



14 **SUCCESS BOOSTERS**
FOR A
FAST
METABOLISM

 **HAYLIE POMROY**



THE DO'S AND DON'TS OF THE FAST METABOLISM DIET

These rules are simple and easier to follow than you may think. And if you need further incentive, know that following them makes you feel amazing. Many of my clients have loved how they felt so much that they incorporated these rules into their permanent lifestyles and never looked back. If you remember nothing else, remember this: eat five times a day, and only the foods on the list for your phase.

THE DO'S

Rule #1: You must eat five times a day. That's three meals and two snacks per day. No skipping.

Rule #2: You must eat every three to four hours, except when you're sleeping.

Rule #3: You must eat within 30 minutes of waking. Every day.

Rule #4: You must stay on the Fast Metabolism Diet for 28 days.

Rule #5: You must stick to the foods allowed on your phase. Religiously. I repeat: only eat from the food list for your phase.

Rule #6: You must follow the phases in order.

Rule #7: You must drink half your body weight in fluid ounces of water every day.

Rule #8: Eat organic whenever possible.

Rule #9: Meat choices must be nitrate-free.

Rule #10: You must exercise three times per week, according to your phase.

THE DON'TS

Rule #1: No wheat.

Rule #2: No corn.

Rule #3: No dairy.

Rule #4: No soy.

Rule #5: No refined sugar.

Rule #6: No caffeine.

Rule #7: No alcohol.

Rule #8: No dried fruit or fruit juices.

Rule #9: No artificial sweeteners.

Rule #10: No fat-free "diet foods."



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FILL 'ER UP: BEST WATER FOR YOUR METABOLISM

Here's how to keep your metabolism on fire: Drink half your body weight in ounces of spring water every day. (If you weigh 150 pounds, that's 75 ounces of water every day.) Keep a bottle or glass of water handy and sip all day long, instead of guzzling it all at once, so your body never has reason to think there's a shortage.

I sometimes have clients who are stuck in their weight-loss plan. One of the first questions I ask is whether they are drinking all of their spring water every day. Once they start drinking my recommended amount of water, the scale starts moving again – sometimes that's all they need.

Remember, water doesn't just keep you hydrated. It shuttles nutrients to your cells, washes waste out of your body, and clears away the byproducts of metabolized fat. If you don't have enough water in your system, your body will let you know by not only making you feel thirsty but slamming the brakes on your metabolism until you're properly hydrated again. It's just trying to protect itself – when water is truly in short supply, survival takes precedence over burning fat. But we don't want that to happen!

BEST WATER: IT'S ABOUT ELECTROLYTES

If you've been doing everything else right, but the weight just isn't coming off, double-check your water intake. Usually getting enough water is all it takes for your body to feel safe enough to get your metabolism fired up again. But there's more to a healthy, hydrated body than “just” water – you also need plenty of electrolytes, the minerals that regulate fluid levels in every cell of your body.

And you don't need sugar sports drinks – you can get balanced electrolytes straight from your water if you get close enough to the natural source. Here are the four types of water you're most likely to find, and how they measure up in terms of electrolytes.

THE BEST CHOICE: NATURAL SPRING WATER

Spring Water

It is seriously amazing how many people think that all bottled water is spring water. Spring water is just what it sounds like – water bottled from an underground spring, so you're getting all the natural electrolytes that start out in the water. The earth's substance and rock act as a natural filter for sediment, so this is usually the purest water you can get. Each spring has its own blend of trace minerals, which help balance your body's pH and support the absorption of nutrients. Spring water is the only type of water I drink.

Mineral Water

Mineral water is a good choice after spring water. The FDA defines mineral water by its naturally occurring mineral content, and prohibits companies from adding extra minerals – so you're still getting a product with naturally occurring electrolytes. It's just not necessarily bottled as close to the source as spring water.

Tap Water: Better for household use than drinking

Almost all municipal tap water has been treated so much that it no longer has the naturally occurring electrolytes your body needs. And according to the Environmental Working Group, it can instead come with hundreds of contaminants, including known carcinogens, prescription medications, and petroleum products. Exactly what you get depends on where you live and the state of your community's water source and water treatment plants.

Filtered or Purified Water

You can filter tap water at home, or buy it bottled. Unfortunately all natural mineral content gets filtered out along with any potential contaminants. You'll often see bottled water sold as “purified” water – often that means the company has merely taken local tap water, run it through a filter, and bottled it. You won't be getting the full complement of trace minerals you get with spring water.

CAN EXERCISE AFFECT THE METABOLISM?

Compound resistance exercises, such as squats, deadlifts, and presses, increase the production of hormones that cause your cells to use glucose more efficiently. These hormonal responses give your body the power to burn fat, improve muscle growth, and establish a natural rhythm. For the best results, do a variety of upper-body and lower-body weight lifting using your own body weight as well as weight machines or free weights. Not sure how to use some of those machines? Many gyms have personal trainers you can hire for a single session. Or try an exercise DVD that shows you how to strength-train at home.

