7 Autoresponder Messages

This document provides you with a mini-library of messages to help you stay in touch with subscribers.

Use the messages to point the reader back to a relevant blog post, another website’s article or your product sales page. Share these tips with your subscribers to further strengthen your commitment to helping them find tips, trainings & techniques about self-defense. A true subject matter expert builds a community of like-minded, success oriented followers. You have the skills and inventory. Now share the knowledge.

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**Healthy Eating Autoresponders**

# 1.) Subject: Welcome to the Healthy Living with Fermented Foods Newsletter

Welcome!

Thank you for subscribing to [your list title/brand].

As a subscriber you will receive:

- Information about fermented foods in a healthy diet.

- Notification of new products, seminars and special savings offers.

You can expect to hear from me twice a week and occasionally more frequently.

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How To Get Started

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If you haven't already, you should download your free report "[Insert the report title]." You can download that here:

[insert the link to the download page]

I look forward to getting in touch with you and hearing (or seeing) how you are adding and enjoying more fermented foods.

Thank you,

~ your name

P.S. If you have a minute, I'd appreciate hearing what your greatest challenge is with eating healthier. I’m also hoping you’ll share some menu ideas or recipes. Just hit the "reply" button and send me a quick note. I can better plan my communications and mentoring when I know your challenges.

Thanks!

<Your Name>

<Your Website>

# 2.) Subject: Do's and Don'ts of Healthy Eating

If you want to change your eating habits for the better, here are some Do's and Don'ts of healthy eating you need to remember:

Do's

- Do eat mini meals throughout the day. You don't have to finish a big sandwich or a plate of beef pot roast in one sitting. Stop when you're full and if you get hungry, you can always eat the other half of your meal. This is a good way to speed up your metabolism.

- Do choose heart-friendly foods like oatmeal, salmon, ground flaxseed, red wine, walnuts, kidney beans, almonds, brown rice, tuna, tofu, soy milk, carrots, spinach, brown rice and blueberries.

Don'ts

- Don't go to the grocery store hungry otherwise you'll end up buying all that junk food that your body doesn't need. When doing groceries with an empty stomach, notice how everything in the store looks delicious then you always buy more food.

- Don't eat more than what you have to. It's so easy to overeat when dining in a restaurant with huge servings. Try to remember this each time you eat: the bigger the size, the more calories it contains.

If you want to (learn/read/find out more about this) check out my latest post here: <insert link to post.>

# 3.) Subject: You can easily cut out these high calorie, high cholesterol foods

Statistics show that more women under the age of 45 are dying of heart disease due to clogged arteries. Yikes! Heart experts aren’t so sure why all of a sudden women are at a greater risk now than men. There are many factors that can cause this condition and our diet is one of them.

Here are the foods to avoid to help prevent high cholesterol.

- Poultry Skin

Oh that crispy, delicious fried chicken skin… how you wish you can have it every day. That is if you want to die young! Poultry skin (hello chicken and turkey skin) can cause artery-clogging plaque to build up because of its high fat content. So before you finish a plate of chicken wings, you may want to give it a second thought. Did you know that one battered, fried chicken wing has 159 calories and 10 grams of fat? Eeww!

- Margarine, Shortening and Frosting

If you are drooling already just thinking about a birthday cake filled with buttercream frosting, stop right there! All of these contain lots of Trans fat or partially hydrogenated fatty acids and they are not good for your arteries.

- Buttered Popcorn, Doughnuts, Muffins and Cookies

Yup, these evil foods contain harmful fats and added sodium. These refined grain products can contribute to clogged arteries. Need I say more?

If you want to (learn/read/find out more about this) check out my latest post here: <insert link to post.>

# 4.) Subject: Tips to fast start your calorie-burning engine

Fun fact: You don’t have to be a triathlon athlete to burn a gazillion calories! Seriously? Yes!!!

Here are some things you can do to get the most out of your daily routine to get the body you’ve always wanted:

1.) Stop hitting snooze and workout first thing in the morning. That’s what champions do! Studies show that people who exercise in the morning are most likely to exercise regularly compared with afternoon or post-work exercisers. Apart from jump starting your metabolism, exercising in the morning will improve your concentration, cognitive function and reading comprehension. You’ll have more energy too!

