

10-Day Fast Metabolism Cleanse Challenge

February 11th-20th 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., June 11: 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., June 12: Filling Out Your Self Assessment Questionnaire - Activity @8:00am PST

Your metabolism is the engine and food is your fuel. How well is your engine running? Look at yourself. Feel how you feel. Listen to what your body is telling you. Fill out your Self Assessment Questionnaire (available here) and let's start working on ways to repair your metabolic needs.



Sun., June 13: 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 bottle of Metabolism Multi.



Mon., June 14: Get Your Best Sleep Possible. - Video @8:00am PST

Let's explore the health benefits of Detox Baths. I will unveil 3 of my favorite natural recipes for tub time!



Tues., June 15: Supplement Round Table. - Video @8:00am PST

As many of you already know, I am a die-hard advocate of supplementation. This wasn't what I planned for myself early on in my career, but I do believe natural health saved my life. Please join me and some guests for a live Q & A session as they ask me their questions and we walk through strategic application of supplementation, potential benefits, and the ideal way to maximize their benefit.



Wed., June 16: Listening to Your Thyroid. - Video @ 8:00am PST

We are going to be talking a lot more about the many ways our thyroid talks to us because it sure is a superhero in the world of the metabolism. Join me for this video where I answer some of our most-asked questions about the thyroid!



Thurs., June 17: Haylie in the Kitchen: 3-Way Roasted Chickpeas - 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 3-Way Roasted Chickpeas



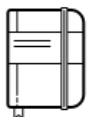
Fri., June 18: Mocktails with Haylie - Video @8:00am PST

Grab your favorite cocktail recipe and let's sit down with each other and enjoy them. I'm answering some of our most-asked questions from previous challenges and our community. Don't miss this fun event!



Sat., June 19: Keeping Toxins at Bay in Your Home. - Video @8:00am PST

As you know, I am always looking for easy and inexpensive ways to eat clean and organic foods and to keep my environment clean and safe for your body! Let's discuss some great ways to keep our homes and environments as toxin-free as possible!



Sun., June 20: Reflection of Your 10-Day Cleanse Experience - Activity @8:00am PST

Your body is incredible and so, so smart. Every single thing happening to you right now—from your sleep patterns to your energy level, your weight issues to your food preferences, your health philosophies to your bowel movements—all mean something. Today, I want you to write a love letter to your body. I want you to thank it for everything it's been doing for you to get you on your path to better health.