WHAT YOU NEED

- **Access to free weights or weight machines at home or a gym.**
- **An experienced lifter or personal trainer (if you have no strength training experience or if you need a spotter), or a DVD that shows you what to do to get an overall workout.**

STEP BY STEP

- Use any combination of dumbbells, kettlebells, barbells, and weight machines to perform multi-joint exercises such as overhead presses, squats, and biceps curls.
- Spend about 20 minutes lifting without pausing for more than 1 minute between each exercise.
- Don't forget to do yoga the next day!



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FIND STRESS RELIEF THROUGH FOOD

When you're dealing with some major issues, many of us don't just absorb the stress of the situation itself — we take on everyone else's stress too. And while it's tempting to set your own needs aside during these times, keeping your body nourished and your mind relaxed is going to get you through your most stressful days.

EXTRA NOURISHMENT FOR YOUR BODY

This is not the time to fall back into those old energy-sapping foods you used to eat: The sugar, the caffeine, the wheat. More than ever, clean eating will keep your body running as well as possible — making it easier for you to cope, or be the caregiver you need to be. Here are some additional dietary tweaks that can bring stress relief.

- **If you're doing the 28-day Fast Metabolism Diet, extend Phase 1.** The adrenal-calming whole grains and fruits in this phase satisfy your cravings for comfort foods. And at the same time, these foods are easy to digest — especially helpful if your situation has forced you into an unusual sleep pattern, or you're putting in some late hours. You can enhance the benefits of Phase 1 by extending it. When you're super stressed, try doing three days of Phase 1, two days of Phase 2, and two days of Phase 3.
- **Focus on eating whole grains.** Instead of the wheat and pastries, you might have eaten when stressed in the past, focus on wonderful whole grains like quinoa, brown rice, and wild rice, which soothe stress without overtaxing your digestive system.
- **Go for high glycemic fruits.** Choose mango, pineapple, watermelon, cantaloupe, and kiwi. These are the most calming to your adrenals, which regulate stress. Calm adrenals mean less release of cortisol, our stress hormone.
- **Stay hydrated.** If nothing else, keep drinking natural spring water. All of your body's organs need water to run properly, and when they don't get it? You guessed it — more stress. And when you're dealing with a stressful situation, you tend to breathe more heavily, so your water needs are even higher. Be sure to drink half of your body weight, in ounces, every day.
- **Don't forget herbal tea.** Herbal infusions can help calm you further. Try passionflower, ashwagandha, lemon balm, and Siberian ginseng to help reduce your fight-or-flight hormones. Try valerian root tea; the prescription drug Valium is made from valerian root.

Eat foods containing tryptophan. Tryptophan is an amino acid that's essential for creating serotonin (which helps regulate mood) and melatonin (which helps you sleep well). And it's not just turkey that contains tryptophan. You can find it in legumes, whole grains, nuts and seeds, and cacao.

FOOD FOR YOUR MIND

Stress is as much about the brain as about the body.

- **Add another day of cardio.** When you're under loads of stress, your body's natural fight-or-flight instincts kick in. It's in your instincts to run. So give in: find some extra time to sweat. Go for a run, a brisk walk, or find 30 minutes for a Zumba video. When you're stressed, it may seem that there's no way to find time for exercise, but if you do, you'll be rewarded with a clearer head and better ability to prioritize and make decisions.
- **Sniff a little lavender oil.** In Ayurvedic medicine, lavender helps your mind decide which thoughts you should hold on to, and which you should release. Lavender becomes the filter for all those thoughts racing through your mind. Rub a drop or two inside your nostrils. You can also sip lavender tea.
- **Try dry brushing.** I recommend dry brushing in Phase 3 as an excellent way to move toxins out of the body. But it's also a wonderful stress reliever.

SOAK AND LET TOXINS GO WITH AN EPSOM SALT BATH

You've probably heard about how good calcium is for your bones and teeth — but did you know that calcium can only do its job if you have enough magnesium in your body? And one of the easiest ways to get that magnesium is by taking a bath — an Epsom salt bath.

Let's look at some of the other things magnesium can do for you. Magnesium:

- Helps your body produce energy from the food you eat
- Keeps your nerves working properly
- Soothes muscle cramps
- Is a precursor to the neurotransmitter serotonin, which regulates everything from appetite to sleep, mood and memory (and maybe migraines too)
- May ease anxiety and depression

If you happen to be going through a period of high stress, guess which mineral might help protect your body from stress's ravaging side effects until you get life back under control again? That's right — magnesium.

Magnesium sulfate, commonly known as Epsom salts is a naturally occurring substance composed of two compounds that are essential to our well-being: magnesium and sulfate. We need magnesium to regulate our enzymes and reduce inflammation. We need sulfur to create amino acids, digest food, and detoxify the body. Because magnesium sulfate can easily be absorbed through the skin, taking a bath is a simple and relaxing way to boost your levels of both essential minerals while also detoxifying.