2.) Getting enough sleep will also help you burn fat. Working late at night will not do you any good. When your body doesn’t get the sleep it deserves, you will end up eating more. When you’re tired, your body produces more ghrelin and this will make you crave for sugar. Also, losing sleep can affect your hormone production which can disrupt healthy cortisol levels. The result? Insulin sensitivity that leads to fat accumulation around your belly.

3.) Stay away from sugar and eat foods that are rich in vitamin C. If you want a svelte body, keep in mind that 80% of it is your diet. You can exercise all you want but if your diet is filled with unhealthy foods, you won’t see the digits on the scale go down.

If you want to (learn/read/find out more about this) check out my latest post here: <insert link to post.>

# 5.) Subject: Tips for Packing a Healthy Lunch

How many of us struggle everyday to eat healthy or at least try to eat healthy? We all have our own excuses and hey I’m not here to judge but with all the resources available, there is hardly any excuse for NOT eating healthy.

Here are some tips on how to pack healthy lunch for work without making it a big production number every time:

1.) Learn how to read food labels – I know this is going to lengthen your grocery time but when you find the right, nutritious foods for you, it’ll be so much easier the next time you hit the food aisles. Make it a habit to compare nutrient levels for the same foods and go for those that are lower in sugar, sodium and fat.

2.) Always include one serving of fruit in your lunch box. Fruits are generally rich in vitamin A and C. They also contain lots of fiber and water. All good! You can even mix them in yogurt for a healthier snack. So, the next time you reach for a candy bar or Pop Tarts, grab a fruit instead!

3.) Allot time to prepare your lunch every morning. You can also get some things done the night before. Or better yet make something in bulk and freeze in different containers that are ready for you to grab and pick up in the morning. Search for freezable healthy meals online to get ideas.

If you want to (learn/read/find out more about this) check out my latest post here: <insert link to post.>

# 6.) Subject: Healthy food is worth it!

I used to think of organic food as fancy given that it used to be available only in health food stores. I just couldn’t get myself to pay extra for food marketed as “environmentally friendly” until I read about chemicals and pesticides that goes into my food. What about you, are you willing to pay the extra cost?

If you are still on the fence, here is a tiny list of organic foods that are worth splurging on:

1.) Apples – According to the FDA, apples contain a lot of pesticides. Now get this – they contain more pesticides (as many as 36) than any other fruit or vegetable. Yikes!

2.) Milk – the grains that dairy cows eat contain chemicals that leave residual presence in milk. Some milk brands also contain bovine growth hormone and antibiotics.

3.) Baby Foods – This is a no-brainer! Your baby’s immune, nervous and detoxification system is not as developed as yours which means they are vulnerable to the effects of pesticides.

4.) Cucumbers – Did you know that cucumber ranks 12th in “most contaminated food” by the Environmental Working Group? If that does not convince you to buy organic cucumber, I don’t know what would!

5.) Grapes – They contain multiple applications of chemicals because they are notorious for attracting insects. Chilean grapes are treated with as many as 17 chemicals. Eeww!

If you want to (learn/read/find out more about this) check out my latest post here: <insert link to post.>

# 7.) Subject: Load up with veggies!

I love vegetables. They are healthy and delicious. What’s there not to like? But then again that’s just me talking.

If your momma never forced you to eat your veggies when you were young and now you had the change of heart, here are some tips on how to start loving your vegetables:

1.) Add vegetables to your favorite dishes – if you like making pizza at home, why not add chopped bell pepper and zucchini to your ingredients? Or perhaps you can make crab meat and spinach lasagna next time?

2.) Broil your veggies – broiling does something magical to vegetables. They get caramelized and crispy that you can only get with frying but without the added calories from fat.

3.) Add flavor to your vegetables – I squirm when I think of eating unseasoned vegetables. No can do! It’s the worst thing for me. If salt and pepper won’t do it for you, try adding bay leaves, paprika, nutmeg, coriander, dill or curry to your vegetable dishes. You can search online which herbs/flavors match best with certain veggies.

4.) Make a delicious dip – who knew that celery can taste so good when dipped in blue cheese dressing? For a low-cal alternative, try blending low fat cottage cheese, onion and herbs.

5.) Conceal your veggies – try zucchini brownies, vegetarian meatballs and carrot cake. You’re gonna love your vegetables, trust me!

