

Weight Loss - Keto Email Sequence Plan

Email 1

Subject Line = Your 30 Day Keto Meal Plan + Recipe Book...

Hey {Name},

You don't know it yet... but...the next 8 days are gonna be life transforming!

Over the next 8 days I'm going to send you a free keto themed gift every day.

Each gift is crafted with love to help you implement Keto as part of a healthier lifestyle...a life filled with supertrooper energy levels...an ever improving bill of health...and the joy of seeing your slimmer body emerging in the mirror.

Here's what's coming up...

Today - Your Keto 30 Day Meal Plan + Recipes

Tomorrow - Your chance to join the Erudite Lifestyle Facebook community

Day 3 — Everything You Need To Know About Keto in 20 Minutes

Day 4 — Dining Out on Keto - 47 Tips on Eating Out

Day 5 — Keto Cycling for Boosted Energy When You Exercise

Day 6 — 30 Days of Motivation for Powering Through Workouts

Day 7 — The Keto Transformation

Day 8 — I'm going to offer you something that could transform your success at switching to keto without the hunger pangs, brain fog, or low energy that stops many people succeeding.

So lot's coming up this week. First, you may be wondering who I am and why am I doing this?

My name's Gareth Churchill. I'm an English gent (as you'd be able to tell from listening to me [my YouTube channel](#)) who discovered natural health late in life.



<https://pxhere.com/en/photo/97129>

Along with natural health, one of my passions is taking part in battle reenactments. My wife can't understand why I love getting dressed up as a medieval Saxon, charging through muddy fields to repel a viking invasion. But it's when I feel most alive!

But I expect you're not so interested in that.

What you really want to know is why I'm giving away so much content on the keto diet for free - content that took me countless hours to research and compile?

Well, it all started when I went to see my doctor about my crippling anxiety over 10 years ago. I was stuck in a pit of misery and felt like things would never get better. His solution was to put me on beta-blockers (blood pressure meds) and send me on my way.

The moment I swallowed one and felt my emotions fade, I knew being medicated to the eyeballs wasn't the answer I was looking for.

So I did my own research and discovered there's huge gap between mainstream medicine's plan of prescribing all illness away and what our body's really need.

As I found out - as long as you feed and exercise the right way, **your body can heal most illnesses and chronic diseases from the inside.**

So I launched Erudite Lifestyle to share what I discovered and to educate, inspire and motivate other people on how they can transform their health and lives through natural health.

Now that we've got the introductions out of the way...

[—> Click here to get your free 30 day keto meal plan + recipe book!](#)

Like I said, I've more gifts coming every day for the next week.

But if you don't whitelist "gareth@eruditelifestyle.co.uk" or mark my emails as "important" in Gmail... then you might not get them.

That means you might miss my email tomorrow which gives you access to my exclusive Facebook Erudite Lifestyle community.

I can't wait for you to join us.

Chat tomorrow.

Cheers,

Gareth.

P.S. I'm always interested to know about the health challenges of my readers. So if you've got a minute, could you do me a favor and [answer 1 quick question on my site](#)? Your answer will help me identify the topics I need to cover in my emails and how best I can help people enjoy more of life with better health.

Email 2

Subject Line = The Smartest Natural Health Page on Facebook...

Welcome back {Name}.

Yesterday I told you I had more free gifts for you...and... there's another in this email!! :-)

Before we get onto that, I want to share another quick story on what inspired me to promote the joys of natural health.

A few years back, my dad was diagnosed with type 2 diabetes.

We were both shocked as he ate (what we thought at the time) was a healthy diet.

But we should have spotted the warning signs. He had the energy levels of a sloth and the irritability of a grumpy bear. And he'd become a different person to the happy, care free father I remembered as a child.

Life was passing him by, as he spent his days collapsed in front of the TV, too drained and depressed to move.

The doctor's answer was to prescribe him metformin (blood sugar lowering drug). This drug does nothing to reverse the underlying causes of diabetes. So prescribing it is like signing his death warrant for succumbing to a condition that will only get worse.

This wasn't what either of us wanted. I wanted my joyful dad back and he didn't want to risk losing a foot or going blind as his diabetes got worse.

It was clear mainstream medicine was short of ideas. So we did our own research.

