Email 1 - What is the Metabolic Code?

Subject Line: Your Path to Health and Vitality Starts Here!

Dear <Patient Name>,

 Stay away from sugar. Exercise daily. Eat protein. You’ve probably heard all of the rules on how to be healthy, and then some. However, here is the thing: When it comes to metabolism and whole body health, it’s not a one size fits all solution. No distinct regimen works for everyone. By setting your own expectations and letting go of other people’s rules, you can create a healthy lifestyle that suits you… moreover, the Metabolic Code (MC) – a method for determining the state of your vitality and wellness – can help cultivate that action plan.

 The Metabolic Code was founded with the belief that people deserve vitality at every stage of life, and that your health is an outcome of the complex relationship between lifestyle decisions and how those decisions influence your metabolic health. The Metabolic Code Health Assessment and Vitality Report is a new service that assembles a comprehensive understanding of who you are today by examining your health in distinctive layers. This innovative report provides a predictive risk measure of where your health is headed along with suggestions on how to re-route those predictions for lasting health. Your metabolism is not merely your caloric intake and expenditure; metabolism involves all the chemical reactions in your body.

During a comprehensive one-on-one consultation, we will discuss the complex interactions of your symptoms, physiology, biometrics, laboratory test results and your Metabolic Code Health Assessment and Vitality Report to develop an evolutionary treatment plan that is centered on you, your health and quality of life goals, and your unique lifestyle. The focus is on ***you***.

I am excited that you have taken the first step to feeling better, and I look forward to working with you as your partner in health and wellness! If you are ready to get started on your health transformation journey, please contact my office at <Office Phone Number>.