's healthy for one person might not be healthy for YOU.
3. The body has an innate wisdom beyond any book or authority.
4. Diets are not useful as dogma, but they ARE useful as a reference.
5. Your body is the ultimate dietary authority for every phase of your life.
6. Your diet changes as YOU change.
7. Your body is the most powerful, least expensive and BEST dietary experimentation lab.
8. Your RELATIONSHIP with food & your body impacts your health more than the food you eat.
9. Symptoms, cravings and behaviors are not the problem, they are your only solutions till now.
10. Nourishment is about much more than just food.

It might be scary at first to think that YOU actually have more control of your weight loss experience than a “diet” does.

Most of my clients (once they really open up to this possibility) find it totally liberating and start to feel empowered instead of fearful. YES!

What do I do now?

I get that this is a whole new way of looking at your food and your life—it's in essence, a huge paradigm shift. How great is that? Now you get to look at the things that weren't working before through a whole new lens! One that puts YOU at the center of your life. Now that's empowering!

If you are tired of the false promises of the latest diet fads and sick of following health and wellness trends that don't work for you, then click [here](#) now to schedule a time to talk to me about diving deeper into these revelations and what it really means to be living in YOUR body.

I guarantee you that you will walk away feeling empowered to choose the way forward for you that feels right in your whole body and you will strengthen your relationship with the one person that matters most in your life—YOU!

To your health!

[INSERT YOUR NAME]

WEEKLY VIDEO TIP

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To your health!

[INSERT YOUR NAME]

DFY TIP#17: DECREASE YOUR STRESS

WEEKLY EMAIL TIP

SUBJECT LINE: What to do when you're stressed to the max....

[INSERT YOUR NAME] here to let you know that even though you might be stressed to the max right now, there are still small, practical steps you can take to cope with that stress and stay healthy.

But first, why am I talking about stress?

Like it's not enough to *live* with stress, now I've got to be *talking* about it too?!

Agh.... not fun...!!!

But the truth is that it sure is important to acknowledge stress so you can reduce it or cope with it a little better.

Think of it like aiming for a 1% improvement....you may not be able to change the stressors in your life, but if you can manage the impact on your body 1% better, then you'll stay healthier and more able to handle the stress.

Worthwhile, yes?

Truth: what are some of the effects of stress on your body?

I'm the first person to pretend that stress is no big deal, so if you're like me, then the two of us need to have a "Come to Buddha" moment and get real about how stress IS affecting our bodies....

- Stress increases cortisol production associated with weight gain (especially in the belly), an inability to lose weight or gain muscle and premature aging
- Stress decreases nutrient absorption due to decreased enzymatic production from the stomach, pancreas and liver and decreased bile flow from the gall bladder
- Stress increases nutrient excretion such as urinary loss of calcium, magnesium, potassium, zinc, chromium, selenium and microminerals

- Stress decreases gut flora populations by destroying healthy intestinal bacteria and can lead to immune problems, skin disorders, nutrient deficiencies, and digestive distress
- Stress increases salt retention which can lead to high blood pressure
- Stress decreases the thyroid hormone which can negatively affect your metabolism
- Stress decreases sex hormones which leads to loss of libido and low energy

But you're not reading this just to talk about problems, you're reading to find solutions! So read on...

How can I reduce or cope better with stress?

Remember, since we can't always control the stress in our lives, the goal is to reduce our experience of stress by even 1%.

Here's how you can do that, starting NOW:

- Look at your calendar for the next 7 days. What's one activity you've committed to that you can cancel?
- Look at your to-do list. What's one item you can delegate to someone else in the next 24 hours?
- Consider your schedule today. Where can you fit in 20 minutes for yourself —where you're not taking care of anyone else or being "productive"—so you can just relax and play and do something mindless?
- Look at your calendar for tomorrow. Where can you fit in a 10-minute walk or Frisbee toss in your backyard? The fresh air and movement will help you cope waaay better with stress.
- Before your next meal, try what I call the "5-5-7" breath. Inhale for a count of 5, hold your breath for a count of 5, then exhale for a count of 7. Repeat at least 3 times. This gives your body a chance to relax before your meal, which will increase your digestive capacity and help your body pull more nutrients from the food you're eating.

What do I do now?

If you feel too stressed to relax, and you KNOW it's affecting your health, your weight and your energy levels, then click [here](#) NOW to schedule a time to talk with me about how to reduce or cope better with the stress in your life.