Now to make a long story short, my Dad's diabetes...and lack of trust in mainstream doctors...led us to the Keto diet.

Needless to say, after throwing out all the processed "Frankenfoods" and eating a diet high in healthy fat, nuts, fish, and greens, my dad's cravings for soda faded ("diet" soda packed with aspartame is just as bad)...he found the energy to get back into cycling...and managed to shed 27 lbs of lethal belly fat.

Best of all, he was able to throw his metformin drugs in the trash - which were never going to help him get better anyway.

My dad's transformation is another of the reasons why I created a natural health page on Facebook called "Erudite Lifestyle".

I want to help others on their journey to discovering how they can heal their bodies from within and escape mainstream medicine's obsession with prescribing drugs like candy - for everything from belly ache to a sore throat.

On this page, I'll be revealing delicious keto recipes, natural health breakthroughs, answering questions, and exposing mainstream medical myths... every day of the week!

The info I'll be sharing will build on what you've already discovered in my '[Keto 30 Day Meal Plan + Recipe Book](#)' on how you can lose weight and reverse risky health problems...as well as look and feel fabulous.

I've got big plans for the Erudite Lifestyle Facebook community, which I intend to be the best informed and caring natural health support group on the Internet...and a page I think you'll be eager to share with your friends.

I'll admit - right now, we don't have a huge number of members. But I'm sure that will change over the next few weeks, so I'm hoping you'll accept my invitation to be an honorary founding member.

[—> Click here to join my Erudite Lifestyle page on Facebook!](#)

When you join, share your goals. Ask lots of questions and let's transform our health and lives together!

Tomorrow, I'm going to tell you exactly what the keto diet is... why it's superior to other diets... AND... how it helps to slim your waist, improve your health and reverse all sorts of chronic disease!

Cheers,

Gareth.

P.S. In email 8, I'll tell you about a service I think every keto dieter should use. This service helps to relieve the hunger pangs, low energy, and muscle pain some people experience when they switch to the keto diet. So if you want a smoother path to adopting the keto diet, make sure you look out for this email.

Day 3 Email

Subject Line = Keto 101: All you need to know in 20 minutes...

Hey {Name},

Did you know that in Iceland only 1.6% of the population has type 2 diabetes (compared to 10% in the US)?

Or that France has much lower rates of heart disease despite eating a diet high in fat?

While in India dementia barely exists?

Yet their remarkable health would still dive bomb in weeks if they changed their diets to include more of the cheeseburgers, sodas, pizzas, and foods high in sugars that make up the average American diet.

Within a few years they'd be riddled with so much ill health and disease it would be like they'd been infected with a virus more deadly than anything made in the labs of their worst enemies.

The point I'm making is this - Your health and weight is a direct result of the food you put in your body.

Yet, there's a diet proven in countless studies to be the best at helping melt away ugly belly fat and even reverse serious diseases, like diabetes and heart disease.

That diet is KETO!!

- The keto diet is packed with healthy fats, fish, eggs, vegetables, fruits, nuts, seeds, herbs, and spices.
- It does NOT contain high quantities of processed sugars, grains, artificial sweeteners, vegetable oils, trans fats, MSG, or other nasty additives found in processed Frankenfoods.

The beauty of the keto diet is that it replicates how our ancestors ate for thousands of years. It's why they had such lean, strong, healthy bodies, with lots of energy. It's also why they had much less disease than we do now.

That includes...

- Less heart disease.
- Less obesity.
- Less diabetes.
- Less arthritis.
- Less dementia.
- And even less cancer.

Instead of eating foods processed until all the nutrition has been bled out...they'd hunt, forage, fish, and farm for their food. And it was also free of the pesticides, crop sprays, and genetically modified crops doing so much damage nowadays.

Yet, this damage is reversible.

As when you stop polluting your body with sugars, sweeteners, additives, and artificial junk...

And instead feed your body with the nutrient dense foods it craves...

Your body can *naturally* absorb more minerals to feed your brain, muscles, and vital organs while also releasing stores of fat to be burned off as energy.

The result is what keto lovers refer to as "effortless weight loss" and a complete health transformation.

It never ceases to amaze me how quickly people can melt away ugly stores of fat and gain newfound vim and vigor after switching to keto.

Within just 60 days of eating and living the keto lifestyle, people have...