If you want to (learn/read/find out more about this) check out my latest post here: <insert link to post.>

# 8.) Subject: In search of wholesome food when dining out

As if eating healthy at home is not challenging enough and then we are confronted with tempting, overly-sized portions in restaurants. If your motto in dining is *“Go Big or Go Home”*, it’s time that you and I have a serious talk!

Ok, so instead of boring you with my lectures, let me just give you a little guide about smart restaurant swaps. Let’s call it a “Eat this, Not That” guide.

- If you are into American cuisine, make these smarter swaps:

Order grilled meat instead of fried

Baked potato without loads of butter and cheese instead of fries

Steamed, sautéed or roasted vegetables instead of vegetables au gratin or potatoes and gravy

Vegetable burger instead of heart attack burger

- For the Chinese cuisine lovers, make these swaps:

Go for steamed dumplings instead of fried

Steamed brown rice instead of fried rice

Steamed vegetables and chicken instead of spareribs. Just order your favorite sauce for dipping.

- For Italian, make these swaps:

Order vegetable calzone instead of beef and cheese calzone

Order garden pizza instead of all-meat pizza

Opt for red sauce or olive oil and ditch white sauce for your pasta

Whole wheat pasta instead of regular white pasta

Skip the fried calamari for your antipasto and go for garden salad with a lighter dressing like olive oil, lemon juice and honey dressing.

If you want to (learn/read/find out more about this) check out my latest post here: <insert link to post.>

# 9.) Subject: Converting the family to wholesome foods

You can’t force your kids to eat healthy if you don’t practice what you preach. If they see you eating powdered doughnuts for breakfast, do you really think they would want to eat oatmeal? Heck no!

Here are some tips on how to make your picky kids start eating healthy:

1.) Add a wide variety of foods in their diet so they will be trained to appreciate different textures and flavors at an early age. I remember eating bitter melon as a kid and I didn’t realize that most kids didn’t eat it. Well, I have to give props to my mom… she’s the reason why I eat almost anything!

2.) Don’t prepare separate dishes for your kids. Let them eat what everyone else in the family is having. Don’t prepare mac & cheese for them when you are having roast chicken and vegetables. There’s nothing wrong with not giving in to your child’s wishes once in a while. Toughen up and they’ll be fine!

3.) Allow the kids in the kitchen. Involving them in preparing the dishes will make them more interested in eating what they create. Start with garden pizza and have them pick the ingredients. Also, it won’t hurt if you are more creative with food. Use cookie cutters to turn toasts into different shapes. Make breakfast as fun as it can be to jumpstart their day!

If you want to (learn/read/find out more about this) check out my latest post here: <insert link to post.>

# 10.) Subject: Skinny does not equal healthy

Just because you're SKINNY doesn't mean you're healthy. Oh the pain of reality!

You see there's a reason why Holywood royalties like Gwyneth Paltrow and Jennifer Aniston still make an effort to eat healthy despite their rockin' figures.

We could all agree that it's not the number of the scale that dictates whether you are healthy or not but the things you do and the nutrients you pack on a.k.a. as your exercise and diet plan.

Healthy eating is such a wide subject and we can tackle it for days but sometimes the less complicated we make it, the better off we are going to be. It's actually pretty simple- learn to make smarter food choices and reward yourself once in a while. And by rewarding yourself, I mean enjoying a slice of your grandmother's pecan pie and not eating the whole thing. The key here is moderation.

Once you are able to establish a healthy routine, you can work on your reward system so you'll always have something to look forward to. This will also stop you from feeling that your favorite comfort foods are totally off-limits.

If you want to (learn/read/find out more about this) check out my latest post here: <insert link to post.>

# 11.) Subject: The product labeling mystery

I hate to break this to you but some foods that are labeled healthy are not what they seem to be. Here are 3 foods that are surprisingly unhealthy according to nutrition experts:

1.) Couscous- this is a favorite among vegetarians because it has 0% cholesterol plus it's a decent source of protein. I bet you didn't know that couscous is actually made of refined wheat. Yup, it's like eating plain white pasta!

2.) Prepared Salads- just because it has the word "salad" in it doesn't make it automatically healthy. Prepared chicken, tuna, shrimp and vegetable salads are usually high in fats and calories because they are loaded with mayonnaise.

3.) Vegetarian Burgers- don't get me wrong, veggie patties are healthy but not all of them are created equal. Majority of these patties are made with cornstarch, gluten, soy and artificial flavorings. What do you get? Calories without a lot of nutrition!

