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Journal, Journal, Journal!

I always say everything your body tells us means something. You might not be sure how that piece of information fits into the puzzle but it will be valuable on your health journey at some point. I really try to keep things pretty basic as I add foods back in. Nothing packaged if I can avoid it, and simplicity in the recipes lets me be quickly aware if a particular food doesn't agree with me.

Follow along on the others journey's in the community, too. Many times we learn about our own health through the willingness of others to share.

Do what you can, where you are, with what you have."

- Teddy Roosevelt

### **TOMORROW AT A GLANCE**

4 Shakes, 1 Meal

### **TIP OF THE DAY**

It's a great time to take your current exercise program up a notch. Add cardio and strive to stay in that fat burning range of 130-140 BPM for 30-40 min.


### **METABOLISM FACT**

Exercise increases levels of serotonin in the brain. Serotonin is the "feel good" and "feel full" hormone. Adding an exercise program to your daily life drastically reduces over-eating and weight gain.

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## **Product Discussion of the Day!**

### **Gut Flora Has Been Linked to a Slow Metabolism**



# IS YOUR BODY TELLING YOU THAT IT NEEDS METABOLISM PROBIOTICS?

Metabolism Probiotics provides a powerful broad spectrum of relief for a body in need.

**LEARN MORE**

Making sure that your probiotic is both clean and effective is crucial when using this supplement to stimulate metabolism.

## Learn More About ProBiotics with these Articles Below

[Pre vs. Probiotics and 5 Ways They Can Boost Your Metabolism](#)

[The Power Of Probiotics \(Is your body telling you that it need Probiotics?\)](#)

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### 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. 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!

What is your body telling you? Do you need help in deciding what is next?

Under today's Micro-Lecture post your questions and comments. This has been a wild ride, right?

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**

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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

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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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