- **Lost weight** - People finally lose the 5, 10 or even 15 lbs of stubborn weight they need to attain their dream bodies (and without gruelling “boot camps” or cutting calories to the point of starvation)
- **Reduced their diabetes** - Diabetics can get their blood sugar under control, allowing them to gain the energy to get off the sofa and live their lives again - while enjoying the thrill of throwing their meds away (and the relief of knowing they aren't going to go blind or have a leg amputated).
- **Reversed their heart disease** - People with heart disease have seen their cholesterol rebalance for the first time in a decade, as toxic plaque flushes from their arteries. Their doctor is equally shocked to see their blood pressure has plummeted and they no longer need the statins he'd said they'd have to take for the rest of their lives.
- **Cured digestive problems** - Sufferers of heart burn, chronic bloating, IBS and gas have all cleansed their digestive systems so they can eat at their favorite restaurants again and even treat themselves to cake

WHY KETO IS BETTER THAN OTHER DIETS:

There are tons of diets to choose from these days...Paleo...vegan...cave man...South Beach etc. So why do I think Keto is the best?

Well, as hundreds of thousands of people all over the world have experienced, switching your body's fuel source from sugar and carbs to healthy fat can trigger remarkable transformations in your body.

Here are just three reasons why I think it's the best way of feeding your body with nutrition and energy:

1. **Burns fat as fuel** - By restricting your intake of carbs and sugars, keto switches your body to burn stored fat as fuel, rather than the glycogen stored in your muscles. This naturally turns stores of fat in your upper arms, thighs, and belly into energy bars just waiting to be burned off.
2. **Lowers your blood sugar** - As many as 1 in 2 Americans has high blood sugar. And the reason is simple: Our diets. Keto reduces your intake of processed sugar, naturally lowering your blood sugar and insulin resistance so you can lower your risk of type 2 diabetes (in fact, many people have *reversed* their diabetes through the keto diet)
3. **More energy** - The Keto diet gets its name from “ketones”. These are blocks of energy your liver produces from stored fatty acids by a process known as “ketosis”. Ketones are a much more potent source of energy than glucose.

So with these flowing through your body, you can power through the day without having to “top up” on coffee or soda.

4. **Less hunger** - Healthy fats, like eggs and avocado, are among the most nutrient dense foods around. They give your body what it needs faster and keep you full for longer, which means less snacking between meals.

If any of this sounds good to you, I've created a quickstart report that reveals everything you need to know about the keto diet in 20 mins, it's called *“Keto FAQ - 23 More Frequently Asked Questions about the Keto Diet”*

[—> Click here to read this report right now...](#)

Going to restaurants and knowing what to pick can be challenging on the keto diet. Yet there's no need to worry when you have a report I'll be sharing with you tomorrow. It reveals a complete list of foods you CAN and CANNOT eat when dining out, so you can still socialize while hitting your weight loss goals.

Cheers,

Gareth.

P.S. Thanks again for signing up. I'm always interested to know about my readers' challenges. So feel free to hit reply to any of my emails and let me know. I always do my best to reply to every email I get. Helping people is what this newsletter is all about.

Day 4 Email

Subject line - What you CAN and CANNOT eat on Keto...

Hey {Name},

How's it going?

Hope you're enjoying the information I've had to share so far and it's inspiring you to adopt the keto lifestyle.

Based on replies to my previous emails, the biggest challenge many people face in adopting keto is knowing what they can and cannot eat in a restaurant.

Without this information, reading a restaurant's menu can seem like navigating a minefield and you have no clue where the mines are buried.

So to help, I've created a report all about dining out on keto.

This report is free, my gift to you.

It's called, "Eating Out On Keto - 35 Tips to Go Keto When Eating Out"

[—> Click here to download your free copy...](#)

And tomorrow the gifts keep on coming.

So please check your inbox again as I don't think you're going to want to miss what I have for you. As it reveals how to do "keto cycling" for maximum energy and accelerated fat burn.

So if exercise is part of your weight loss strategy (and it should be) or you just want more energy and fewer mid-afternoon crashes, you're going to love this quick start guide on the best way to cycle your ketones.

Ta da for now.

Cheers,

Gareth.