Want a list of the best and worst foods you can eat? Click HERE to download the report right now! It also details the benefits of healthy eating along with some tips on how you can make the transition from junk foods to healthy foods without driving yourself crazy.

# 12.) Subject: Breaking Up Your Junk Food Affair

If you have a huge love affair with junk food, here are 3 reasons why you need to break up with it:

1.) Junk food speeds up the aging process- all those sugars, starches and trans fats can cause your insulin levels to shoot up, triggering an inflammatory response. This will then damage your body's age-fighting antioxidants. The result? Unexpected wrinkles on your 20s or 30s.

2.) Obesity, Diabetes and everything else you are afraid of- junk food is loaded with calories but poor in nutrients. You see it's called junk food for a reason! Eating foods that are high in processed sugars, refined carbohydrates and trans fats can lead to obesity, diabetes, malnutrition, heart disease and a slew of health problems.

3.) Junk food will never make you feel good- no matter how many bags of potato chips or cookies you eat, you are not going to feel happy. Research suggests that people who eat a lot of junk food have the tendency to get depressed. In addition to that, the lack of fiber in your diet will make you constipated. Not a good thing to experience every day, right?

If you want to (learn/read/find out more about this) check out my latest post here: <insert link to post.>

# 13.) Subject: Holiday Party Temptaion Tips

The Holidays are right around the corner and I know what you're thinking... FOOD, FOOD and MORE FOOD!

Hey, there's nothing wrong with enjoying deviled eggs, a serving of creamed potatoes or a slice of sinful chocolate cake on your family holiday get-together. BUT when you overindulge for a whole month and reason out that you're just enjoying the holidays, don't expect to fit in your skinny jeans anytime soon.

While it's difficult to say NO to parties and office gatherings, there are some ways on how to survive the holiday hoop-la without the extra pounds on your scale.

1.) Stay Active- take your fitness regime up a notch and burn off those extra calories. If walking outside during the cold winter months is not your thing, purchase an elliptical trainer or a stationary bike so you can break a sweat without leaving home.

2.) Don't Go to a Party Starving- you are going to end up eating more than what you have to if you arrive at a party with an empty stomach. Before you go to the party, eat a small plate of salad or a serving of fat-free yogurt. You won’t be tempted to eat a whole plate of fried mozzarella sticks and potato skins.

P.S.

If you want to find out how you can eat healthy all-year round, click this link to download the REPORT right now.

If you want to (learn/read/find out more about this) check out my latest post here: <insert link to post.>

# 14.) Subject: Are you a chronic emotional eater?

We eat to keep our bodies running BUT for some people, it's a whole different story. They eat to feed their feelings. Ahhhh… the EMOTIONAL EATERS!

Although food gives us comfort, it's not something that will make bad emotions go away. The problem with emotional eating is it almost always makes you feel worse afterwards. Nobody feels good about themselves after eating a big plate of chili cheese fries or a tub of Ben & Jerry's Chunky Monkey ice cream. If anything, you just feel guilty for overeating.

While using food as a reward or as a pick-me-up once in a while isn't a bad thing, when you use it to cope with emotional problems, the never ending saga begins. Eating your feelings away is a dangerous habit and it's a bit challenging to get out of it BUT it's possible.

You may think of going on a crash diet but you have to realize that you are just setting yourself up for failure if you go this route. If you don't tackle the reason why you manage your emotions with food, you cannot stay in the right path for very long.

Download the report right now and find out how you can start making major changes in your eating habits!

 If you want to (learn/read/find out more about this) check out my latest post here: <insert link to post.>

# 15.) Subject: A Growing Problem – Child Obesity

Fat babies are cute. Fat kids are not.

1 out of every 5 children in the United States is overweight. Shocking? Nope!!! Child obesity can be blamed on unhealthy eating habits, lack of physical activity, genetics or a combination of these reasons. If a child lives in a household with obese parents, brothers or sisters, there is a big chance that they are going to be overweight as well.

Children tend to mimic what the adults around them do so if the parents have unhealthy eating habits, you can expect the children to go through bags of cookies as fast as the Road Runner sprints from the Coyote!

Do you really think that someone who has been eating junk food all their life can just make a switch to healthy food whenever they want to? Honey, it’s not that easy! Children who ate poorly will most likely carry their bad eating habits to adulthood. And then when they start having children of their own, their habits will be passed on to their children. It's a vicious cycle!

