

# 10-Day Fast Metabolism Cleanse Challenge

## May 7-16 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., May 7: Walk and Talk with Haylie - Facebook LIVE @8:00am 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., May 8: Filling Out Your Health Wishlist - Video @8:00am PST**

This is the day to get an 'A' in defining what you want for your health. Post your Health Wish List (available here) 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., May 9: 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 Control.



### **Mon., May 10: Detoxifying DIY Face Masks. - Video @8:00am PST**

The skin is the largest organ in the body. Face masks can be a great way to detox and get the scale moving again!



### **Tues., May 11: What Does It Mean to Detox? - Video @8:00am PST**

We are detoxifying all day every day. If not, the very air we breath would kill us all in a minute. How amazing is it that our bodies take such great care of us? Let's learn more about what it means to detox and how to feed this process.



### **Wed., May 12: 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.



### **Thurs., May 13: Haylie in the Kitchen: 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!



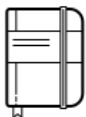
### **Fri., May 14: Organ of Detox: The Skin - Video @8:00am PST**

The skin is the largest organ of your body and it's so important for detoxification. Don't miss this amazing video about how to take care of your skin and how to facilitate that detoxification!



### **Sat., May 15: Making Homemade Toilet Bombs. - Video @8:00am PST**

We are going to make homemade Toilet Bombs together! It is so important to eliminate toxins and not re-expose your body to toxins during this process.



### **Sun., May 16: Reflection of Your 10-Day Cleanse Experience - Activity @8:00am PST**

Grab your favorite cup of caffeine-free herbal tea, and crack open your journal. I want you to share with us how this 10-Day Cleanse has benefitted you. What are your non-scale victories? How do you feel? Take a few moments to yourself and reflect. Create your meal map for the 7-Day Cleanse and post it on the page to share it with the group!