P.S. Exercise is vital for weight loss due to how it reduces levels of the stress hormone cortisol and insulin. When both of these are high it makes it harder for your body to release stored fat. Yet exercising for 20 mins or so a day can help them plummet. Working out makes you feel happier too, and when the weight starts to drop off it will boost your confidence as well.

Day 5 - Email

Subject Line = Keto Cycling for Exercise

Hey {Name},

I wouldn't be doing my job as a keto coach unless I discussed something I bet you hoped I'd never mention - EXERCISE!

I know lots of so called diet gurus claim you can lose weight without leaving your sofa...

And that your body can burn all the fat on its own...by magic!

But this is simply not true.

The fact is that losing weight is a complex biological process. And there are two hormones that stop it happening: Cortisol & Insulin.

When these are running amok in your body, it makes it harder for stored fat to be released from your cells. If anything, these hormones cause even more fat to get clogged up around your belly, upper arms, and thighs. Then you'll never reach your weight loss goals no matter how many eggs and avocados you eat.

So to make things easier for you, I've created a simple guide on "cyclical keto dieting".

In this guide you'll find out how to switch your body between carbs and ketones for fuel. By following its advice, you can maximize your energy levels when working out or just have more energy for higher all day productivity.

[—> Click here to download your "Keto Cycling and Exercise" report](#)

If you're not exercising regularly, you'll be interested to know that I've also got a workout guide to share with you.

In this guide you'll discover:

- 4 weeks of fat-burning workouts for rapid weight loss you can do at the gym or at home, whatever your fitness level!
- Bodyweight workouts, weight training, HIIT training, and tabata workouts that take less than an hour
- How to track your progress so you can improve every week
- Graphic examples of each workout

On day 8, I'll tell you how to get a copy and save up to \$200 on a bundle of meal replacement supplements, formulated specifically for keto dieters.

This bundle is also offered with a 60 day money back guarantee. So you either lose weight with fewer carb cravings or you won't pay a cent. Can't say fairer than that.

Cheers,

Gareth.

P.S. One of the biggest obstacles to sticking with exercise routine is MOTIVATION! So tomorrow I'm going to share a report with "30 Days of Motivation for Working Out on Keto", so you can stay on track towards achieving your weight loss goals.

Day 6 Email

Subject Line = 30 Days of Motivation for Your Workouts

Hey {Name},

Until my mid 30s I hardly exercised at all. Now I wish I'd started sooner.

A quick 30 mins workout in the morning gets my blood pumping, my muscles primed, and my brain firing on all cylinders ready for the day ahead.

Exercise doesn't have to mean dreary hours on a treadmill or risking back strain doing bench presses. It can be smashing tennis balls against a wall, dancing to your favorite music, or going for a bike ride.

However you do it, the key to sticking to an exercise routine is staying MOTIVATED!

To help you stay focused and achieving your exercise goal, I've created a report with 30 days of motivational advice.

[—> Click here to download your copy of “30 Days of Workout Motivation for Keto Dieters”](#)

Why am I sharing these with you?

To prove a point...

... that adopting the keto lifestyle isn't just about swapping pasta and pizza for eggs and avocado. It's also about getting more exercise, so you can take better care of your brain and body.

The advice in my 30 Days of Workout Motivation guide may be just what you need to keep your blood pumping, your hormones in balance, and ensuring you maximize your fat burn in every workout.

Cheers,

Gareth.

P.S. Tomorrow, I'll send another great gift I created for you. It's a huge report I titled, "The Keto Transformation." If you still have questions or need more guidance on switching to keto, you'll find the answers in here. So don't change that dial.

Day 7 - Email

Subject Line = The Keto Transformation - Ultimate Guide

Hey {name},

Think you know everything you need about switching to the Keto diet?

If you've still got questions or doubts, I've a comprehensive report to share with you later in this email. It contains everything (I believe) there is to know about keto (including the complicated biological stuff).

But first, let's recap...

this is email 7 in the series. You have received these 6 emails already...

Email 1 - Your Keto 30 Day Meal Plan + Recipes

Email 2 - Your chance to join the "invite only" Erudite Lifestyle Community

Email 3 - Everything You Need To Know About Keto in 20 Minutes

Email 4 - Dining Out on Keto - 47 Tips on Eating Out on Keto

Email 5 - Keto Cycling and Exercise

Email 6 - 30 Days of Workout Motivation

The Keto Transformation - Ultimate Keto Report

Now it's day 7, I decided to drop the motherload of reports on you.

