



Members Always Save 10%

Tomorrow is the first day of Act One our DOUBLE FEATURE!

Get ready for 17 days of Interactive videos and LIVE Watch Parties. Let the Fall DETOX begin...



It's almost time to kick off our OCTOBER DOUBLE FEATURE featuring two challenges back to back!

We'll begin with Act 1—our Fall Detox cleanse challenge, where we'll spend 10 days eating and sipping our way to clearing out the junk that's bogging down our metabolism. Then, we'll jump right into Act 2, our 7-day Quick Start Halloween Spooktacular!

We'll have LIVE and Interactive events to keep you engaged for each of the 17 days you will be with me. Stick with it, because I have lots of Halloween-themed fun planned for Act Two. (Trust me, you won't want to miss any of it.)

For our first event tomorrow, let's fall in love with food during a WATCH PARTY at 8 am Pacific time. Post your favorite Instant Pot Cleanse **or** FMD Recipe (your creation or mine) on our [Double Feature Facebook Page](#) for your chance to win a 10-Pack of Single Serving Fast Metabolism Shake Packets!

If you can't make all of our 8 am events, don't worry. They will all be available to watch anytime throughout this 17-Day October DOUBLE FEATURE. For a full itinerary, [click here](#). If you haven't requested to join our [private Facebook page](#), do that now so you don't miss any more LIVE or Interactive events.

Our [DOUBLE FEATURE private Facebook page](#) is where you'll find all of our daily Watch Parties, events and Facebook Lives!

Are you ready? The 10-Day Fall Detox Cleanse Challenge starts Tomorrow, Oct. 16th.

Get ready to choose foods that infuse your body with all the targeted micronutrients it needs to repair, restore and revitalize your metabolic pathways.

You'll find a guide on our [DOUBLE FEATURE Resource Page](#) along with all the tools you'll need during this event. There are printable meal maps, daily emails, videos, and more, conveniently stored and easily accessible in one place.

Embrace your food, your shakes—and check the Facebook Page for each day's event. ***They're all FREE!***

“Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort.”

– Deborah Day

TOMORROW AT A GLANCE

2 Shakes, 1 Meal, 2 Snacks

TIP OF THE DAY

Make sure you drink 1/2 your body weight in ounces of spring water every day in addition to the Metabolism Shakes. For example, if you're 150 lbs., you'll drink 75 ounces of spring water daily.

METABOLISM FACT

Don't eat anything one hour before or one hour after a shake. This way the body has an opportunity to benefit from all the micronutrients in your Metabolism Shake.

JOIN THE CONVERSATION

Have questions during the cleanse? Need additional support? Post all Cleansing related questions on the [Double Feature Facebook page](#).

If you haven't completed your meal maps or you need to pick up any last-minute groceries, do that today so you're raring to go tomorrow. I hope to see you on our [Double Feature Private Facebook page!](#)

In good health,



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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