I've helped tons of clients solve this problem, and chances are very good that I can help you, too.

To your health!

[INSERT YOUR NAME]

WEEKLY EMAIL TIP

SUBJECT LINE: What to do when you're stressed to the max....

[INSERT YOUR NAME] here to let you know that even though you might be stressed to the max right now, there are still small, practical steps you can take to cope with that stress and stay healthy.

But first, why am I talking about stress?

Like it's not enough to *live* with stress, now I've got to be *talking* about it too?!

Agh... not fun...!!!

But the truth is that it sure is important to acknowledge stress so you can reduce it or cope with it a little better.

Think of it like aiming for a 1% improvement... you may not be able to change the stressors in your life, but if you can manage the impact on your body 1% better, then you'll stay healthier and more able to handle the stress.

Worthwhile, yes?

Truth: what are some of the effects of stress on your body?

I'm the first person to pretend that stress is no big deal, so if you're like me, then the two of us need to have a "Come to Buddha" moment and get real about how stress IS affecting our bodies....

- Stress increases cortisol production associated with weight gain (especially in the belly), an inability to lose weight or gain muscle and premature aging

- Stress decreases nutrient absorption due to decreased enzymatic production from the stomach, pancreas and liver and decreased bile flow from the gall bladder
- Stress increases nutrient excretion such as urinary loss of calcium, magnesium, potassium, zinc, chromium, selenium and microminerals
- Stress decreases gut flora populations by destroying healthy intestinal bacteria and can lead to immune problems, skin disorders, nutrient deficiencies, and digestive distress
- Stress increases salt retention which can lead to high blood pressure
- Stress decreases the thyroid hormone which can negatively affect your metabolism
- Stress decreases sex hormones which leads to loss of libido and low energy

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To your health!

[INSERT YOUR NAME]

DFY TIP#18: “HOW-TO” WATER GUIDE

WEEKLY EMAIL TIP

SUBJECT LINE: 7 tips for drinking more water!

[INSERT YOUR NAME] here to chat with you about how much water you really need to drink to stay hydrated AND to offer you 7 of my simple how-to tips for drinking more water every day!

But first, why am I talking about drinking more water anyway?

Water is the fluid that lubricates our systems and keeps us healthy and vibrant.

Think of a riverbed in a drought when it’s all dried up and cracking, where the water is so sparse that there’s no life in it.

Now compare your body to that riverbed and imagine what you are doing to it by not staying hydrated with enough water. Yup, soon enough it too will dry up, crack up and become uninhabitable.

So before you get to that sad state, let’s talk about how you will know if you’re not drinking enough good old H₂O!

What’s important about recognizing dehydration?

The usual side effects of dehydration are dry mouth and thirst. And you can also look out for other signs of mild to severe dehydration (in that order) such as:

- Low energy, fatigue and loss of muscle strength and endurance
- Hunger (oftentimes can mean you are just really thirsty)
- Headaches and decrease in memory and brain function
- Decrease or no output of urine or urine that is dark, strong smelling or burning
- Low blood pressure
- Tachycardia or rapid heart rate

How do I increase my daily water consumption?

Easy! Just try these 7 tips for drinking more water:

1. Drink 1 - 2 glasses of water first thing in the morning
2. Keep a pitcher filled with filtered water for you to drink throughout the day in your fridge at home or on your desk at work
3. Drink 8 oz of water before exercise
4. Sip small amounts of water from your water bottle during exercise
5. Keep glass bottles of water in your car, at the office, by your bed
6. Add slices of fresh lemon, orange, cucumber or strawberry to your water or fresh mint
7. Add Emergen-C to sparkling water for a fun twist on taste, or try iced herbal teas throughout the day

What do I do now?

If you're thirsty for more ways to stay hydrated in your busy life, then click [here](#) now to schedule a time to talk with me, so you can feel energized, excited and inspired about your health.

To your health!

[INSERT YOUR NAME]

WEEKLY VIDEO TIP

SUBJECT LINE: 7 tips for drinking more water!

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[INSERT YOUR NAME]

DFY TIP#19: “HOW-TO” TEA GUIDE

WEEKLY EMAIL TIP

SUBJECT LINE: 7 health benefits of herbal teas...