I don't want anybody to get to the end of this series of emails and still not think they know enough about why and how they can swap a diet high in toxic carbs and sugars for the fat burning, health enhancing, energy lifting power of keto.

So, to make sure every base is covered, I spent countless hours compiling everything I knew and could find out about keto.

I then sat down and burned the candle at both ends to get it all down on screen.

Until I'd completed what I consider to be the most complete report ever on keto. I've called it "The Keto Transformation"

[—> Click here to download your copy and read it now...](#)

Tomorrow I'm going to make your switch to keto even easier. As I'm going to tell you about a vital service I think every new keto dieter needs.

This service ensures your gaining all the nutrition your body needs when transitioning to keto. With this service, you can forget about hunger pangs, low energy, brain fog or any of the other side effects that can occur when switching to keto (known as the "keto flu").

You can also save up to \$200 on one of their packages for a limited time. So you can save money while losing weight.

Cheers,

Gareth.

P.S. Tomorrow I'm going to reveal how to overcome the biggest challenge all new keto dieters face: The Keto Flu. As you'll discover in tomorrow's email, switching your body's fuel source from glucose to healthy fats can be far from painless. Yet, there's a simple way of eliminating the hunger pangs, brain fog, and lethargy, and it takes only seconds a day to do.

Day 8 - Fear

Subject Line - What diet gurus fail to tell you about keto flu...

The keto diet is supposed to make weight loss simple.

When you replace processed "Frankenfoods" loaded with additives, sugars, sweeteners, and other artificial gunk with natural healthy fats...your body can burn off stubborn weight like it's supposed to.

But...

switching your body's energy source from glucose to healthy fats can be a tough slog in the first few weeks.

You see, when your body is suddenly starved of the sugars and carbs it's used to...things can start to break down. In fact, the withdrawal symptoms can be like you're coming off an addictive drug (which sugar *actually* is!!)

Symptoms of the "keto flu" include...

- Fatigue
- Headache
- Irritability
- Difficulty focusing ("brain fog")
- Lack of motivation
- Dizziness
- Sugar cravings
- Nausea
- Muscle cramps

It's for these reasons that...

...every Keto dieter needs a powerpack of nutrition at their disposal for warding off the keto flu!

The problem is, the damage we've done to the soil with crop sprays, fertilizers and GMO has meant it's practically impossible to get all the nutrition you need from food.

And while there are plenty of stores selling supplements to fill the gap - they aren't formulated *specifically* for keto dieters.

The good news is...

...there now exists a company in America that delivers all the keto specific nutrition you need...straight to your door.

This company's supplements are designed to make your transition to keto smooth and hunger free. They also top up your levels of vital minerals and nutrients to reduce the risk of plummeting energy, brain fog, irritability, and other symptoms that make many keto dieters give up in the first few weeks.

Even better, this company has partnered with one of the most famous fitness trainers in America to create a special program for keto dieters.

The company is called KetoLogic, and the program is called "Drew's Keto Jumpstart Program"

5 Reasons Why I Recommend KetoLogic's "Drew's Keto Jumpstart Program":

Reason #1 - Backed by America's #1 Keto Fitness Coach

Fitness instructor Drew Manning sent the weight loss world into meltdown when he got fat ON PURPOSE so he could better understand what his clients went through trying to lose weight.

After swapping clean eating for the typical American diet, he ballooned from a cut 193 lbs to a doughie 263 lbs in just 5 months. Yet more remarkably, he then regained his chiselled physique in about the same time.

How did he do it? KETO!

Drew was so impressed with the keto diet that he partnered with KetoLogic to create his Jumpstart Program to help more new starters achieve their body goals.

Reason # 2 - Smoother Transition to Keto

Normally, switching to keto can mean afternoon slumps when your brain and body are craving carbs and sugars. But thanks to KetoLogic, allowing this to happen can be a choice.

