The AIP Diet Email Swipes

Email #1

Subject: Definitely worth checking out

Email body:

Want your entire body to stop aging, and feel better?

...click here.

Because a new diet plan has just been perfected...

And it will help you create amazingly tasty dishes with effortless ease so that you can concentrate on healing your body.

Now there’s TOO MANY health benefits to list here…

But perhaps?

The most amazing part is how people FEEL when they do this.

Anyways, if you want to check it out, here’s the link.

To show how effective this diet is, here's what real clients have to say:

"I have tried many AIP plans for years and bought books, but have found them overly complicated. The AIP Diet was straightforward to follow, and didn’t feel intimidating. I made some great meals throughout the month following this reset. Everything was so organized and easy to follow. I’ve already lost 5 lbs, and I feel incredible!"

Kim S.

"I was put on AIP by my functional practitioner almost 2 years ago, and I remember being completely overwhelmed. All of the information was in a thick booklet, and I felt like I always had questions for her. When I found the AIP Diet, I was blown away by how simple and easy to follow it is! On top of that, the recipes and food lists are absolute game-changers. Anyone could (and should) follow this plan if they want to live healthier lives. Thanks for your contribution to this community!"

Caroline M.

"I can’t believe how yummy every recipe is! Laurel breaks everything down, and makes the diet so easy to follow. The best part is that making these changes WORKS. I never had any external signs of food intolerance, but I had lots of issues with indigestion, low energy, and BRAIN FOG. I am happy to report that I have seen noticeable improvements in all of these areas by following Laurel's guidelines. Laurel's practical perspective on food and life will have you eating well and recovering your health in no time flat."

Sandra J.

"The AIP Diet is a must for anyone with an autoimmune disease. Laurel guides readers through success through the steps of AIP elimination and reintroduction, and the dozens of mouthwatering recipes she offers are nourishing and best of all, easy to make. You definitely won't feel deprived on your journey to health."

Claire D.

Obviously, they deserve a hearty round of applause for their dedicated effort and results.

But that's not why I'm writing you today. I'm writing because YOU can follow in their footsteps, too.

You can start right now on your journey to a lean and healthy body, and I want to prove it to you.

It's simple:

Click HERE to claim your 100%-made-for-you plan designed to help you lose fat, boost energy levels, and improve health.

It’ll show you what to eat every day to reach your goals in the fastest and most enjoyable way.

All you have to do is follow the "paint-by-the-numbers" instructions and reap the rewards.

Enjoy!

Email #2:

Subject line: Best way to fight coronavirus?

Email body:

The CDC says Americans should already be prepared for coronavirus…

Because fact is?

The virus could hit hundreds of millions of Americans.

But what I think?

It’s not a matter of “if it happens”....

It’s a matter of "when".

So even if you’re washing your hands 10 times a day…

And even stopped touching your face…

What else can you do to improve your health and avoid bugs?

Well, truth is…

It starts with your DIET — except there’s a “catch.”

Because it’s less about “what to eat”...

And instead?

It’s more about what NOT to eat.

Now it’s no secret…

When you fill your body with junk, you gain weight…

But when you gain weight?

Your immune system tanks.

Which means?

You’re hanging an “open vacancy” sign out for all kinds of diseases…

NOT just the Coronavirus.

So the easiest way to “fix” that situation?

It’s found in this diet secret...

Hope that helps.

Email #3:

Subject Line: If you had ever wished you had more energy

Email body:

If you haven't tried this yet, you'll want to take a look...because this scientifically-backed diet plan will have you looking and feeling better than you ever imagined possible.

YOU CAN DO THIS!

Not only CAN you do it. You HAVE TO do it if you want to discover what it feels like to be filled with energy... free of pain... relaxed and happy...with a slim, sexy body that looks YEARS younger every day!

If you're tired of aches and pains and injuries that prevent you from activities you love....

If you're tired of side effects from prescription drugs that only treat symptoms and don't fix the underlying cause...

If you're tired of feeling foggy-brained, forgetful, or overwhelmed...

If you're tired of not fitting into clothes you love or dressing to hide the parts you hate...

If you're tired of starving yourself to lose a few pounds -- only to regain them the minute you go off your "diet"...

If you're tired of wrinkles, sagging skin, weak muscle tone, and achy joints...

It's Time To Stop Being Sick And Tired!

It's time to stop settling for less than what you deserve out of life. And you deserve a healthy, pain-free, energetic, and beautiful body -- at ANY age!

This is truly the greatest gift you can give yourself AND your loved ones. Because you can't enjoy life OR be there for others unless you take care of yourself. (And the older you get, the truer this becomes!)

Should you do it?

Well, the choice is yours...

Click here to learn more.

Email #4:

Subject Line: Here's exactly how to get healthier

Email body:

Did you know there's an easy way to improve your health.

The secret lies in this diet.

This is perfect for you if...

You want to embrace a healing diet & lifestyle, but it's so overwhelming!

This plan breaks it all down to make it easy to follow and stick to.

You've been dabbling in healing foods, but need a serious reset and some new ideas.

You don't have to figure it all out on your own. Stop spinning your wheels, and get straight answers.

You're busy and want a done for you solution to help make it easy.

This plan does all of the hard work for you! From making a meal plan, to writing a shopping list, this guide has you covered.

You struggle with autoimmunity, bloating, inflammation, and more. You're ready to see real results and start feeling amazing!

Quick thought: think you could do this? Then CLICK HERE.