



PREPARATIONS FOR DAY 5 OF THE 7-DAY FAST METABOLISM DIET CHALLENGE

Yes! tomorrow can be Guacamole day!

Phase 3 seems luxurious, and lots of people think "hey, I can eat anything!" But the foods on Phase 3 are just as strategic as the foods included in Phases 1 and 2. So it's important to stick to the food lists and recipes.

How are your enzyme reserves? I want you to log in and go to your Member Dashboard, and click on Tools, then At Home Self Diagnostics Tools and then the Lemon Challenge Test. This test is designed to determine how the body deals with acids and breaking down of fats. The test gives us the information regarding the availability of trace minerals, phosphoric and bicarbonate buffers (salts) and if they are readily available for the body to use to balance acids.

The Phase 3 FMD Shake is probably the most medicinal of the three. Many bodies that have a stressed-out metabolism can really struggle with the hormones required to break down healthy fats in combination with complex carbohydrates. But remember if it is difficult for you on this phase that is your body telling you you need even more support. Be diligent with the addition of veggies at snacks, watch portions of raw nuts and seeds and be gentle with your body if it needs to do more healing during this phase and can't quite manifest the energy for weight loss in this phase **YET**. I say yet because we will get you there. Your body is perfect and asking for help, be gentle with it this phase.

TOMORROWS, DAY 5 EXERCISE

The exercise on Phase 3 is all about relaxation.

During one of these three days, include a relaxing activity. It could be a yoga class or DVD. You could try a long stretching routine or just a seated meditation.

Try to book a massage or schedule 15 minutes for some self-massage. Massage stimulates the lymphatic system, helping move toxins out of the body. Simply use some non-toxic body oil or lotion and give the big muscles in your legs a good rub-down.

BODY BONUS: Dry brushing is fantastic for Phase 3. Like massage, the bristles of the brush gently nudge your lymphatic system into action, promoting circulation and blood flow. And dry brushing is great for your skin, too.

Many of us really like the benefits of taking supplements. I get asked every day to weigh in on what ones to take. See if this short quiz could help you.

Could your body benefit from the [Bye-Bye Belly Fat Bundle](#)?

- You lose weight, and it first comes from your face or breast tissue
- Fat protrudes further from the front of your belly than the sides of your waist
- You find fat pouches below your hips, often called saddlebags
- The fatty deposits on your belly are soft and lumpy
- You're noticing hair loss, thinning of the eyebrows, and shortening of the eyelashes
- Once you have lost weight, regaining it happens very easily and rapidly
- You notice a general thickening of your thighs

If you relate to this use your 10% Membership Discount on the Bye-Bye Belly Fat Bundle now!

NEXT EMAIL UP: PREPARATION FOR DAY 6

Vegans and vegetarians will be making the excellent Sweet Potato Shepherd's Pie. Really, it's so tasty; everyone should give it a try!

In Good Health,

A handwritten signature in blue ink that reads "Haylie Pomroy". The signature is fluid and cursive, with the first name "Haylie" and the last name "Pomroy" clearly distinguishable.

No longer want to receive these emails? [Unsubscribe.](#)
Haylie Pomroy Group 351 Linden Street Suit 160 Fort Collins, Colorado 80524