As in Drew's Keto Jumpstart Program you get a kit containing the following:

- 30 or 60 servings of KetoLogic BHB Fuel
- 30 or 60 servings of KetoLogic Meal Replacements
- 30 or 60 servings of FBomb Nutbutters
- Keto Jumpstart Meal Plan (\$96 Value)
- Keto Challenge Workouts (\$500 Value)

Drew's Keto Jumpstart Program gives you everything you need to control cravings and fuel your brain and body while switching to keto. These supplements are specifically designed to support a low-carb high-fat diet and lifestyle. They're convenient, great tasting, and guaranteed to help you lose weight.

Reason # 3 - Proven

Drew's Keto Jumpstart Program has already featured on Dr Oz, The Doctors, The Tonight Show with Jay Leno, CNN and Fit 2 Fat 2 Fit. All of them were eager to share with their audiences how effective it is at helping people lose weight without the hunger pangs, deprivation, or misery of normal dieting (or the keto flu).

It's helped thousands of people to not only achieve their weight and fitness goals, but also their life goals too. As when you lose stubborn pounds of fat it makes you feel more energized and active. You naturally start to achieve more in your daily life as a result.

Reason # 4 - Guaranteed

KetoLogic are so confident that Drew's Keto Jumpstart Program is the most effective way of losing weight, boosting your energy, and enhancing your health that they offer a no questions asked 60 day money back guarantee.

Either you succeed at losing the 5, 10 or 15 lbs you need to attain your dream body, along with gain roadrunner energy levels, diabetes destroying blood sugar levels, and all the other health benefits of keto - or you won't pay a cent.

Reason # 5 - It's affordable!

KetoLogic want to help as many people succeed in switching to keto as possible. So they're offering a deep discount on the Drew's Keto Jumpstart Program. As for

a limited time, you can get up to a \$200 discount on the normal price of a 60 day supply.

So in short, KetoLogic's Drew's Keto Jumpstart Program is a hunger reducing, energy boosting, less stressful way of switching to the keto lifestyle. It's also convenient, as the entire pack can be delivered straight to your door.

Here's what Michelle had to say after completing Drew's Keto Jumpstart Program:

"Losing weight does not even compare to what I've gained-- more self-control over my eating habits...more muscle mass and strength to push through my heavy lifting workouts...and most importantly more hormonal balance..."

So you can see why I believe Drew's Keto Jumpstart Program is THE best way of switching to the keto diet without the normal pain or misery after going cold turkey on carbs and sugars.

To make your decision to sign up today as simple and easy as humanly possible, I've decided to make a...

SPECIAL OFFER FOR NEXT 72 HOURS ONLY:

If you go to KetoLogic.com and sign up for Drew's Keto Jumpstart Program (either 30 or 60 days)...within the next 72 hours...I'll give you three free bonus gifts.

Each of these gifts normally sell for between \$19.95 and \$29.95 each - but they're yours free when you sign up for Drew's Keto Jumpstart Program today.

Bonus Gift # 1 - Sugar Sweet & Dangerous - The Hidden Dangers of Sugars & Sweeteners and How to Reprogram Your Body to Break Free of Addiction...For Quicker, Safer Weight Loss with Fewer Cravings!

Bonus Gift # 2 - Mindful Eating - Avoid Overeating, End Your Junk Food Addiction and Banish Cravings - Develop a Healthier Balanced Relationship with Food

Bonus Gift # 3 - Intermittent Fasting Foundations - Managing Your Weight By Harnessing Your Body's Feast and Famine System

I'm hoping that giving you these extra gifts will motivate you to take that extra step towards making your transition to keto successful - a decision that could transform your weight, health, and life.

[--> Click here to join Drew's Keto Jumpstart Program - The Proven, Easy Way of Switching to Keto](#)

After you've signed up, simply email your receipt to ketojumpstart@eruditelifestyle.co.uk and I'll reply with the three bonus gifts mentioned above.

Please remember, this special offer is only available for the next 72 hours.

After that, you can still join Drew's Keto Jumpstart Program anytime you like, you just won't get the bonus gifts.

Cheers,

Gareth

P.S. KetoLogic guarantees you'll succeed at losing weight following Drew's Keto Jumpstart Program. So if, for any reason, the pounds aren't dropping off (or you just don't like the taste) you can get every cent refunded. Making it completely risk free.

[--> Click here to join Drew's Keto Jumpstart Program for fewer cravings, more energy, and a smoother transition to Keto...](#)

Day 9 - Gain

Subject line - This Gets Rid of Toxic Belly Fat

Hey {name},

Did you know that the fat around your belly doesn't just come from carbs and sugars?

