

Nutrition eBook Sales Letter

This is the definitive guide to beating or preventing obesity through proper nutrition. There is no guide as extensive as this one available online.

Dear Friend:

If you are anything like me, you are just as worried about obesity and its growing hold on our country as I am. Obesity is spreading to the point of epic proportions and getting to the point where if we do not begin to manage it now, eventually we will not be able to manage it at all. I created this guide as a means to show individuals how to prevent obesity from occurring, or to combat obesity in people who are already dealing with its detrimental consequences.

It is insane how many people are suffering from obesity in Australia alone. This is an epidemic that we absolutely have to get a handle on starting today.

This guide that I have created will give you all of the tools, resources and information that you need to combat obesity and to lead a healthy and productive life. Just because you are suffering from obesity today, that simply does not mean that you can not revolutionize your life and break the bad habits that have led to this debilitating condition.

With a copy of my comprehensive eBook report, you can arm yourself with all of the tools and resources that you need to finally beat obesity by adapting healthy habits and learning how to eat nutritionally and for your best health. Today is the day to change your life.

Here is a brief rundown of all of the vital information that my report will share with you:

- >> The truth about obesity and its relationship with food and poor nutrition.
- >> Food trends in Australia and how they have changed and evolved over the past forty years.
- >> The "Fast Food Nation" and what it means for the evolution of society and the growth of obesity.
- >> Why traditional diets do not work, and why dieting is never going to help you be successful at losing weight or becoming healthier.

>> The truth about alcohol and its positive and negative effects on healthful nutrition.

>> Detailed information on what to eat, and when to eat it for your best health. The comprehensive in this section alone will completely change the way you look at food and nutrition, and as a result, will revolutionize your health and completely change your life.

>> The truth about water and its impact on your health.

>> Why eating small meals is more important than sticking to three square meals, and why snacking is absolutely vital to your nutritional success.

>> Examples of meal plans that will allow you to eat well, but still healthfully and nutritionally, combating obesity and preventing yourself from becoming unhealthy.

>> The truth about food diaries and why keeping one is absolutely 100% vital to the success of your nutritional efforts. If you want to become healthy and lose weight, keeping a food diary is imperative and I will show you why.

In order words: Everything that you could possibly hope to learn about proper nutrition and combating obesity can be found within the pages of this comprehensive guide.

There is NO guide on the internet that will furnish this information in as much depth as I have presented it to you. This is THE nutrition book that you need to prevent obesity from ruining your life.

[[See what people are already saying about this vital guide!

**Amy Cooper
Melbourne, Australia**

Thank you so much!

I got this report, and your other obesity report and the same time, and immediately began to implement the healthy changes that you outline so clearly in these books. I have never found a resource that laid everything out as clearly and as simply as this. I immediately began to make healthy changes in my life, and I am happy to report that I have been losing weight and becoming healthier steadily since the first day I downloaded your reports. I cannot stop recommending these books to my friends, because everyone needs to know what you are saying about combating the harmful condition of obesity through proper nutrition and exercise! **Armed with the information provided in your reports, I have revolutionized my life and am losing weight at a truly healthy weight! Goodbye obesity!** Thank you!]]

Rest assured that I am not holding anything back when it comes to delivering the most important dietary and nutritional information to you. I want to see obesity wiped out forever, because this is a condition that is completely treatable and curable.

It is insane how many people are obese these days. Lets change this by spreading the most important information regarding obesity and nutrition across the country until everyone is armed

with the right resources to revolutionize their lives. I have seen my reports change lives by providing the most important information. Now it's your turn to take this information and change your life. Obesity does not have to be a part of your life for another day. Change your life today.

If you act RIGHT NOW, you can grab your copy of this revolutionary nutrition report for the small, one-time investment price of only \$[price]!

(Seriously, at this point what are you waiting for? I can guarantee that this report will change your life by detailing everything that you need to know about eating healthily and living a nutritious and healthful life.)

You will not find an eBook report that is nearly as comprehensive or as extensive as this one is. I do not leave anything out, because I want you to have all of the most important, most relevant, most VITAL information. **You can take control of your health and kiss obesity goodbye, and all you have to do is follow the steps clearly outlined in this revolutionary nutrition report. I have laid out all of the important information for you, all you have to do now is ACT.**