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: 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.>

# 3.) 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.>

# 4.) 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.>

# 5.) 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.>

# 6.) 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.>

# 7.) 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.

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