It's also made up of TOXINS! And is why many functional doctors are now referring to belly fat as your "toxic load".

The ugly truth is that we now live in a highly toxic world. Whether it's...

air pollution from cars and industry...

pesticides and fertilizers used to grow crops...

chemical cleaning sprays you use in the home...

or antibiotics and growth hormone fed to livestock...

We consume more toxins than at any other time in history.

In fact, we consume so many that your body doesn't know what to do with them. So it locks them away in your fat cells around your belly, to create even more layers of ugly fat.

But rather than lock them away so they can't do any harm, having this toxic fat smothering your heart, liver, kidneys, and other vital organs can do serious damage to your health.

Because your body detects this toxic fat as a threat and activates wildfires of inflammation to try and drive it from your body. But this toxic fat isn't going anywhere, leading to raging inflammation becoming chronic.

FACT: Chronic inflammation can lead to type 2 diabetes, heart disease, dementia, and every chronic disease you can name.

So you see, belly fat isn't just unattractive. It's also lethal to your health.

This is why I recommend the Keto diet to anyone with 5lbs or more of belly fat.

As unless you switch from eating processed foods packed with additives and sugars to healthy fats (some of the most nutrient dense foods on earth) your belly fat is only going to get worse. And your risk of a serious chronic disease down the road will worsen along with it.

But...

adopting the keto lifestyle is easier said than done.

As going cold turkey on carbs and sugars can be TOUGH!

The first few weeks of going Keto can be a gruelling battle against low energy, carb cravings, irritability, brain fog, and even muscle cramps.

But... not anymore!

There now exists a company called KetoLogic who've created a program called Drew's Keto Jumpstart Program.

In this program you get a 30 or 60 day supply of meal replacement drinks, energy bars, and nutritional supplements to ensure your body gets what it needs to stay healthy as you transition to keto.

Thousands of people have completed Drew's Keto Jumpstart Program, which is designed to offer a hunger reducing, energy boosting, less stressful way of switching to the keto lifestyle

KetoLogic can deliver Drew's Keto Jumpstart Program straight to your home...

....AND you can also get up to a \$200 discount off the normal price!

Personally, I would never recommend anyone tries switching to keto without boosting their nutritional intake. And I believe Drew's Keto Jumpstart Program is the best way to do it.

The bottom line is this - Being overweight isn't just unattractive. It robs your energy, lowers your success in life, and puts you at higher risk of chronic disease.

That's why I believe the very best decision you can make for your weight and health is to give Drew's Keto Jumpstart Program a try.

Here's what Amy had to say after completing it:

"This was a great experience for me. You know friends and family would tell me you don't need to lose weight but it seems every year that extra pound creeps up and it's almost impossible to lose. Now 10lbs lost I'm so proud of myself and feel great. Thank you Drew Manning!"

And to make that decision eaier for you, I'm going to give you some amazing bonus gifts for taking action.

Here's what I mean...

If you go to KetoLogic.com and signup for Drew's Keto Jumpstart Program (30 or 60 day)....**before midnight tomorrow night**... I'll give you 3 x free bonus gifts.

Bonus Gift # 1 - Sugar Sweet & Dangerous - The Hidden Dangers of Sugars & Sweeteners and How to Reprogram Your Body to Break Free of Addiction...For Quicker, Safer Weight Loss with Fewer Cravings!

Bonus Gift # 2 - Mindful Eating - Avoid Overeating, End Your Junk Food Addiction and Banish Cravings - Develop a Healthier Balanced Relationship with Food

Bonus Gift # 3 - Intermittent Fasting Foundations - Managing Your Weight By Harnessing Your Body's Feast and Famine Cycle

These gifts are my way of inspiring you to make a great decision today - a decision to lose weight and improve your health.

[--> Click here to join KetoLogic's Drew's Keto Jumpstart Program...](#)

When you do, just email me your receipt to ketojumpstart@eruditelifestyle.co.uk and I'll reply with the three bonus gifts mentioned above.

But you need to move quick...

...this special gift offer ends midnight tomorrow night!!

After that, you can still join Drew's Keto Jumpstart Program anytime you like, you just won't get the bonus gifts.

