**Bikini Body Detox Email Swipe**

**Affiliate link:** http://YOURCBID.mindfulfit.hop.clickbank.net/?pid=248&tid=WHATEVER

**Subject:**

Do THIS to flush out harmful toxins (3 simple steps)

Your soaps are stopping your fat loss (and how to fix it)

How to flush away toxins and built-up waste

**Body:**

Did you know that chemicals found in every day items like soaps, shampoos and moisturizers **leave you malnourished, fatigued, and suffering** physically and emotionally…  
  
…And even worse, it can lead to illness and disease, and make it virtuallyimpossible to burn off stubborn fat.  
  
The BEST way to protect your body from these dangerous toxins and reverse the damage is through [a safe and natural cleanse](http://socialc.mindfulfit.hop.clickbank.net/?pid=248&tid=AR1)...  
  
One that will give you exactly what your body needs to**flush out all of the toxins and built-up waste**, and boost your metabolism at the same time.  
  
That’s why I created the Bikini Body Detox. An easy, 3-day program with a complete shopping list, and simple recipes that you can make from home without punishing, depriving or starving your body.  
  
[=> Do THIS to flush out harmful toxins](http://socialc.mindfulfit.hop.clickbank.net/?pid=248&tid=AR1) (3 simple steps)  
  
Sign off  
  
P.S. If you are serious about taking control of your body’s health, clearing out harmful toxins and re-balancing your hormones, see how it works right now.  
  
[=> Do THIS to flush out harmful toxins](http://socialc.mindfulfit.hop.clickbank.net/?pid=248&tid=AR1) (3 simple steps)

### Article #1

### Subj: 3 ‘Health’ Foods to STOP eating immediately! (They’re full of toxins)

Affiliate link: http://YOURCBID.mindfulfit.hop.clickbank.net/?pid=258&tid=toxhlthfoods

Body:

Let’s face it, most of us have probably eaten something we thought was healthy, only to find out later that it really wasn’t what it was hyped up to be.

Many so-called “healthy foods” have little nutritional value and some even contain harmful chemicals…despite that clever advertising that leads us to believe otherwise.

Advertising is definitely tricky. It can make some of the unhealthiest foods look healthy – even if they’re anything but.

The three foods you’ll read about below are some of the most toxic of the “healthy foods” that should be avoided at all costs (if you’re interested in protecting your health and slimming your waistline):

=> 3 “Health” Foods to STOP eating immediately (They’re full of toxins)

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**Article #2**

# Subj: The Dangers of Cleansing (Avoid!)

Affiliate link: http://YOURCBID.mindfulfit.hop.clickbank.net/?pid=260&tid=cleansdnger

Many people look up to slim and attractive celebrities, wondering what they can do to be just like them...

After all, if they look amazing, why wouldn’t you want to follow the same diet and or fitness program they do?

Unfortunately, celebs, just like us, can fall victim to some rather clever marketing schemes – they’re also under a lot of pressure to be thin in the world of show business. They’ve made super-restrictive eating plans and cleanses hotter than ever.

In fact, some cleanses can seriously harm your health and actually cause you to GAIN more weight.

Before you consider cleansing, get the truth about what you must avoid and what really works for slimming your waistline and achieving ultimate health here:

=> The Dangers of Cleansing (Do THIS instead)

Sign off

**Article #3**

# Subj: Beware of these 3 “Hidden” Toxins Lurking In Your Kitchen

Affiliate link: http://YOURCBID.mindfulfit.hop.clickbank.net/?pid=259&tid=3toxinskitchen

Body:

Even if you’re being diligent about the foods and beverages you consume, there’s still a good chance that you’re ingesting some very scary toxins without being aware of it.

Opening up that can of tomatoes, you think you’re doing your body a favor by taking in vitamin C along with other antioxidants, right? But along with those nutrients, you’re probably getting a rather hefty dose of harmful toxins.

Being aware of where those dangerous toxins might be hidden can be essential to your good health…and your slimmer waistline.

Discover the 3 WORST toxic offenders that you must avoid here:

=> Beware of these 3 “hidden” toxins lurking in your kitchen (8 out of 10 people are exposed to these harmful chemicals everyday and don’t even know it!)

Sign off