



Members Save 10%



**Print out a Health Wish List to be ready for tomorrow's Event! I'll make it worth your while...**

**Tomorrow's event** involves a little homework. This will be the day to get an "A" in defining what you want for your health. Create and post your very own [Health Wish List](#) on our [private Facebook page](#) to receive a 'Gold Star' in the form of a **\$10 Gift Card** to use toward any product on my website! Join my Watch Party kickoff at 8 am for details.

To access the October Double Feature event itinerary, [click here](#). If you haven't requested to join our [private Facebook page](#), do that now so you can tune in to my daily Watch Parties and Interactive Videos.

If you can't be there when these events start, don't worry... they'll all be available to watch anytime during the entire duration of this 17-Day Double Feature.

**Our DOUBLE FEATURE Private Facebook Cleanse Page Has Come Alive!**

How is Day 2 of my October Double Feature shaping up for you? Our [Private Facebook Cleanse Page](#) is buzzing with comments, questions, and advice... not to mention Watch Parties that put you in the action!

Subjects being discussed there might pertain to you and give you the boost you need. Or, start your own topic. Jump on and harness the power tonight! You can even sip your shake while you're there.

Stay strong. Tomorrow, we'll start to ramp up the detox phase with more shakes and less food. **YOU CAN DO THIS!** Remember, we're reprogramming some chemical responses in your body to bring on a metabolic change.

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***"It does not matter how slowly you go as long as you do not stop."***

- Confucius

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### **TOMORROW AT A GLANCE**

3 Shakes, 1 Meal, 1 Snacks

### **TIP OF THE DAY**

Take at least 17 deep belly breaths 2 to 3 times a day. Studies show this can reduce cortisol levels by up to 50%

### **METABOLISM FACT**

Did you know that in the typical home, there are over 150 toxic chemicals that the body must process and eliminate every day? By cleansing, your helping you body maintain this tough job.

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How will you enhance your ability to detox? Have you tried dry saunas or anything else to encourage sweating? Do you drink lemon water? Tell us about what works or doesn't work for you. I can't wait to read your comments on our [Private Facebook Cleanse Page!](#)

In good health,

A handwritten signature in blue ink, appearing to read "Heather Pong". The signature is stylized with large, flowing loops and a long, sweeping underline.

We are committed to making health improvement as affordable and available as possible during these trying times. Our selection of weekly deals features rotating savings on some of our most popular items. Please view these money saving opportunities here

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Haylie Pomroy is a #1 New York Times bestselling author, leading health and wellness entrepreneur, celebrity nutritionist, and motivational speaker whose "Food is Medicine" philosophy resonates deeply with her fans. Her community includes real people who have lost millions of pounds and gained immeasurable energy and health.

### WHAT TO EXPECT



#### Food Based Programs

Strategic programs to evoke real clinical change.



#### Membership Benefits

Be part of a health movement that will change your life!



#### Healthy Recipes

Raising the bar for great recipe. Eat while staying fit.

**GOT QUESTIONS? CONTACT US OR VISIT OUR WEBSITE**



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