Cheers,

Gareth

P.S. Each of these gifts normally sell for between \$19.95 and \$29.95 each - but they're yours free when you [join Drew's Keto Jumpstart Program today](#).

Day 10 - Logic

Subject line = This special offer ends midnight tonight

Hey {name},

This special offer ends tonight at midnight...

Join Drew's Keto Jumpstart Program today and get three amazing bonuses for free!

Why am I doing this?

Simply this...

→ Being overweight isn't just unattractive. It drains your energy, lowers your success in life, and puts you at higher risk of chronic disease

--> While the keto diet is the healthiest diet around, it can be tough to stick within the first few weeks. Symptoms of the "keto flu" can include feeling drained, craving carbs and sugars, brain fog, and even muscle pain,

→ KetoLogic's Drew's Keto Jumpstart Program offers the easiest way of switching to keto by topping up your energy and nutritional levels to help avoid the keto flu. On its own, it can help you lose weight too.

→ Plus Drew's Keto Jumpstart Program has a money back guarantee. So you either succeed in achieving your weight loss goals and smoothly transition to the keto lifestyle or you won't pay a cent. Making it 100% risk free.

You see, my goal over this series of emails has been to motivate and encourage you to adopt the keto lifestyle. I feel it's my duty to do everything I can to help you make the right decision for your long-term health.

That's why I put this little promotion together.

It's my way of encouraging you to switch to keto through Drew's Keto Jumpstart Program... because, as someone who saw what a difference keto made to their father's life, I know helping more people get to a healthy weight and enjoy all the life enriching benefits that offers is the right thing to do.

That's why when you join Drew's Keto Jumpstart Program (30 or 60 days) before **midnight tonight** I'm going to give you the following three gifts for FREE...

Bonus Gift # 1 - Sugar Sweet & Dangerous - The Hidden Dangers of Sugars & Sweeteners and How to Reprogram Your Body to Break Free of Addiction...For Quicker, Safer Weight Loss with Fewer Cravings!

Bonus Gift # 2 - Mindful Eating - Avoid Overeating, End Your Junk Food Addiction and Banish Cravings - Develop a Healthier Balanced Relationship with Food

Bonus Gift # 3 - Intermittent Fasting Foundations - Managing Your Weight By Harnessing Your Body's Feast and Famine Cycle

But please understand...

...this special offer ends midnight tomorrow night!!

So if you want to join Drew's Keto Jumpstart Program...AND...you want to claim those three free gifts....then...

[--> Click here to join a program that makes switching to keto smooth, enjoyable, and hassle free while also helping you lose weight...](#)

When you do, just email me your receipt to ketojumpstart@eruditelifestyle.co.uk and I'll reply with the three bonus gifts mentioned above.

Cheers,

Gareth

P.S. I would NEVER recommend a product or service to you that I do not personally believe is amazing. Here's what Joseph had to say about it:

"This Keto challenge has been a pivotal point in my life and I consider it one of my greatest achievements. My life will now take a different path which I have always wanted to be on but didn't quite know how to get there."

Just thought it was important you know that [it's a legit program with REAL results for its members!](#)

Email 4 - Urgency

Subject line - Last call (offer ends at midnight)

Hey {name},

This is your last chance to join Drew's Keto Jumpstart Program and get the following three bonus gifts for FREE...

Bonus Gift # 1 - Sugar Sweet & Dangerous - The Hidden Dangers of Sugars & Sweeteners and How to Reprogram Your Body to Break Free of Addiction...For Quicker, Safer Weight Loss with Fewer Cravings!

Bonus Gift # 2 - Mindful Eating - Avoid Overeating, End Your Junk Food Addiction and Banish Cravings - Develop a Healthier Balanced Relationship with Food

Bonus Gift # 3 - Intermittent Fasting Foundations - Managing Your Weight By Harnessing Your Body's Feast and Famine Cycle

After midnight tonight I'll be closing down this offer - and you'll have missed your chance to get your hands on those awesome gifts.

Don't let that happen!

[--> Click here to join a program that makes switching to keto easier, smoother and with fewer food cravings while also helping you lose weight...](#)

When you do, just email me your receipt to ketojumpstart@eruditelifestyle.co.uk and I'll reply with the three bonus gifts mentioned above.

Cheers,

Gareth