

## 10-Day Detox Diet Cookbook Pre-launch email sequence

Email #1

Subject: 29 detox recipes waiting for you!

Hi Christy,

If you think you need to restrict yourself to eating fake, flavorless foods to shed excess pounds, I have great news...

You officially have permission to stop eating that way forever! That's because the secret to lasting fat loss and good health is to enjoy real, whole foods with an abundance of flavors.

In fact, when you eat this way, it's entirely possible to lose up to 10 pounds and start feeling healthier in as little as 10 days!

That's why I'm so excited about the upcoming launch of my brand new book, [The 10-Day Detox Diet Cookbook](#). It's filled with over 150 delicious, healing recipes that put your body into fat-burning mode and reverse symptoms of chronic disease.

The best part is you won't feel deprived or hungry. Instead, you'll feel like you're indulging...these recipes are THAT tasty!

But you don't have to wait for my new cookbook to come out to start eating this way. You can try out some of my favorite detox recipes [right now!](#)

That's because I've put together a [Starter Kit](#) that's packed with 29 delicious, easy-to-prepare detox recipes. Plus it also has guides to help you start shedding excess pounds and belly fat right away. They're my gifts to you with no strings attached!

Request your [Starter Kit](#) now.

This collection of great-tasting detox recipes has something for everyone, including vegetarian and vegan options. [Download them immediately](#) and start sampling mouthwatering dishes, such as:

- Morning Glory Muffins
- Green Goddess Smoothie
- Avocado Stuffed with Creamy Chicken Salad
- Miso Soup with Beef and Bok Choy
- Inside Out Burgers with Zesty Carrot Fries
- And many more!

All of these dishes contain healthy, unprocessed ingredients to fuel your body with the nutrients it needs. By eating these satisfying meals and snacks, you'll lose your cravings for unhealthy junk foods and watch the pounds melt off!

In addition to these tasty, easy-to-prepare recipes, your [Starter Kit](#) also comes with these quick start guides to help you shift your body into fat-burning mode right away:

- **5 Tips to Eliminate Belly Fat** – Trim your waistline using these 5 simple secrets (no need to do hundreds of sit-ups!)
- ***The 10-Day Detox Diet Roadmap*** – Discover how my detox approach works... and why it provides fast, lasting results for so many people!

You'll also get a few extra surprises to help make it easier to jumpstart your weight loss and reboot your health. And everything is yours with my compliments, just for the asking...

Request your [Starter Kit now](#).

Why keep riding the diet rollercoaster? The path to lasting fat loss and true health starts in your kitchen. And it's much easier (and tastier) than you think.

So let's get started!

Wishing you health and happiness,  
Mark Hyman, MD

P.S. [This Starter Kit](#) includes some of my favorite dishes. They're easy to make and contain ingredients you can easily find in any grocery store. And your quick start guides make it a snap to start shedding pounds and getting healthier. I've included a few extra surprises, too.

Don't wait – these bonuses are only available for a limited time. Request your [Starter Kit right now](#), while you're thinking about it!

[Click here](#) to request your Starter Kit.

Email #2

Subject: LAST CALL (claim your bonus recipes and starter kit now!)

Hi Christy,

Did you get your bonus *10-Day Detox Diet* [Starter Kit](#) yet?

Maybe life got in the way and you forgot to request it. But don't wait any longer – this special Starter Kit is only available for a limited time.

Request your [Starter Kit now](#).

I'm giving away this Starter Kit with delicious, healing recipes in celebration of my brand new book, [The 10-Day Detox Diet Cookbook](#). I wrote it because so many participants on my *10-Day Detox Diet* had things like this to say about how tasty the food was:  
"I wasn't used to being satisfied, in spite of all the food I was eating. But the food on *The 10-Day Detox Diet* doesn't taste like diet food at all. It tastes like good food. Better than almost any restaurant I've ever been in! And it's easy to make, too." —Chris Arnold

"Dr. Hyman, your recipes are by far the best I've ever followed! So healthful and savory! I have learned so many new ingredients and how to incorporate herbs more. Thanks again!" —Elizabeth Herrera

You can eat this way and lose weight—without feeling one bit deprived. Even if you're not following *The 10-Day Detox Diet* you'll love how great these [recipes](#) make you feel. They're great for working into your family meal plans any time!

Take a look at some of the healthy "side effects" you may experience from eating this way:

- Effortless fat loss—as much as 10 pounds in 10 days!
- Loss of cravings for sweets
- Increased energy
- Reduction of aches and pains
- Loss of headaches
- Better sleep
- And more

Request your [Starter Kit now](#). Also included in the Starter Kit are:

- **5 Tips to Eliminate Belly Fat** – the surprising secrets that trim your waistline
- **The 10-Day Detox Diet Roadmap** – find out how the detox works and why it can quickly transform your health
- **PLUS** ... other special goodies and surprises

Remember, the [Starter Kit](#) is completely free, and is only available for a limited time. Request it now and get cooking today!

Wishing you health and happiness,  
Mark Hyman, MD

P.S. Cooking a healthy meal with your family and friends is one of the most nourishing and loving things you can do—for yourself and for your loved ones. The [recipes in this Starter Kit](#) make it simple to start enjoying better health together.

This Starter Kit is only available for a limited time... so, before you forget...request your [Starter Kit now](#).

Email #3

Subject: [Limited Time] Preorder My Cookbook + Get Bonus Gifts

Hi Christy,

Wow... I've heard so many rave reviews about the tasty recipes that I gave away in my detox starter kit!

