

This is not the best example of copy writing. Can you tell why?

Subject: Biohack your hormones and last call for bonuses

What is biohacking? And is it only for men?

I've been doing this for 20 years and what it means is simply that we eat and supplement with things to make our hormones work more optimally. It's funny, the guys think biohacking is totally normal, but we women, think that when it comes to our hormones, we have to settle for feeling less than optimal. What's the difference? It's just what you've been told - and what you've been told that's very different then what men have been told, is that your body is mysterious, complex, and unfixable.

This is totally false, scientifically inaccurate, and negatively life altering bull.

I want to invite you to biohack your hormones with me.

When you purchase Balance by FLO Living Monthly Hormone Supplements - I want you to join the other thousands of women who will be taking the Balance by FLO 28 Day PMS Challenge. I know what's going to happen in your body when you replenish missing micronutrients, but I want you to see that for yourself. The instructions for the challenge come in the box.

Tag us on instagram: #28dayPMSchallenge #flliving #balancebyflliving so I can see you taking your supplements in the morning!

After you see for yourself how much your body and your hormones respond so well to the right support, you'll never believe anyone who tells you your period is a curse. You'll know that your body, your hormones, your cycle just need proper nourishment and you'll know just how to do it!

This isn't just about taking supplements, this is about optimizing you!

Fall has finally arrived.

In celebration of the launch of my brand-new Balance by FLO Living Monthly Supplement Kit, and to help you get your hormones the support they need to function optimally, I'm giving you a very special bonus package:

When you get the Jump Start Your FLO Pack, you'll also get the 4-Day Detox Program and my Cycle Rituals Guide (\$97 value) for free!

[Click here to order and claim your bonus class](#)

How does the 4 Day Detox work?

The 4 Day Detox will be a live class with me to help you clear out any excess hormones that may be causing your most annoying period symptoms. In just 4 days, you'll be able to start putting your symptoms into remission.

This has been one of my most popular programs because it works—fast! Women who have gone through the cleanse have reported that they've felt less bloated, sleep better, have fewer mood swings, and have fewer PMS symptoms.

Why Balance by FLO Living Supplements?

These five supplements represent your personal "insurance policy" against endocrine disruptive things you're doing (knowingly or unknowingly) that are throwing you off balance.

I've done the research for you and curated the most essential supplements in 5 formulas that we know work for thousands of women. They are designed to work together for you over all 4 phases of your cycle.

Your Balance by FLO Living Supplements come directly to your door, delivered in one neat package. No more guessing, no more wasting time and money.

How will you benefit from Balance by FLO Living Supplements?

If you are just starting to experiment with your diet, these will help you get into the FLO faster as you begin to learn how to cycle sync your food.

If you are not yet sure that the programs are for you, you can take these supplements to see how much and how easily you can improve your menstrual cycle with the right micronutrients.

On top of the 4 Day Hormone Detox Program, you'll also get these additional bonuses:

3 of my most popular audio classes (an \$81 value):



Your Happiness is in Your

Hormones: Find out about the 3 underlying causes for anxiety, depression, and mood-swings and how your mood is supposed to shift across the 4 phases of your cycle.

Optimize Your Fertility: Learn why you might be struggling with fertility and how to protect and enhance your endocrine function to optimize natural fertility.

Optimize Your Sexy FLO: Discover what's making you age prematurely, and what to do to make more youthful levels of hormones and enhance your sex drive.

3 of my most essential bonus reports (a \$21 value):

Missing Periods: Learn what makes you skip periods, why periods go missing, and how to get them back naturally.

Getting Pregnant over 35: Discover the myths and facts around getting pregnant at an “advanced maternal age” and how to eat and live to optimize your fertile factors.

Sexless and Stressed: Find out how stress impacts your hormones and libido and what to do to start feeling happier, more relaxed, and naturally turned on again.

How to get your amazing bonuses?

When you purchase your BALANCE by FLO Living Supplement Kit, you will instantly receive an order confirmation email that will contain the links you can use to download these valuable guides and masterclasses.

I'm so excited to help you get out of hormonal chaos and back into your FLO!

Love and FLO,



[Learn More](#)

Biohacking is a fairly new practice that could lead to major changes in our life. You could call it citizen or do-it-yourself biology. It takes place in small labs — mostly non-university — where all sorts of people get together to explore biology.

<http://www.pbs.org/newshour/updates/biohacking-care/>

Readability Consensus

Based on 8 readability formulas, we have scored your text:

Grade Level: 10

Reading Level: standard / average.

Reader's Age: 14-15 yrs. old (Ninth to Tenth graders)