

An open message to anyone who struggles with sugar, food and drink cravings and wants to stop the harmful health effects of bad food consumption . . .

YES! You Can Conquer Your Cravings For Unhealthy Foods!

"Lose Weight, Boost Your Energy Levels & Take Back Control Of Your Health And I'm Going To Teach You *Exactly* How To Do It!"



From: Diana Walker

Date: Sunday November 23rd, 2014

Subject: You Really Can Kick Your Cravings Forever

Dear Fellow Cravings Partner,

Did you know that **a seemingly harmless craving for a favourite food or drink could be sabotaging your physical and mental health?**

It's easy to think that these foods and drinks are just HELPING us to get through the day, but they are, in fact, harming us. Our bodies become reliant upon the same foods that we depend on to give us energy. They no longer work, and instead require you to consume more for a fraction of the effect.

Let's take a look:

Cravings for . . .

- beer, hard liquor
- artificial sweeteners
- coffee
- bread, pasta
- chocolate
- cheese, butter

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