



Shop Now Membership

How are you all doing? There is quite a bit of activity going on. We have thousands of fellow FMDers joining me during these 10 days and the conversation is amazing! Jump in and put power on your plate tonight. Doing challenges can enhance your success. How are you enhancing your ability to detox?

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

- Confucius

TOMORROW AT A GLANCE

3 Shakes, 1 Meal, 1 Snack

TIP OF THE DAY

Take at least 17 [deep belly breaths](#), 2-3 times per day. Studies have shown that this can reduce cortisol levels by up to 50%. This is better than any diet pill or medication on the market.

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, you're helping your body maintain this tough job. Here are my [Top 10 Reasons To Detox](#).

PRODUCT DISCUSSION OF THE DAY!

Your Body's Cravings Can Be a Sign of Nutrient Deficiencies

Metabolism CONTROL
Take Control of Your Inner Body

www.ShopHaylie.com

Watch me explain how we can fuel your body and end cravings for good! Learn More about cravings with these 4 articles.

[HELP! - I Want Chocolate!](#)

[Sugar Cravings Out Of Control? Here's Why, and What To Do](#)

[Cookie Craving? Here's What To Do](#)

[Craving Salty Snacks? Here's Why](#)

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

METABOLISM CONTROL
is a multi-nutrient approach to “feel full, feel good” hormones

B6 5 HTP

DL Phenylalanine Chromium

Sugar Cravings? Mood Enhancement?

L Tyrosine L Glutamine

BUY NOW

RESOURCES

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


JOIN THE CONVERSATION

Have questions during the cleanse? Need additional support? My team and I will be answering your questions on the Facebook Community Challenge page. Also, if you know an answer to a question from someone in the group, don't be afraid to chime in!

I hope you're enjoying this Challenge, keep up the good work!


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**

Smartphone screen content:
TODAY PHASE 2 DAY 10
FRI, DEC 18, 2015
A MESSAGE FROM HAYLIE POMROY
Pairing protein with tons of green veggies triggers the production of amino acids, key to building lean muscle.
Some of today's meals are missing requirements.
FRI, DEC 18, 2015 NEXT UP SNACK 3:00PM



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



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