

# Content And Marketing Email Examples

(Neuropathy Health List For Seniors)

**SUBJECT:**

Simple stretches to treat that nerve pain

**BODY:**

Hi Gang, it's Dottie again, your customer service hostess with the moistest here at the Neulife Institute.

I've been dragging around the office with some joint pain this morning – I'm not complaining' – my son Ben brought my three darling grandkids over and we played a little hide and seek yesterday.

Well, grandma's legs aren't what they used to be and I am feeling it this morning.

I don't know about you, but I don't like taking a lot of painkillers and drugs, no thank you, sir.

I'd like to hoot holler and cheer when these grandkids grow up and get married you better believe it.

I thought maybe someone knew some stretches or something easy I could to ease the pain and get me moving around again with some spring in my step.

So like a terrible customer service rep, I put my work aside and started looking online.

Yeah, there was a bunch of the usual junk – but I found something awesome.

A three-minute video this doctor put up that shows you how to do “nerve gliding”.

It's a series of super simple stretches you can do a few times a day to get mobility back, get feeling back, and reduce soreness and pain.

>>>Just watch this short video on YouTube and you'll be doing nerve gliding pronto.<<<

<https://www.youtube.com/watch?v=HUIHp-n7-Vo>

This is especially powerful for all my friends suffering from Neuropathy.

The Doc makes it super simple! He even draws on his patient's foot with a sharpie to help you understand it!

All the best,

Dot

PS – take some time and watch the quick video and do the exercise. It could make a huge difference!

>>>Check it out here.<<<

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**SUBJECT:**

Flexible mind, flexible body

**BODY:**

Dottie here, your loyal intrepid customer service boss lady over here at the Neulife Institute.

My hubby just learned a good life lesson on flexibility (thanks to yours truly) and I thought you might get something out of it so here goes...

I love the old gizzard, but he can be a little stubborn sometimes.

Now he's a handy guy. He rebuilds V-8 engines. He remodeled our kitchen a few years back – it's nice!

Well, he got it in his head to build an outdoor kitchen on the patio. You know the grill and the shelves are built-in, the propane tank fits in the back somewhere, and the whole thing looks like an outdoor kitchen counter made out of brick, rock, slate, or whatever.

Well, he had the hardest time getting the thing to stay up and level. Something about the stone masonry going all uneven when he put it together.

He was frustrated. He was getting annoying to be around, grumbling all the time.

I said honey – get over it! If you want to find a solution get that stick out of your you know what and be flexible. A flexible mind gives you flexible solutions.

You can't solve a problem with the same mind that created it!

...He just grumbled again. I think he was getting annoyed with me.

The next morning I was on my computer and sent him this awesome article from the Chopra Institute. He was in a better mood and actually read it – yay!

Here is the link – you should read it too:

<https://chopra.com/articles/the-key-to-staying-young-flexible-mind-flexible-body>

He enjoyed the article and talked about it with me. He seemed to feel better. Although I'm not holding my breath to get him to try meditating. Oh well.

He did suck it up and regarding his project, called a contractor friend of his.

(The concrete he was building on was uneven – had to be broken up, pulled out, and replaced)

He surrendered the stick p his butt and got the job done.

And I got a nice patio and outdoor kitchen out of the deal!!!

Look gang, my point is to stay flexible. You'll feel better in your body, your skin, and your soul.

(And If you're not flexible, get flexible!)

>>>Here's the article one more time.<<<

Lots of love,

Dot

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**SUBJECT:**

Your waistline is serious business

**BODY:**

Hey guys is Dottie your health warrior pain blasting crusader lady and customer service ninja at the Neulife Institute.

So many of you dear souls are dealing with Neuropathy. Your nerve damage in more than sixty percent of cases is out of control diabetes.

What causes that? Out of whack blood sugar and excess weight – usually together!

Look loves, it isn't easy but I need you to put the work in to stay healthy! East right – keep that weight in check.

(I know it's tough for me too!)

Let me share something with you...

Even top weight-loss experts were alarmed when they saw this...

The latest research from Italy and China reveals a very disturbing fact:

If you have at least 2 pounds over your normal body weight, you have a 79% higher risk of developing dangerous health issues...

As belly fat especially puts pressure on your internal organs, veins, and even your brain...

...Clogging your arteries and leaving the immune system highly vulnerable to virus infections!

Now here's the silver lining I want to share with you:

During their research, doctors came up with this 60-second weight-loss ritual...

Which can help anyone get rid of 1 pound of fat per day...

And also bulletproofs your immune system against any dangerous infections!

I want you loves to look at this short video to learn all about it:

>>>Do THIS Simple 60-Second Ritual To Melt Fat Fast & Increase Immunity<<<

All the best,

Dot

P.S. I don't know how long this video will be up, the medical industry sure does not like it... watch it now while you can.

>>> CLICK HERE TO SEE IT.<<<