This is just a sample of what's to come in my brand new book, *The 10 Day Detox Diet Cookbook*.

For a limited time, you can pre-order the book today from Amazon or Barnes & Noble, and you'll get it for half price. Plus, if you forward your receipt, you can receive up to 4 free gifts and get entered into a bonus giveaway.

[Preorder \*The 10 Day Detox Diet Cookbook\* and get your free gifts!](#)

In celebration of my new book, I'm giving away these great bonuses:

- **The 10-Day Detox Diet Meal Planning Guide** – simplify your meals and cooking so you always have tasty options that keep you fit
- **Quick Start Call with Dr. Mark Hyman** – get inspired with my best tips on making the detox work for you, no matter how busy you are

- **Exercise video** series from JJ Virgin – build muscle and burn fat with this great starter workout series
- **Mindfulness meditation** call with Heidi Spear – de-stress and get calm to reduce fat-storing cortisol levels

Plus... a chance to win a set of **quality kitchen tools!**

You'll find all the details when you click the link below.

### **Pre-order The 10 Day Detox Diet Cookbook and get your free gifts!**

You might be surprised just how easily you can lose weight and reboot your health in just 10 days. I've tested it myself, and it truly works!

I led a group of over 600 people through the 10-Day Detox Diet. Collectively, they lost over 4,000 pounds (an average of 6.7 pounds each), and they reversed many signs of chronic disease.

They swapped out all the processed junk—loaded with sugar, fat, and chemicals—for real, delicious meals. Many noted the food was much tastier than they expected. They were also amazed at how quickly they lost their cravings for junk food within a few days. Plus, they felt lighter, more energized, and slept better at night.

*The 10 Day Detox Diet Cookbook* gives you dozens of tasty options for breakfast, lunch, dinner, snacks, and desserts, so you don't get bored eating the same dishes over and over again. This large volume is filled with more than 150 mouthwatering recipes – you could eat something different every day for five months!

Plus, all of the recipes are quick and easy to prepare. You won't need to search multiple stores for exotic ingredients... or set aside hours of your precious time to wash, chop, sauté, and simmer.

But here's the best part. These delicious, healing recipes are all designed to help your body quickly burn fat and reverse symptoms of chronic disease.

When you reboot your health—and your life—it can be as simple as making dinner. So what are you waiting for?

You can make 2015 your healthiest year yet. Start today by pre-ordering your copy of *The 10 Day Detox Diet Cookbook* right now—and claiming these valuable bonus gifts!

Wishing you health and happiness,

Mark Hyman, MD

P.S. Radical, restrictive diets never last over the long run. In fact, they may make you gain rebound weight—putting on all the pounds you lost (and sometimes even more).

*The 10 Day Detox Diet Cookbook* will show you how to make healthy changes that last a lifetime—because you'll love how good the food tastes and how good it makes you feel. You have my word on it.

[Preorder \*The 10 Day Detox Diet Cookbook\* and get your free gifts](#)

Email #4

Subject: Did You Miss This? Last Chance for Detox Bonuses

Hi Christy,

Did you pre-order your copy of *The 10 Day Detox Diet Cookbook* yet?

For a limited time, you can get it at either Amazon or Barnes & Noble for half price. Plus, if you pre-order the book, you can get up to 4 free gifts by simply forwarding your receipt.

[Get details on pre-ordering the book and claiming your free gifts](#)

I'm so passionate about *The 10-Day Detox Diet Cookbook* because I've seen the firsthand results of people who have shifted to this way of eating. I'm talking about things like:

- Radical weight loss – over 100 pounds collectively in one family
- Eliminating chronic, debilitating brain fog that nearly made one professional retire from her private practice
- Reversing diabetes symptoms so radically that medication is reduced – and eventually eliminated

I've also personally guided hundreds of people—many who struggled for years to lose excess weight—to easily drop 10 pounds in 10 days.

It works so easily because you never feel deprived or restricted. You get to eat real, satisfying foods that taste like gourmet meals. It's not a diet—it's a lifestyle

that you can embrace and enjoy because you love how it tastes and how it makes you feel.

*The 10 Day Detox Diet Cookbook* has more than 150 recipes, including vegetarian, vegan, and gluten free options. It will show you how to make easily healthy, long-lasting changes as you experiment and learn in your own personal laboratory—your kitchen.

And, to jumpstart your success, you can receive up to 4 bonuses when you pre-order my new cookbook:

- **The 10-Day Detox Diet Meal Planning Guide** – simplify your meals and cooking so you always have tasty options that keep you fit
- **Quick Start Call with Dr. Mark Hyman** – get inspired with my best tips on making the detox work for you, no matter how busy you are
- **Exercise video** series from JJ Virgin – build muscle and burn fat with this great starter workout series
- **Mindfulness meditation** call with Heidi Spear – de-stress and get calm to reduce fat-storing cortisol levels

Plus... a chance to win a set of **quality kitchen tools!**

Yes, changing what you eat can truly reboot your health and your life. It's not difficult. It just takes a little bit of habit shifting and practice. You can start right now with *The 10 Day Detox Diet Cookbook*.

Wishing you health and happiness,  
Mark Hyman, MD

P.S. If you're ready to lose those extra pounds and reboot your health and life, I urge you to pre-order *The 10 Day Detox Diet Cookbook* today.

You will save 50% right now, plus you'll get up to four free gifts from me.

[Get details on pre-ordering the book and claiming your free gifts](#)