[INSERT YOUR NAME] here to chat with you about a healthy—and yummy!—alternative to your regular cup of Joe... even if you’re addicted to your caffeine, you may want to check out the numerous health benefits of caffeine-free herbal teas!

But first, why am I talking about the health benefits of herbal teas?

In cultures around the world people have been brewing leaves, fruits, flowers, roots, bark and berries for centuries. Here’s why....

- Research suggests the antioxidants in tea help protect against cancer
- Tea is high in oxygen radical absorbance capacity (ORAC), which means it helps destroy free radicals that can damage DNA
- Tea is primarily water and therefore naturally hydrating

Herbal teas can be soothing when you’re suffering from minor symptoms, but they are primarily formulated for taste enjoyment and general health enhancement.

So what are the 7 different types of herbal teas and will they improve my health?

- Immune stimulating blend teas:

These contain tonic herbs known as Adaptogens that help strengthen or enhance the immune system, nervous system and/or glandular system while they help the body cope with stress.

Look for: Siberian ginseng, Panax ginseng, Astragalus, Schisandra, Echinacea, Ashwagandha, Reishi mushrooms and licorice.

- Digestive aid blend teas:

Many herbs have digestion--stimulating properties. They can help relieve gas and heartburn, stimulate the flow of gastric juices, relax spasms and cramps and dispel nausea or queasiness.

Look for: Ginger, anise seeds, thyme, chamomile, hyssop, peppermint, spearmint, lemon balm, fennel, coriander, chicory, catnip and cardamom.

- Calming and sedative blend teas:

After a tough day filled with stress (and usually caffeine), Americans have a tough time settling down enough to fall asleep. Sedative teas are mild in action, due to dose.

Look for: Chamomile, hops, linden flowers, lavender, passionflower, skullcap, valerian, tilia buds and white sapote.

- Stress-relief blend teas:

These teas differ from sedative teas because they are designed to help you cope with stress but not become sleepy. Two herbs stand out in this arena but have completely different actions:

Siberian ginseng helps the body cope with stress. Kava, a muscle relaxant with a long tradition of use in the South Pacific, can actually help relieve tensed-up muscles.

You may drink Siberian ginseng tea frequently but kava should be saved for those times when you really need help relaxing and letting go.

Look for: Siberian Ginseng or Kava

- Stimulating spice blend teas:

Spicy teas will warm you internally and stimulate your digestion and elimination. They need a longer brewing time and are best simmered for ten minutes to bring out their spicy flavor.

Look for: Cinnamon, cardamom, chai spice

- Cold-fighting Vitamin C Fruit blend teas:

These teas can contribute significant amounts of Vitamin C to your diet, and are delicious iced. Because they have a strong citrus accent, they are refreshing and thirst quenching and can keep you hydrated just as well as water.

Look for: Orange, lemon, berry

- Antioxidant-rich Rooibos teas:

This caffeine--free tea is unique in the herbal tea world. Rooibos (which means “red bush” and is pronounced “roy--boss”) is grown only in the tip of South Africa in Cape Town.

It is the only herbal tea that is fermented like black tea, producing a deep red color and body similar to black tea but without black tea’s astringency.

Rooibos is rich in vitamin C, minerals, Quercetin, Luteolin, Rutin and numerous other flavonoids that contribute to its antispasmodic, hypoallergenic and antioxidant properties.

What do I do now?

If I’ve TEAsed you enough with these mouthwatering teas to want to find ways to kick your caffeinated coffee habit and switch to the rich world of herbal teas, then click [here](#) now to schedule a time to talk with me now!

To your health!

[INSERT YOUR NAME]

WEEKLY VIDEO TIP

SUBJECT LINE: 7 health benefits of herbal teas...

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To your health!

[INSERT YOUR NAME]

DFY TIP#20: GET YOUR MOVE ON!

WEEKLY EMAIL TIP

SUBJECT LINE: 25 out-of-the-box exercise ideas inside....

[INSERT YOUR NAME] here to help you get moving!

But first, why am I talking about movement?

Sometimes the word “exercise” sounds like work, so I like to call it “movement” instead.

What is movement?

It’s any activity that’s fun for you and gets your body moving!

Your body is made to move.

Therefore, movement is actually a type of fuel for your body, just like food.

It stimulates and generates energy and good moods, plus it’s a fun way to get outside and connect with old and new friends.

