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It is typically the 4 shake day that people begin to feel the toxins being freed up in the body. The one thing I have learned though by being in clinical practice is that everyone's body is different. I have had clients that breezed through 3 or 4 10-day cleanses and it wasn't until they had nurtured their bodies that much and supported their pathways that intensely that they could let go of fat-soluble toxins. I have other clients that feel flue-like by day 2. How about you? Let us know.

"Every strike brings me closer to the next home run."

- Babe Ruth

TOMORROW AT A GLANCE

4 Shakes, 1 Meal

TIP OF THE DAY

Drink your shake slowly! Allow your body to "receive" the benefits of the nutrients and the detox properties.

METABOLISM FACT

Today you are receiving protein, complex carbs, fiber, and a broad blend of toxin eliminating amino acids. You have approximately 2x the nutrients being delivered through your Metabolism Shakes than found in the average American diet.

Product Discussion of the Day!

You CAN Use Specific Nutrition to Target Belly Fat, Conquer Bloating, and Restore Balanced Hormones in the Body

IN CLINIC BESTSELLER!

Say Bye-Bye to Belly Fat

Strategic Supplement Trio to Chisel Belly Fat

The diagram illustrates the process of losing belly fat. On the left, a belly is shown with the following issues: Belly Based Weight Gain, Insulin Resistance, Stored Hormones in Fat Cells, and Cellulite. An arrow points to the right, where a chiseled belly is shown with the following benefits: Lower Inflammation, Balanced Blood Sugar, and Balanced Sex Hormones. To the right of the chiseled belly are three bottles of supplements: 1. HALT (Metabolism Free Radicals), 2. REMOVE (Metabolism CLA), and 3. REPAIR (Metabolism DIM). A 'Learn More' button is located at the bottom right of the diagram.

Want to Know More? Learn More about Belly Fat Below!

[Say Bye-Bye to Belly Fat](#)

[Spotlight on Spot Loss: Belly Fat](#)

[Are You Stuck With Your Set Point?](#)

[Brown Fat and Why You Want More](#)

Use your Member Discount to save an additional 10% on the [Bye-Bye Belly Fat Bundle](#). Not a member? [Join me](#) for 30-Days FREE!

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, videos, and calls from me are stored in one place for you!

JOIN THE CONVERSATION


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

Need additional specific support, become a member today and get access to our Member-only Facebook page. Not a member? [Join me](#) for 30-Days FREE!

This can be a rough day for some and an easy one for others. Make sure you are letting us know what your body is beginning to tell you!

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**

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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