Don't wait until it's too late. Good eating habits must be instilled while children are young to prevent obesity. Download the REPORT today and find out how you can make a difference in your family's eating habits.

 If you want to (learn/read/find out more about this) check out my latest post here: <insert link to post.>

# 16.) Subject: Fabulous Sourdough Bread Menu Ideas

Sourdough bread keeps longer than store-bought bread. It’s a staple in my pantry because the flavor evolves even after a few days. This may be due to the bacteria, acids and yeasts that continue to work wonders in the loaf.

If you are not a big fan of sourdough bread but you’d like to incorporate it into your diet because of its health benefits, here are some ways on how to use it:

1.) French Toast – Sourdough bread dipped in milk and eggs is oh so good, trust me! The unique flavor of the bread combined with the richness of the milk and egg mixture will send you to heaven. You can add vanilla and cinnamon for extra flavor.

2.) Bread Pudding – It’s completely up to you if you want your bread pudding sweet or savory. Either way it’s delicious! For a sweet sourdough bread pudding, you can use raisins, dried cranberries, vanilla or chocolate. If you want a savory version, use onion chives, ham, bacon, mushrooms and cheese.

3.) Croutons – This is the easiest way to use up your stale sourdough bread. Chop the bread into small pieces, coat them in olive oil or butter and bake them. They definitely add an interesting flavor to salads and soups.

If you want to (learn/read/find out more about this) check out my latest post here: <insert link to post.>

# 17.) Subject: Just me and my SCOBY!

Kombucha tea is made with SCOBY (symbiotic colony of bacteria and yeast). It’s kinda gross if you think about it but it’s really good for you. The taste is like a mix of vinegar soda and carbonated apple cider. It’s quite enjoyable I must say.

If you are hopping in the bandwagon, here are some points you need to remember when incorporating kombucha tea into your routine:

- You can’t drink unlimited amounts of the tea. The recommended amount is half a cup three times a day or 3 liters per week. But as with all Probiotics, the quantity depends on the individual. So how much is too much? Well, if you start experiencing loose stools, that’s when you know you’ve had one too many sips.

- Kombucha tea contains caffeine so if caffeine makes you feel worse, opt for the decaffeinated version. I personally like Yogi Green Decaff Kombucha Tea.

- If you want to make kombucha tea more palatable, you can flavor it with vanilla or almond extract, herbs, cinnamon and fruits (strawberries and lemons are awesome).

Drinking kombucha tea regularly has a slew of benefits and detoxification is just one of them. It can help with digestion and joint problems, boost the immune system and prevent diseases. No wonder the Chinese call it their “Immortal Health Elixir”!

If you want to (learn/read/find out more about this) check out my latest post here: <insert link to post.>

# 18.) Subject: Add this powerful probiotic producer to your whole food arsenal

You’ve probably heard fitness and diet gurus speak about the many benefits of Kefir. I bet you can’t wait to try it!

Before you run to your local health food store, here are some things you need to know:

- Kefir is made of fermented milk. Much like yogurt, it contains growing bacteria and yeast that’s good for your tummy.

- Did you know that you can use kefir as a substitute for yogurt and buttermilk? So, the next time you are making buttermilk pancakes, use kefir instead for a healthier version.

- Generally, kefir is safe for most adults as long as you use it up within 6 months. For children ages 1 to 5 years, consuming it within 10 days is safest.

- If you are allergic to dairy, you can still enjoy the health benefits of kefir by opting for water kefir. This type of kefir does not contain dairy and it is made with filtered water and organic sugar. Make sure the label does not say this “Made in a facility where dairy products are processed”.

- Kefir has a sour taste and effervescent texture. You can make ice cream, salad dressing and soup with it.

If you want to (learn/read/find out more about this) check out my latest post here: <insert link to post.>

# 19.) Subject: Yogurt Tidbits

I’ve always had problems with my digestion. I’m either constipated or suffering from you- know-what until I started eating yogurt every day. I don’t have recurrent episodes of acid reflux either so that’s a complete day for me.

Yogurt has many health benefits and if you are still ignoring the yogurt display in your grocery store, well it’s about time that you take a look!

Here are some yogurt tidbits that are worth sharing:

- Yogurt can be used in recipes that call for sour cream, oil, cream, butter, egg and applesauce. However, keep in mind that when substituting fats for yogurt, it’s not always an even exchange. The key is adding more yogurt gradually.

