Alpha GABA Email Templates

#1

Subject line: Exciting News!

Dear [CUSTOMER NAME]\* (If you can customize – please do!)

If the stress of the past few months has made you a bit anxious – you aren’t alone. In fact, many of our patients here at [PRACTICE NAME], are feeling the same.

We are excited to announce that our partner [NeuroScience](https://www.neuroscienceinc.com/) has just released a limited supply of their new product [Alpha GABA](https://www.neuroscienceinc.com/images/documents/Marketing-Materials/N1037_Alpha_GABA_patient_flyer.pdf)  specifically formulated to bring back the calm in your life.

**Why are we so excited?**

Alpha GABA’s botanical blend is All Natural and Non-Drowsy.\*

Alpha GABA contains a high dose of L-theanine which has been linked to the generation of brain waves that induce relaxation and Ashwagandha which has been shown to significantly reduce stress and anxiousness.1,2\*

Please give our office a call if you would like to pre-order Alpha GABA or learn more about this exciting new supplement we are bringing to our patients.

To your health,

[HEALTHCARE PROVIDER NAME]

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

1 Juneja L, et al. Trends Food Sci Tech. 1999;10:199-204.

2 Auddy B, et al. JANA. 2008;11(1):50-6.

#2

Subject line: Be the Calm in the Storm

Dear [CUSTOMER NAME]

Reducing stress takes a village – a self-care village! As I mentioned last week, we are so excited to have partnered with NeuroScience to bring you their new limited release product Alpha GABA that will help our patients significantly reduce stress and anxiousness\*.

Beyond supplements what else should you be doing to become the calm in the storm of life?

1. Fuel your body with nourishment. You are indeed what you eat, so fueling your body with healthy non-processed food will not only give you a check mark in the “I’m getting healthier” box, but you will also feel better, have more energy and yes – sleep better. Reducing things such as caffeine, sugar, and anything processed for more leafy green vegetables, lean proteins, complex carbohydrates, and lots of good old-fashioned water are moves in the right direction.
2. Move more. I know the pandemic has hindered activity for many – but now that the weather is warmer, I encourage you to get outside and walk, hike, bike, run – just move! Any type of exercise helps reduce anxiousness and stress.
3. Get 7-8 hours of good sleep. Try reducing screen time, and limit caffeine and sugar before bed. You’ll be AMAZED how powerful a good night’s sleep is.
4. Meditation & Gratitude. Try getting up 30 minutes earlier, to reduce the stress of your morning, and spend some of that time in quiet thought with yourself. Perhaps write in a journal and reflect on things your grateful for. When you start your day off on a positive note, the outcome of that day is typically a lot better and yes – less stressful!

Hope this 4 tips help – and if you are interested in trying Alpha GABA, please contact our office. As I mentioned, this is a limited release and we are incredibly grateful to be a part of it.

Be well,

[HEALTHCARE PROVIDER NAME]

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#3

Subject line: Mornings Matter!

Good morning [FIRST NAME]

Are your mornings crazy? Do you always feel rushed? Do you find yourself wanting a “Do Over” more so than not?

Guess what – you are not alone!

One of the key ways to reduce stress and that feeling of anxiousness is to start your day off on a good note.

The easiest way to do that – is get up earlier. I know that may sound rough when you are already a bit overwhelmed but giving yourself an extra 30-60 minutes in the morning is a game changer.

**Why? It’s YOU time.**

If you are a caregiver of children or parents – try to get up before they start demanding your time. Spend some time on YOU – be it exercise, meditation, drinking your coffee in peace, reading, knitting….anything that will EASE you into your day.

Can’t swing the 30-60 minutes – even 15 minutes of YOU versus the WORLD will bring some calm into your life.

Try it and let me know how it goes! Oh, if you haven’t placed your order for Alpha GABA by NeuroScience – give us a call. We are so excited to be included in this limited release. Adding Alpha GABA to some little life shifts like making your mornings smoother will help you see some amazing changes on your “Anxiousness Meter”!

Be well,

HEALTHCARE PROVIDER NAME

#4

Subject line: The Best Care is….

Hope all is well [FIRST NAME]

Feeling stressed is normal. In fact, the body uses those “stress triggers” to act when you are in potential danger – hello adrenaline rush! The tough part happens when your body is in a constant state of “Fight or Flight” when your stressor levels are constantly on alert. The body doesn’t respond well in that constant state of “Oh no – what else?!”

We stress about work.

We stress about family.

We stress about our health.

We stress about money.

We stress, stress, stress about a lot of things – am I right?

**Know your body.**

Did you ever wonder how some people can manage high stress positions, juggle family/job/ life, seem to be the masters of multi-tasking, and never really seem stressed about it all?

The cool as cucumber folks typically understand that **Self Care is the Best Care.**

Understanding your body and knowing when enough is enough is so important.

Knowing when to slow down and unplug.

Knowing when to call your healthcare provider(s) for a check in to see how you are.

Knowing when to tune into your diet and exercise regimen to make sure you are being the best you can be.

Knowing when your body just needs a little help from you – by supplementing your actions with some nutrient dense supplements that your body maybe lacking.

All of this – is self-care. Take some time for you today. Even if it’s turning off your phone for an hour and taking a power nap or reading a great book.

It’s truly is some of the best care around.

Be well!

HEALTHCARE PROVIDER NAME

Ps – we are still taking orders for Alpha GABA. The latest botanical blend from NeuroScience is formulated with ingredients to reduce occurrences of stress and anxiousness.\*

It contains a high dose of L-theanine which has been linked to the generation of brain waves that induce relaxation and Ashwagandha which has been shown to significantly reduce stress and anxiousness.1,2\*

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