

Email #1

Subject: Why We Gain Weight After 30

Morgan, a 46-year-old mother of three was at the end of her rope.

She was frustrated and desperate.

Because regardless of how much she exercised or how little she ate....

She couldn't lose weight.

That was until she heard about a simple 30-second ancient energy practice that helped her address the real root cause of "sticky" and stubborn belly fat...

And lost 74 pounds in just under 3 1/2 months.



Now she has the energy to keep up with her kids and the freedom to eat whatever she wants without feeling guilty. She can wear the clothes she really wants to wear and is no longer ashamed of her body.

And she did it all without having to cut calories, carbs or keep track of everything she eats in an app.

[Click here now to see the 30-second ancient energy practice that helped Morgan shed 74 pounds in 3 1/2 months](#)

Email #2

Subject: 30 Second Tibetan Energy Practice Flushes Out Fat

There's ONE SINGLE reason why so many people struggle to lose weight.

It's the same reason behind poor digestion, hormonal issues and low energy.

What's worse, is that this same reason is responsible for setting up a chain reaction of additional health problems including diabetes and heart disease.

Luckily, researchers have recently discovered a simple daily Tibetan energy practice that **can stop, reverse and in most cases prevent** this from ever happening in the first place.

And, it takes **less than 30 seconds in the morning**.

This solution has already worked for tens of thousands of people around the world.

[Click here to discover this ancient practice](#)



Email #3

Subject: banish belly fat forever with THIS 30 second fix

According to researchers at Yale University, there's a quick and easy way to RESET your metabolism...it's based on an ancient energy practice first used in the Himalayan mountains over 6 thousand years ago.

Used daily, this 30-second ritual melts away stubborn belly fat from your tummy, butt, and upper arms.



=> Banish stubborn belly fat off with this 30-second ancient trick.

Email #4

Subject: Do this before 9am to burn up to 1lb per day?

Yale researchers were recently shocked by how effective a six thousand year old ancient energy practice is at melting away excess body fat. This 30 second morning practice is used by Himalyan Sherpas to reset their metabolism...forcing their bodies to burn up more fat for energy.

=> **Discover the “Himalyan” Energy Secret That Melts Up To 1 LB Per Day**



Make sure to do this daily ritual before 9AM to set you up to lose up to 1LB per day.

Some folks are even reporting a loss of up to up to 37 lbs of fat in just 30 days.

Just do this every morning before 9am

Email #5

Subject: Ancient Practice Melts 47 Pounds

Recently an ancient energy practice used in Nepal was shared with a group of researchers at Yale University.



This **secret Himalayan ritual** was found to burn fat from your belly faster than anything else discovered...

An effort to conceal its existence by big pharma and some of the popular weight loss programs failed.

Now, thousands are using it with some reporting up to a 47 pound weight loss in just six weeks.

>> Discover The Ancient Practice That Can Melt 1LB Of Belly Fat Each Day

Email #6

Subject: Himalyan “Fix” for Belly Fat?

This 6000 year old natural method for reducing belly fat is amazing...

It was first used by the Sherpas of Nepal and Americans now have access to it.

Because it uses ingredients that are now accessible.

When combined, these ingredients have been shown to reduce belly fat by as much 2-3 inches per week...



And it is extremely inexpensive too.

It changes the way your body at the cellular level and converts stored fat into energy.

[Click here to see this belly fat fix in action and why thousands of Americans are now using it to conquer their own belly fat.](#)

Email #7

Subject: Himalayan breakfast drink burns 3.7 LBs every 72 hours

Working in Nepal, civil engineer Chris Johnson recently stumbled on a Himalayan “breakfast drink” that tricks your body into burning large amounts of resistant fat...releasing it as energy...

When he gave some to his 46-year-old wife, Morgan, she was able to melt 74 LBs by simply drinking this breakfast drink daily before 7am...

=> **Discover the Himalayan “Breakfast drink” to Melt 3.7 LBs every 72 hours**



When you drink this potent breakfast beverage before 9AM, the weirdest thing happens, the cells of your body seek out and destroy clogged fat cells.

Now, thousands of men and women are making this simple change to their morning routine. Losing 5, 10, 50, 100 pounds and more in just a matter of months.

It's a no brainer.

>> Just drink this breakfast drink before 9am and dissolve fat fast

Email #8

Subject: Slower metabolism finally explained?

We've all felt it.

A slow sluggish metabolism that feels as if everything we eat turns to fat. But it doesn't have to be that way. Try this. Before you eat breakfast do this simple 30 second ancient energy practice. It's like pouring gasoline on a campfire and cranks up your metabolism unlike anything you've tried before. And it's so simple anyone can do it.

It's a 6000 year old secret used by real life Himalayan Sherpas that allows them to scale the highest mountains by tapping into their fat cells for energy. Now, 81,417 other people do it every morning... and they're losing weight FAST! Here's how:

=> this 30-second "morning energy practice" accelerates your metabolism



Morgan does it every morning and has dropped 74lbs now it's your turn.

Email #9

Subject: Himalayan fat-loss tincture burns 3.7bs in 3 days?

Did you know you can burn as much as 3.7 pounds of fat in just 3 days by using a 6000 year old **ancient energy practice before 9am each morning?**

It's true.

In fact, this tincture has been a staple of the real life Himalayan Sherpas for more than 6000 thousand years.

Ever wonder how they scale those high mountains day after day without getting tired?

Well, now you know..

That's because it supercharges your metabolism, by targeting the #1 energy producer in your cells. And melts away stubborn fat like a blowtorch to butter by forcing your body to seek out and destroy every ounce of deep fat on your body. Amazing!

It even helped Morgan lose 74lbs, fast! She says, I've "become the best version of myself ever" Discover the ingredients of this "fat-torching" tincture here:

=> Use THIS Himalayan fat-loss tincture before 9am to lose up to 3.7 in 3 days.



Email #10

Subject: This secret 'Himalayan fat loss ritual' will BLOW your mind...

Scientists at Yale University have just solved a 6000 year old fat burning mystery.

These ancient herbs have been helping the Himalayan people convert fat to energy more efficiently than anyone else in the world for the last 6000 years..



And right now, everyday Americans like Morgan Johnson are using the exact same ingredients to **lose an incredible 74 pounds in only 9 weeks...**

Morgan is waking up each morning looking and feeling better than she has in years.

She looks better than she did in college!

And the little-known secret she's now using can burn away unwanted body fat faster than anything you could ever imagine.

See this remarkable breakthrough in action. I promise you've NEVER seen anything like it.