- You’ll see tons of different yogurt and some of them can make you put on some weight. If you want to enjoy the health benefits of yogurt, stay away from flavored yogurt and make sure you get one that says “With live cultures”.

- Yogurt is made with either pasteurized or raw milk. While pasteurization kills dangerous bacteria, it also kills most of the good bacteria in milk. Raw milk on the other hand contains more vitamins and minerals plus it is loaded with good bacteria. If you want yogurt made from raw milk, go check your local health food store.

If you want to (learn/read/find out more about this) check out my latest post here: <insert link to post.>

# 20.) Subject: Foods rich in probiotics

Probiotics are organisms that are believed to improve health especially one’s digestive system. They help balance the number of friendly bacteria which in turn aids in digestion.

Bacteria and yeast are perfect examples of Probiotics. The idea of taking live bacteria or yeast may gross you out but don’t worry because you can get a dose of Probiotics with supplements and food.

Here are some of the best sources of Probiotics:

1.) Yogurt – not the key lime pie flavored yogurt but plain yogurt that contains live bacteria culture. Not all yogurts are probiotic so you better read the label before checking out at the grocery store.

2.) Miso – this is not just any other soybean paste (usually used for soups) because it can do wonders to your digestion. Believe me when I say it can really get your digestive system moving!

3.) Sauerkraut – it contains leuconostoc, lactobacillus and pediococcus, all of which are beneficial for your digestive system. If you’re going to buy sauerkraut, make sure you go for unpasteurized instead of pasteurized. Pasteurization kills friendly bacteria. Not a huge fan of this popular German staple? Try kimchi!

If you want to (learn/read/find out more about this) check out my latest post here: <insert link to post.>

# 21.) Subject: Healthy wisdom from our ancestors

Have you ever wondered how people during the ancient times preserved food? The easiest answer will be fermentation. The process involves the conversion of carbohydrates to alcohols and carbon dioxide, or organic acids with the use of yeasts and bacteria.

Fermented foods offer many health benefits, not to mention they preserve nutrients beautifully. If you are not convinced that fermented foods are good for you, here are 3 reasons you need to try them ASAP:

1.) Fermented foods are a rich source of Probiotics. Probiotics will improve your digestion and balance the bacteria in your digestive system. Some studies suggest that they can also help boost our immune functions.

2.) If you are trying to eat healthy, be ready to spend a lot of money but NOT with fermented foods! You can make your own sauerkraut, yogurt and kombucha tea at home with just a couple of dollars.

3.) Fermentation actually increases the vitamin content of foods. Fermented dairy products have higher folic acid content which is crucial for pregnant women. They are also rich in B vitamins, riboflavin and biotin.

Some of the healthiest fermented foods with loads of benefit are sauerkraut, kombucha tea and yogurt.

If you want to (learn/read/find out more about this) check out my latest post here: <insert link to post.>

# 22.) Subject: Loving my lemons – recipe ideas for you!

I love me some lemons! They are in my primal grocery staples list. I get so many uses out of them. Don’t believe me? Ok, here are just some of the uses of lemons that will amaze you:

1.) Homemade Body Scrub – you need 3 cups sugar, 2 tablespoons lemon juice, 1/2 cup almond oil or coconut oil, 1 teaspoon orange zest and 1 vitamin E capsule. This is an excellent scrub that will brighten your skin.

2.) Stop Cauliflower from Turning Brown – the simplest explanation for this is that lemon juice slows down the oxidation process. I use it on apples too when I bake an apple pie.

3.) Sore Throat Remedy – mix 1 teaspoon lemon juice with 2 teaspoons honey and drink it to relieve sore throat. Do this every 4 hours. This has been my go-to sore throat remedy forever.

4.) Remove Odor from Cutting Boards – squeeze some lemon juice onto your cutting board to get rid of the stains and smells.

5.) Highlight Your Hair – don’t have the money to go to the salon? Mix 1/4 cup lemon juice with 3/4 cup water and rinse your hair with it. Sit in the sun for about half an hour or longer. Voila! Instant highlights. You may need to repeat the process daily for up to a week to get the results you want.

If you want to (learn/read/find out more If you want to (learn/read/find out more about this) check out my latest post here: <insert link to post.>