25 Out-Of-The-Box Movement Ideas

1. Hula hooping
2. Zumba
3. Nia
4. Skateboarding
5. Rock climbing
6. Surfing
7. Silks/acrobatics/circus arts
8. Trampoline jumping
9. Frisbee
10. Archery
11. Fencing

12. Karate
13. Capoeira
14. Jazzercise
15. Cardio Barre
16. Vinyasa Yoga
17. Pilates
18. Acroyoga
19. Golf
20. Soccer
21. Basketball
22. Hiking
23. Swimming
24. Rollerblading
25. Jump rope

How do I choose my movement activity and add it to my day?

What movement did you love to do as a kid? Roller skate? Hula hoop? Golf?

Choose a type of movement that you loved but don't seem to do anymore - you'll feel like a kid again!

Add this movement to your day by starting with a regular 10 minute appointment - for you the might be first thing in the morning, or at lunch, or after work.

What do I do now?

Need help staying accountable to moving regularly? So do most of my clients, so you're in good company! Click [here](#) now to schedule a time to talk with me so I can help you find the right kind of movement for you—and to stick to your decision to move every day.

To your health!
[INSERT YOUR NAME]

WEEKLY VIDEO TIP

SUBJECT LINE: 25 out-of-the-box exercise ideas inside....

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[INSERT YOUR NAME]

DFY TIP#21: HIGH QUALITY SWEET TOOTH TREATS

WEEKLY EMAIL TIP

SUBJECT LINE: 9 ways to indulge your sweet-tooth high-quality style!

[INSERT YOUR NAME] here to tell you that just because sugar aint good for ya, doesn't mean you have to kiss your sweet tooth goodbye forever!

But first, why am I talking about high quality sweeteners?

We've all heard that too much highly processed, refined sugar can have devastating effects on your metabolism and contribute to all sorts of diseases. This is no joke... Here's why:

- Sugar equals tons of calories with no essential nutrients. All it does is cause tooth decay by literally feeding harmful bacteria in your mouth!
- If you eat high quantities of refined, processed sugar but do no exercise you are at risk, for the fructose derived from an excess of sugar, to get lodged in your liver and cause non-alcoholic fatty liver disease.
- When you consume too much sugar, it can cause resistance to the hormone insulin, which can lead to diseases like metabolic syndrome, obesity, cardiovascular disease and type II diabetes.
- An excess amount of sugar can have a devastating effect on your metabolism, which is now known to lead to cancer.
- Sugar is highly addictive because after ingestion it causes a huge release of dopamine in your brain.
- Sugar is a major contributor to heart disease, which is the number one killer in the world.

But what many people don't realize is that there are healthier, alternative sweeteners out there that won't damage your health as much and taste just as sweet, if not more!

So what are some of these high quality sweetener alternatives to processed sugar?

1. Stevia—a plant used by the Guarani people of South America for more than 1500 years:
 - Tastes about 300 times sweeter than table sugar
 - No calories, no impact on blood sugar and may reduce blood pressure
 - Make sure to buy only 100% whole leaf stevia... look for RebA

2. Xylitol—a sugar alcohol that is neither sugar nor alcohol but is actually an organic compound:
 - About the same sweetness as table sugar
 - Comes from a non-GMO plant source
 - Low in calorie and no effect on blood sugars

3. Erythritol—also a sugar alcohol like Xylitol
 - About 70% as sweet as table sugar and tastes just like it
 - It is 100% Erythritol
 - Nearly non caloric, doesn't spike blood sugar and is easily digested

4. Coconut palm sugar—from the sap of cut flower buds of the coconut palm:
 - Same sweetness as table sugar
 - Look for labels that say coconut sugar, coconut crystals or coconut palm sugar
 - Has a low glycemic index and contains some nutrients and fiber

5. Agave—produced from the leaves of this Mexican succulent plant
 - It is about one and a half times sweeter than table sugar
 - Make sure to buy organic agave
 - It lowers the glycemic index more than table sugar does

6. Honey—bees, bees, bees...:
 - Slightly sweeter than table sugar
 - Buy raw, local and organic honey
 - Can help boost immune system and seasonal allergies and sooth sore throats

7. Lucuma powder—produced from this subtropical fruit native to South America:
 - Sweet, maple flavor

- Make sure it is 100% lucuma powder
- Can help boost immune system, no effect on blood sugar and contains nutrients

8. Maple syrup—made from the sap of sugar, red or black maple trees:

- About 3 times sweeter than table sugar
- Buy organic pure grade B maple syrup
- Lower fructose content than table sugar but don't be fooled it's still sugar

9. Monk fruit (lo han gou)—made from a green melon that grows in the mountaintops of Asia:

- About 200 or 300 times sweeter than table sugar
- Buy pure monk fruit or pure lo han gou sweetener
- Non caloric, no impact on blood sugar and may be anti-inflammatory

How can I use one of these alternative sweeteners in my cooking?

