



[Shop Now](#)   [Membership](#)

Ok guys,

This is when the pedal hits the metal. Please watch every Micro-Lecture Video! Grab your Fast Metabolism book and study the mechanisms of a Fast Metabolism. Knowledge is power...YOU HAVE GOT THIS!!!

“Let food be thy medicine and medicine be thy food.”

- Hippocrates

### **TOMORROW AT A GLANCE**

5 Shakes, Unlimited Vegetables

### **TIP OF THE DAY**

As you reintroduce foods back into your body make sure to take note of anything that makes you not feel well and consider staying away from some or all of the things you eliminated in your diet to complete this cleanse. Such as caffeine or dairy.

### **METABOLISM FACT**

It takes about 20 minutes for the brain to get the signal from your stomach that it is full. It is recommended that you chew your food 20-30 times before swallowing to allow for healthy digestion and stimulus to the brain for the "feel full hormones".

## **Discussion of the Day!**

### **Desserts And Snacks Can Be Why You Lose Weight!**

Pleasure stimulates the metabolism by triggering the adrenals to produce endorphins. These endorphins - what we know as the feel-good brain

messenger - stimulate the brain to produce serotonin, a mood-elevating brain hormone that in turn stimulates the thyroid to produce the fat-burning hormone. Talk about a chain reaction.

Pleasure sets off a terrific cascade of events that lower leptin levels, a hormone that makes you hungry. After sex, your leptin levels are lowest. Taking pleasure in food can have the same effect. When you enjoy what you eat, you get a double benefit: you are satisfied and full.

Have you tried these dessert and snack recipes? They are designed to stimulate your metabolism, even in Phase 2!



Use your 10% Member discount to purchase your [Quick & Easy Dessert & Snack Mix](#). Not a member? [Join me for 30-days FREE!](#)

## 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 Private Challenge Facebook Group. If you haven't requested access to 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!

I hope you love the [Quick & Easy Lemon Cream Pops](#) and the [Fast Metabolism](#)

[Mini Cinnamon Roll](#) recipes as much as I do. I just thought that making a wish list of all you are going to bake, after the cleanse, during these all-shake days would be inspirational!

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](http://www.hayliepomroy.com)



[info@hayliepomroy.com](mailto:info@hayliepomroy.com)

