



Shop Now Membership

My goal is to work more on understanding your body's very specific needs. Many of my clients and community members had some major breakthroughs in their health. The thing that was true for each and every one of those people is that we worked together to rotate many of my plans to truly nurture the complexity and biodiversity of their health struggles. This is the year for you to get curious and be in awe even or especially during a struggle. What plans have you done so far? Let me know!

"Even if you're on the right track, you'll get run over if you just sit there."

- Will Roger

TOMORROW AT A GLANCE

5 Shakes, Unlimited Vegetables

TIP OF THE DAY

Did you know that toxic chemicals found in plastic bottles can increase breast cancer risks? High levels of BPA toxins were found in 93% of random urine samples. Always choose BPA-free bottles, like my [shaker bottle!](#)

METABOLISM FACT

Since 1950, at least 70,000 new chemical compounds were invented and dispersed into our environment. By doing a Cleanse, this is your sixth day of intense toxin elimination. Congratulations!

Product Discussion of the Day!

Metabolism D3 & K2 promotes bone, cardiovascular and immune balance.

The supplement Dr. Fauci takes to help keep his immune system healthy. “If you are deficient in vitamin D, that does have an impact on your susceptibility to infection. So I would not mind recommending, and I do it myself taking vitamin D supplements,” Fauci, 79, said in a recent interview.

SCIENCE GEEK OUT WITH ME!

Who cares what form of Vitamin D you take? *I do!*

There are basically two forms of Vitamin D:

D2, ergocalciferol

D3, cholecalciferol

The body can convert both of these forms into a bioactive form, but the liver must do the work. D3 is much easier to convert and puts much less strain on the body and an already sluggish metabolism.

Remember, the liver is super important in metabolizing fat and when you are working on healing the metabolism, I have you eliminate things that take up the liver's time—

like alcohol and coffee. The same holds true in my mind when supplementing with vitamin D; the D2 form is very hard to process by the liver and D3 is much easier to process. I would rather you work super hard at things that bring you joy and fulfillment than grunting your way through the process of hopefully reaping benefits from taking a supplement that you have invested in.

Thousands of studies are out there confirming that Vitamin D can positively impact your metabolism especially when it comes to:

- Hormone-based weight loss resistance
- Bone density
- Immune system modulation
- Depression and anxiety

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!

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 Member resource, do that now! 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!

Have you tested your [Digestive Reserves](#)? Have you filled out a [Health Wish List](#)? Let's learn more about your metabolism this year!

In Good Health,

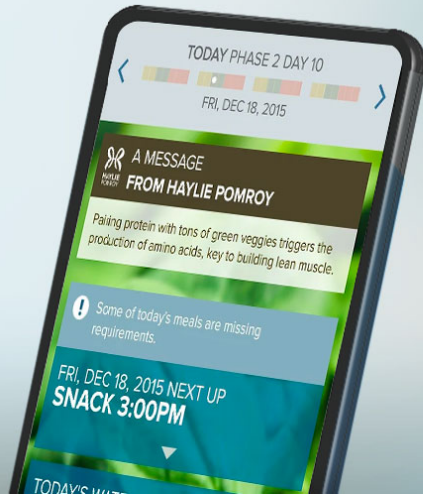
A handwritten signature in blue ink, appearing to read "Hansley Pong". The signature is fluid and cursive, with a large loop at the end.



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!



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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