

**TITLE** Catchy, surprising, weird. Or with numbers.

**THE PROBLEM** Do you struggle with [...] I know about this problem.  
I know it feels terrible, and is totally unnecessary. It is time that we do something about this!

**THE TOOLS** It can be solved! But you have to know how. I have tried several things 1, 2, and 3,

**THE GAMECHANGER** That's why I am now doing xx. It does all it takes to fight our enemy, and more  
I'll explain to you step by step what to do, and why to do it – at every step.

**ACTION** Take this action! Eat vegetables! Comment, like and subscribe!