Here's an awesome, healthy and sweet recipe for **Candied Walnuts** to get you started:

Prep time: 5 mins; Serves: 4

1 cup raw walnuts, chopped or whole
1 tsp cinnamon
2 T coconut oil
1 T honey
salt to taste

In a medium hot frying pan, add coconut oil, walnuts, salt and cinnamon. Cook until toasted, about 10 min. In the last couple minutes, add the honey for a sweeter taste.

What do I do now?

If you're unhappily addicted to processed sugar and want to make a change that will greatly benefit your health, then click [here](#) now to schedule a time to talk with me about the next steps you can take. I am here to help you make a plan to reduce or eliminate processed sugar in your diet and substitute with alternative sweeteners that will completely change your life!

To your health!

[INSERT YOUR NAME]

WEEKLY VIDEO TIP

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[INSERT YOUR NAME]

DFY TIP#22: ANTI-AGING TIPS FOR HANDS

WEEKLY EMAIL TIP

SUBJECT LINE: 3 tips for baby-soft hands....

[INSERT YOUR NAME] here to share with you my 3 top super simple beauty tips for helping you to get baby-soft, silky smooth hands in 3 days so you can put your best 'hands' forward!

But first, why am I talking about loving up your hands?

Good question! I'm talking about your hands because your hands all too often get a bad rap don't you think? We treat our faces like Cinderella—the belle of the ball—and our hands like her ugly sisters!

But if you think about it, our hands do all the hard work! Way more than our faces. We use our hands all day, every day, to cook, to clean, to write, type, drive, to eat, to wash—to do practically everything... and then sadly, we get home and give them a quick wash with some generic soap.

I know my hands are just crying out for more TLC! Aren't yours?

So what are my 3 tips for baby-soft, silky-smooth hands?

First, in case you are wondering, I want you to know that I would not recommend this if I hadn't first tried it myself. So the last 3 nights, this is what I did to achieve baby-soft, silky-smooth hands and you can do it too!

Here are 3 items you will need to help you get started:

1. A good quality **gentle exfoliator** that is good enough for you to use on your face!
2. A good quality additive-free high SPF (30+) sunscreen also good enough for your face!
3. A jar or bottle of organic coconut, olive or almond oil to set on your bedside table!

How will using these 3 things give me baby-soft silky-smooth hands?

Here's how:

- When you wake up in the morning and wash your face with your gentle exfoliator, apply it to your hands and give them a good rub and massage including your fingers.
- Before leaving the house, when you apply sunscreen to your face, apply it to your hands too especially to the top part that gets the most sun exposure.
- Before bed, repeat the same application with your gentle exfoliator on your hands as you did in the morning.
- In bed, reach over to your organic bottle of coconut, olive or almond oil and apply a blob to your hands massaging them all over. (Remember oil is oily so be careful not to stain your sheets and wait until your skin has absorbed all the oil before lying down.)

Voila! I guarantee you that in just 3 days you will marvel at the difference this makes to your hands and in no time you will be sharing these 3 tips with your friends and family!

It's time we gave our hands the tender love and care they deserve for all the hard work they do for us day in and day out, don't you think?

What do I do now?

If you've had enough of hiding your aging hands from the world, then click [here](#) now to schedule a time to talk with me about other ways to put your best 'hand' forward in your life...

No more hiding your hands, it's time to let your hands be the belle of the ball so you can reach out and touch life while feeling great about yourself and your skin!

To your health!

[INSERT YOUR NAME]

WEEKLY VIDEO TIP

SUBJECT LINE: 3 tips for baby-soft hands

[INSERT YOUR NAME] here to share with you my 3 top super simple beauty tips for helping you to get baby-soft, silky smooth hands in 3 days so you can put your best 'hands' forward!

But first, why am I talking about loving up your hands?

Good question! I'm talking about your hands because your hands all too often get a bad rap don't you think? We treat our faces like Cinderella—the belle of the ball—and our hands like her ugly sisters!

But if you think about it, our hands do all the hard work! Way more than our faces. We use our hands all day, every day, to cook, to clean, to write, type, drive, to eat, to wash—to do practically everything... and then sadly, we get home and give them a quick wash with some generic soap.

I know my hands are just crying out for more TLC! Aren't yours?

So what are my 3 tips for baby-soft, silky-smooth hands?

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To your health!

[INSERT YOUR NAME]

DFY TIP#23: CALM YOUR BODY & MIND

WEEKLY EMAIL TIP

SUBJECT LINE: 2 easy ways to calm your body & mind...

[INSERT YOUR NAME] here to share with you my two favorite and super easy ways to calm your body and mind throughout the day in order to make space for more energy!

But first, why am I talking about calming your body and mind?

We all want to have more energy right? We all want to feel so great that we leap out of bed with fat smiles on our faces ready to greet the day with applause.

But how can we even get this energy boost without first making space for it in our bodies and minds?

Good question!

Think of calming your body and mind like tilling the soil and planting the seeds before they SPROUT with abundant energy like magic bean stalks that reach for the sky! Because that's all you will be doing here—making space for new energy to flow!

So what are my 2 easy ways to calm your body and your mind?

- **STEP 1:** Put both your feet firmly on the ground, sit up straight with your shoulders pulled back to open your heart, close your eyes and take ten full, DEEP breaths in and out... in and out... in and out...

When you open your eyes NOTICE how different your body feels. Do you feel calmer? Clearer? More relaxed?

Well that was **STEP 1!** Now that you have calmed your body, are you ready for **STEP 2?** Don't worry... it's just as easy...

You've heard of positive affirmations right?

Well I believe they actually work! Why? Because your body is not going to do what you tell it to do unless your mind believes it first! (Or you trick your mind into believing it)

- **STEP 2:** Think of a short, sweet sentence that I like to call your **motivational MANTRA** so that you can instantly become your own energy-boosting guru..

Here are some ENERGIZING examples to get you started:

- I choose to feel energized!
- I breathe in energy and exhale stress
- I am committed to energizing myself

Choose one that resonates with you or change up the words, write it on a sticky note and stick it on top of your computer or bathroom mirror. Then read it or memorize it and say it out loud to yourself six times today and just watch what happens...

How will calming my body and mind give me more energy?

Let me put it this way... water will not flow well through a blocked up pipe. Similarly, your energy or life force is not going to flow well if you're all tensed up, agitated or on guard.

So, with STEP 1, you are learning to quiet your mind, calm your own nervous system and SAVE energy for you to use later when you really need it!

And with STEP 2 you will be amazed at the results over time if you say your mantra over and over again. You may even find that by the end of day one your mind will start to believe it and your body will follow!

Why? Because that's the way our minds work! They start to believe what we tell them to believe. It really is that simple.

What do I do now?

If you've had enough of trying to get through your day with low energy, then click [here](#) now to schedule a time to talk with me about other super simple ways to boost your energy today.

I will help you come up with more easy ways to calm your body and mind that are just right for you so you can live each day with tons of new energy!

To your health!
[INSERT YOUR NAME]

WEEKLY VIDEO TIP

SUBJECT LINE: 2 easy ways to calm your body & mind...

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To your health!
[INSERT YOUR NAME]

DFY TIP#24: ENERGY-BOOSTING BODY STRETCH

WEEKLY EMAIL TIP

SUBJECT LINE: 3-minute energy-boosting body stretch

[INSERT YOUR NAME] here to share with you my favorite 3-minute body stretch that you can do as soon as you wake up in the morning!

But first, why am I talking about a body stretch first thing in the morning?

We all know that waking up on the wrong side of the bed and getting a rushed start to the day where you're racing out the house with un-brushed teeth AND glugging down your coffee in the car is a bad sign.

Everyone wants to start their day on a good note, which means waking up in a good mood, calm and centered and energized for the day, which isn't always the case, right?

So why not give your body that stretch it deserves first thing in the morning instead of waiting ALL day long to go and do the exact same stretch at the gym after work?

So what are the steps to this 3-minute energy boosting body stretch?

