



Members Save 10%



You're really cookin' now! So why not join me for tomorrow's cooking demo?

Tomorrow, you're invited to come and cook with me during a Watch Party where we'll prepare undeniably delicious sautéed asparagus! Class starts at 8 am Pacific time, but if you can't be there, don't worry. All my events will be available to watch anytime during the duration of this 17-Day Double Feature.

For a full itinerary of my October Double Feature events, [click here](#). If you haven't requested to join our [private Facebook page](#), do that now so you don't miss any more Watch Parties and Interactive events.

Keep On Rocking This Fall Detox Cleanse!

Your body is taking all this nutrient-dense power from the shakes you're sipping and using it to feed and repair your metabolic pathways and help you detox. Make sure to eliminate as rapidly as you are detoxing!

Definitely lean on Metabolism Colon to help in that area. That plus plenty of water will make sure you are not only processing toxins in all that stored fat but flush it out of your body to keep any from reabsorbing.

Many of my clients continue drinking their Metabolism Shakes after a cleanse as a breakfast or a post-workout power snack. Those with stubborn hormone-based weight gain love it for Phase 3.

Keep up the great work!

“You are a VIP, a very important person. So, take care with self-care. If not you, who? If not now, when?”

—Toni Hawkins

TOMORROW AT A GLANCE

5 Shakes, unlimited veggies

TIP OF THE DAY

Try to make time for a massage or a sauna or promote sweating. These are all incredible ways to maximize your participation in this whole-body detoxification program. Also, dry skin brush each day before showering to increase blood flow to fat cells. (This is a very gentle and simple technique, and you can find how-to videos with a quick Internet search.)

METABOLISM FACT

Your metabolism drives every aspect of your body, especially your immune system. As it adapts to seasonal changes or when we travel, etc., it goes into overdrive. When your immune system isn't on its A-game, including when it's bogged down due to toxin overload, you're more susceptible to a cold or the flu. A detox strengthens your immune system and gives your body a fighting chance against infection.

Are you learning a lot so far? Do you have any questions? Keep them flowing on the [Double Feature Cleanse Facebook page](#)!

In good health,

A handwritten signature in blue ink, appearing to read "Toni Hawkins". 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

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GOT QUESTIONS? CONTACT US OR VISIT OUR WEBSITE



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