

## Welcome Email

From: Katherine Branigan - Nutritional Tuning  
Subject: Welcome to My Newsletter  
Snippet: Thank you for subscribing - Wellness News  
Headline: Welcome to Nutritional Tuning!

Subhead: Hello,

Body: Thank you for subscribing to my email newsletter. My name will start popping up in your inbox once a month providing you with:

- Wellness tips that I've learned in my over two decades of practicing nutritional healing
- Information to better understand how your body functions
- Healthy recipes
- Techniques to live your best life
- Stress prevention strategies
- Advice to help you better understand what your body is trying to say to you

Sometimes you will also find a **discount coupon inside** so keep a lookout!

I've been a certified Nutritional Therapist Practitioner (NTP) for 23+ years originally serving the Greater Seattle Area and now providing quality health services to the Spokane area and online worldwide. Throughout my life, I have realized the influence that food and various environmental factors have on common health concerns and have discovered many ways to help you combat this.

My interest in nutrition was first sparked when I was a teacher and noticed how my student's behavior was greatly influenced by what they ate. Having grown up eating the food we raised and tended, I developed a deep connection to the earth. Only later realizing that the best way to care for our bodies is by nourishing them correctly.

However, in today's world, with soil losing its nutrients and food being produced in mass quantities, getting nourishment from our food is not always possible. This is where I come in. I assess your body's unique needs and help develop a health plan for you that can create wellness and improved quality of life.

In need of a check-up? Let's connect!

**Email** me at: [katherine@nutritionaltuning.com](mailto:katherine@nutritionaltuning.com)

Or **call/text** me: (206) 779- 1959

If you decide that you are no longer interested in reading these newsletters, there will always be an "unsubscribe" button at the bottom of every email.