- **STEP 1: Set a happy alarm 5 minutes earlier than usual**

Your body responds to messages you give it, so give it a happy ring to wake up to! Download your favorite tune or nature sound and use that as your happy alarm sound. Set it for 5 minutes earlier than usual. Your body will thank you.

- **STEP 2: Start your body stretch as soon as you open your eyes**

Often when we over-plan to stretch our bodies and take too long to pick out just the right exercise leggings or the right room to stretch in, by the time we are ready to start stretching we are demotivated or distracted or derailed....

So, *carpe diem*, seize the day by starting your stretch even before you get out of bed!

Laying down, simply stretch your legs out and reach your arms overhead and really stretch your body or sit up in bed and do the same, this time stretching your arms up to the ceiling.

- **STEP 3: Finish your body stretch right next to your bed**

The KEY here is to honor these 3 minutes you have set aside to stretch your body.

So the trick is to FOCUS your attention inward, breathe DEEP inhales and exhales and stretch up to reach for the sky. You can clasp your fingers overhead to keep your hands together to deepen the stretch.

How will this 3-minute body stretch boost my energy?

You know how sometimes on a chilly morning you need to crank up your car a little more than usual to get the gas circulating faster?

The same is true for our bodies. All they really need to get going is a little kickstart for the day and a simple stretch as soon as you wake up will do it.

I bet you will feel different immediately and that energy boost will GIVE you the energy to make time to boost MORE energy. It's a happy energy-boosting cycle!

What do I do now?

If you are tired of waking up groggy and achy, then click [here](#) now to schedule a time to talk with me about more fast and easy ways to stretch your body back to health first thing in the morning.

I am here to help support you with more super easy energy-boosting body stretch!

To your health!

[INSERT YOUR NAME]

WEEKLY VIDEO TIP

SUBJECT LINE: 3-minute energy-boosting body stretch

[INSERT YOUR NAME] here to share with you my favorite 3-minute body stretch that you can do as soon as you wake up in the morning!

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To your health!

[INSERT YOUR NAME]

DFY TIP#25: LIVE A BALANCED LIFESTYLE

WEEKLY EMAIL TIP

SUBJECT LINE: Are you living a balanced lifestyle?

[INSERT YOUR NAME] here to help you create a more balanced lifestyle so that you can shine, not just in one area of your life, but in ALL areas of your life!

But first, why am I talking about living a more balanced lifestyle?

We spend a lot of time compartmentalizing the various areas of our lives: relationships, career, money, exercise, health... but we all know that if one area is out of whack, our WHOLE life is affected.

Imagine making tons of money AND being in a loving, happy marriage BUT you have no time to exercise. Pretty soon you will appreciate your flow of money and love less simply because your body is not getting the exercise it needs to feel alive and energized.

That's why it's so important to think of your life as one holistic pie and to make the decision to put your energy into making every piece of that pie as yummy as possible!

So what would creating a more balanced lifestyle look like?

Great question!

Creating a more balanced lifestyle would mean taking a really good look at all areas of your life: relationships, career, money, exercise, health...and making decisions about what is and isn't working in each area.

Sometimes the reason we stay stuck in unhealthy or unhappy areas of our lives is because it's easier, in a way, to stay stuck in the familiarity than to find the creativity and energy to make the changes needed to improve our quality of life and move into the unknown.

But don't worry, I am here to help you begin to IMAGINE what your life in balance would look and feel like... you are not alone! But first...

How will I know if my current lifestyle *is* unbalanced?

- Are you used to getting things done on your own, but could use a little support?
- Do you want to build a healthier relationship to food?
- Do you eat when you are bored, angry, sad, or stressed out?
- Do you want to develop a deeper connection to yourself and others?
- Do you want to be empowered to be your own health expert?
- Do you want to be inspired about healthy cooking?
- Do you want to discover optimal eating for your unique body?
- Do you want more confidence, energy, and self-acceptance?
- Do you want to be challenged in new ways?
- Do you want to be held accountable to show up for yourself?

What do I do now?

If you are ready to embrace the best version of your life possible, then click [here](#) now to schedule a time to talk with me about the important steps to take to make changes in your lifestyle that will help you CREATE your DREAM life!

To your health!

[INSERT YOUR NAME]

WEEKLY VIDEO TIP

SUBJECT LINE: Are you living a balanced lifestyle?

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