

10-Day Fast Metabolism Cleanse Challenge

July 9th-18st 10-Day Fast Metabolism Cleanse List of Events

CLICK HERE to join us in this incredible 10-Day Live Event!

All events take place at 8:00am PST, but can be rewatched during the event's duration.



Fri., July 9: Walk and Talk with Haylie - Facebook LIVE @7:00am PST

Let's science-geek out about how the body uses nutrients to light a fire under your metabolism. Take the next 10 minutes to walk with me and talk with me! You won't even realize you're exercising.



Sat., July 10: Creating Your Health Wish List. - Activity @8:00am PST

This is the day to get an 'A' in defining what you want for your health. Post your Health Wish List on our January Health Events Facebook page and receive a 'Gold Star' in the form of a \$10 gift card for my website at HayliePomroy.com.



Sun., July 11: Recipe of the Day - Activity + Giveaway @8:00am PST

Take me into your kitchen and show me what you're cooking up! Post your favorite 10-Day Fast Metabolism Cleanse recipe for a chance to win a FREE box of Metabolism 4 Life Superberry Bars.



Mon., July 12: Dry Skin Brushing. - Video @8:00am PST

Did you know the skin is the largest detox organ in the body? Join me for this amazing Dry Skin Brushing tutorial and learn the appropriate way to effectively detox the skin.



Tues., July 13: Reading Your Labels. - Video @8:00am PST

Label ready is a crucial part of choosing the appropriate foods for your body on your journey to better health. Let me teach you how to do it quickly!



Wed., July 14: What Does It Mean to Detox? - Video @8:00am PST

"Detox" is a word that is very popular in the health and wellness field, but not always used correctly. Join me for a moment and let me explain to you what appropriate detox is, why it's important, and how to detox safely.



Thurs., July 15: How to Empower Your Doctor to Fight for You. - Video @8:00am PST

We get exposed to numerous products day-to-day, and unknowingly, many of these products greatly contain chemicals that are hormone disruptors. Be more informed and transform your life to be outrageously healthy.



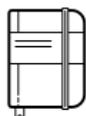
Fri., July 16: In the Kitchen with Haylie: Italian Chicken Skillet - Video @8:00am PST

COME AND COOK WITH ME! We're a community, so let's enjoy one another's company while we make some delicious food together. We'll be making my favorite Italian Chicken Skillet!



Sat., July 17: Are Carbs Making You Fat? - Video + Giveaway @8:00am PST

This secret ingredient makes bread a friend again! I don't want you to avoid bread, you just have to be able to process it properly. Let's look at how and why you need help turning these nutrients into fuel and not fat!



Sun., July 18: Journal Prompt: Reaching Your Goals.- Activity @8:00am PST

What would your ideal day of health look like? What do you need to make sure you achieve this daily?