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You are flooding your body with micronutrients that will facilitate detox. Make sure to eliminate as rapidly as you are detoxing. How much Metabolism colon is your body needing? Are you getting enough water? Dry skin brushing? Your shakes can be used even after the cleanse to keep you supported! Many of my clients drink their Metabolism Shakes as a breakfast or after-workout power snack! Those with stubborn hormone-based weight gain love the Metabolism Shake for Phase 3. Are you learning a lot so far? As we flood the body with nutrients I am going to keep flooding your minds with science and knowledge :)

"If nothing ever changed, there'd be no butterflies."

- Unknown

TOMORROW AT A GLANCE

5 Shakes, Unlimited Vegetables

TIP OF THE DAY

Try to make time for a massage or a sauna or promote sweating. These are all incredible ways to maximize your participation in this whole body detoxification program. Also, [dry skin brush](#) each day before showering to increase blood flow to fat cells.

METABOLISM FACT

The metabolism drives every aspect of our bodies, especially our immune system. As our bodies adapt to seasonal change, the immune system starts working in overdrive. When our immune system isn't at it's A-game, we're an open door for a cold or the flu. A detox strengthens the immune system and gives our body a fighting chance against infection.

Product Discussion of the Day!

Overcome a Weight-Loss Plateau, Increase Energy, and Boost Your Metabolism



Metabolism T4T3 Thyroid Targeted Formula is designed to support healthy thyroid function and activity. It features targeted nutrients and herbs that support healthy thyroid hormone biosynthesis. This combination may facilitate the expression of thyroid hormone genes. The addition of ashwagandha and guggul extract may aid in the conversion of thyroxine to triiodothyronine (T4 to T3) and may assist in maintaining healthy blood lipid levels already within the normal range.

Learn More About Your Thyroid With These Articles Below

[Meet Your Thyroid](#)

[Fast Metabolism with Thyroid Booster](#)

[Anytime Is a Wonderful Time to Have Your Thyroid Tested](#)

[Can I Take T3T4 With Thyroid Medication?](#)

[Hormones, Hair Loss, and What You Can Do](#)

Use your Member Discount to save an additional 10% on the [Metabolism T4T3: Thyroid Targeted Formula](#) now.

OUR BESTSELLER!
METABOLISM T4T3
Nurture your thyroid, overcome a weight-loss plateau,
increase energy & boost your metabolism

BUY 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!

JOIN THE CONVERSATION

Have questions during the cleanse? Need additional support? Please post your questions on the Challenge Facebook Group. If you haven't accessed this valuable resource, do that now! Also share this with your friends and family.

For this very small window 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!

How is science geeking out with me feeling? Start visualizing our next challenge together. Let me know what support you are dreaming of.

In Good Health,

