



The Gift of Feeling Great

Something special is coming your way...

This Christmas, I've pre-ordered you a copy of *No-Nonsense Nutrition*, the game-changing new cookbook by nutritionist Dominique Ludwig.

It's your expert guide to ending food noise, boosting your energy, balancing your meals and feeling your absolute best.

The book will arrive fresh off the press in February, to kickstart your health journey in 2026.

TO:

FROM:

