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Being prepared will be a catalyst to your success. However, if you are needing to wing it, we have got you! Do not layer in any type of stress around being perfect! This is a time for us to spend together distilling down where your metabolism needs repair and your body needs intensive support. Watch the lectures, drink your water, play in the sandbox with me. If you can mentor others on this journey, I find that I get more knowledge every time I teach what I have learned. You all have taught me so much!

"Your life doesn't get better by chance, it gets better by change."- Unknown

TOMORROW AT A GLANCE

2 Shakes, 1 Meal, 2 Snacks

TIP OF THE DAY

Make sure your bowels move every day. If you get constipated, make sure to take [Metabolism Colon](#) each night before you go to sleep. This will help you gently release toxins and get things moving. As I talk about in the Micro-Lecture I need to take at least 3 per day when I first start the Cleanse. (If you have questions post them on the Challenge Facebook page!)

METABOLISM FACT

The liver is the powerhouse of chemical detox in the body. It filters the blood and breaks down hundreds of chemicals every day. Your liver and bowels need to work extra hard to process those toxins and eliminate them from the body, so it's important to support those functions fully. Make sure you're eating lots of alkalizing veggies!

JOIN THE CONVERSATION

Under each Micro-Lecture video please post your questions or comments, if you are not on the Challenge Facebook Page you can send Cleanse Related Questions to our customer support team at info@hayliepomroy.com

Discussion Topic of the Day!

Have You Ever Wondered If You've Become Carb Resistant?



Watch me show you how enzymes can help you convert carbohydrates into energy. Enjoy learning more with these three articles.

[Things to Know About Digestive Enzymes](#)

[Digestive Enzymes Turning Food into Micronutrients for Repair](#)

[Digestive Enzymes & What to Eat About It](#)

Use your Member Discount to save an additional 10% on [Metabolism Enzyme Balance](#) now.



METABOLISM ENZYME BALANCE

helps boost and support the production of those enzymes that punch holes in fat cells, allowing fat toxins to be released.

SHOP NOW

RESOURCES

In case you missed anything, the Challenge Resource Page is where to go for all of your challenge resources. All of the printable meal maps, daily emails, videos, and calls from me are stored in one place for you!

I'm looking forward to seeing you all on The Challenge Facebook Group.

In Good Health,



 **The Fast Metabolism Diet**

Download our FREE App Today!

The Fast Metabolism Diet App is your companion to the book and cookbook by celebrity nutritionist and wellness consultant Haylie Pomroy. The app has helped people lose over 1 million pounds!

GET IT ON  **Google Play**

 **Download on the App Store**



POWER
On Your Plate

**HAYLIE POMROY
PODCAST**

LISTEN NOW



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

 www.hayliepomroy.com

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