

7-Day Fast Metabolism Diet Challenge

May 17-23 10-Day Fast Metabolism Cleanse List of Events

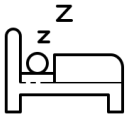
CLICK HERE to join us in this incredible 7-Day Live Event!

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



Mon., May 17: LIVE Walk and Talk with Haylie- Facebook LIVE @8:00am PST

Let's take 10 minutes to practice an attitude of gratitude while we walk together. You can do this inside our outside; whichever you prefer. You won't even realize you're exercising because I am going to science-geek out with you about some of my favorite recipes and how key ingredients can motivate your metabolism. Walk with me—talk with me!



Tues., May 18: Difficulty Sleeping on the Fast Metabolism Diet - Video @8:00am PST

How, when, and under what conditions you sleep can make a real difference in how well your body manages energy production and metabolism. These strategies will help make your sleep as powerful and rejuvenating as possible.



Wed., May 19: Advocating for Your Health. - Video @8:00am PST

Let me show you how to advocate for yourself while speaking to your health care practitioner. I'll give you the tools, tips and jargon, just like I do with my in-clinic clients! Make sure to download the info here before this watch-party discussion.



Thurs., May 20: Digestive Reserves/Lemon Challenge - Video @8:00am PST

Your pH levels can reveal so much about your body's ability to absorb nutrients. Let's test your pH together while we learn about trace minerals, phosphoric and bicarbonate buffers (salts) and the importance of making these readily available to properly balance acids. Don't miss this one!



Fri., May 21: How to Accelerate Weight Loss on Phase 3 - Video @8:00am PST

Do you lose weight really well in Phase 1 and Phase 2 and then stall in Phase 3? I have some incredible tips for you! This is one video full of super simple tips you definitely do not want to miss.



Sat., May 22: Recipe of the Day - Activity @8:00am PST

Do you LOVE Phase 3 as much as I do? I'm going to post one of my favorite recipes for you, but I want YOU to show me what sweet treats you're cooking up that give you pleasure during the Fast Metabolism Diet for a chance to win a FREE bottle of Metabolism Multi. Remember, pleasure boosts your metabolism!



Sun., May 23: Create a Gratitude List - Activity @8:00am PST

Create a list while you listen to your favorite music or watch your favorite show. Sip your favorite herbal tea while you write and let us know what you are most grateful for as we dive in to 2021.