WHERE DO YOU GET MAGNESIUM?

If magnesium is so good for us, why aren't we swimming in it? The answer is in our food. In the typical American diet full of fast food and simple carbs, we've gotten away from eating the whole grains, nuts and dark green vegetables that are rich in magnesium. (You'll also find lots of magnesium in sea vegetables like seaweed, kelp and dulse, plus figs, shrimp, avocado, parsley, dandelion greens, and beans.

If you're participating in the Fast Metabolism Diet you're already well on your way to balancing that mineral intake through your healthful diet, but you can give it a boost with the aforementioned Epsom salt bath.

HOW TO: HEALING EPSOM SALT SOAK

Epsom salts are actually magnesium sulfate. Your body wouldn't absorb them very well if you took the Epsom salts orally — but soak in a warm, Epsom salt bath for 20 minutes a few times a week, and the magnesium will absorb right through your skin. These relaxing soaks are an especially good way to treat yourself during Phase 3 of the Fast Metabolism Diet, where it's all about soothing stress so your body knows it's okay to release and burn fat.

Soaking in a warm Epsom salt bath can ease muscle soreness or cramps, may help reduce restless leg syndrome, and it may help soothe any joint problems or arthritis you're experiencing. (The sulfur is good for your joints and connective tissue too.) It's also a great detoxifier for your liver.

Just add 1-2 cups of Epsom salts to your bathtub before you run the warm water. Then fill the tub and jump in. Soak for about 20 minutes for the best benefit.

You can make the whole thing even sweeter by adding a few drops of lavender oil for a relaxing pre-bed bath, or vibrant scents like eucalyptus and lemongrass for an invigorating, energizing soak.

If you're taking antibiotics...

Even though your body needs magnesium — and most Americans need a lot more magnesium than they get in their diet — it can make it harder for your body to absorb some medications, especially antibiotics.

A good safety measure is doing your soak at least two hours before or after taking your medications — and talk to your doctor if you're on antibiotics, high blood pressure medication or diuretics, or are worried that the magnesium might interact with any other medications.

If you're diabetic...

Consult your doctor. The body can absorb magnesium from the Epsom salt, which is known to increase the release of insulin, which can cause a drop in blood sugar. Please talk to your doctor before trying Epsom salt baths.

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BREATHE DEEP. YOUR METABOLISM WILL THANK YOU

Before you read any further, take a few seconds and pay attention to your breathing. Do you fill your lungs all the way down to below your ribs, or have you fallen into our society's habit of quick, shallow breaths in the chest only? No wonder we're all so stressed out!

Just a few minutes of deep breathing exercises a day is an impactful (and free!) way to lower your stress levels and regulate your hormones. It's a great self-care activity for the stress-busting Phase 3 of the Fast Metabolism Diet, but really it's something everybody can — and should — do any time you need a little oasis of calm in a crazy day.

Science is just starting to catch up to the benefits deep breathing can provide. Aside from easing stress and helping balance your hormones, deep breathing also:

- Strengthens your immune system
- Helps you relax any time (day or night)
- Soothes anxiety
- Calms the mind
- Eases depression
- Reduces blood pressure
- Offers a natural method of pain control
- Might help keep your mind sharp
- Lowers the fat-creating hormone cortisol
- And believe it or not, deep breathing has even been shown to reduce radiation doses to your heart and lungs during some cancer therapies.

If you're on the Fast Metabolism Diet, you may recognize some of those benefits — especially the calming, self-care and hormone-balancing — as things you can do to encourage weight loss. So if you're doing everything else right but have stopped losing weight, deep breathing can be a powerful tool to help you bust through a plateau.

DEEP BREATHING EXERCISES

It's easy for someone else to say "Hey, calm down and relax!" — but in the height of the moment when something is stressing you out, actually doing it can be a real challenge. Here are some deep breathing techniques you can use to ease your body into a state of relaxation:

Hit the pause button. Breathe in, then pause for three or four seconds; breathe out and pause for another three or four seconds. Doing this for even a minute or two can help slow you down and calm any mind chatter that may be going on in there.

Take it slow. Breathe slowly in and out, filling your lungs all the way down to your belly every time. (Rest one hand lightly on your stomach to make sure it rises and falls with every breath.) Aim for a minimum of 10 slow breaths per minute — you can work up to fewer, slower breaths — and try to keep it up for 5 or 10 minutes.

Alternate nostrils. Use your thumb to close off your right nostril and inhale through the left, letting your lungs fill all the way down to your diaphragm. When your lungs are full pause, close off your left nostril, and breathe out through the right. Breathe in through the right nostril, then close it off and breathe out through the left; continue alternating sides for several minutes.

This is just a sampling of all the breathing techniques out there — there really are a ton to choose from. Don't be afraid to try several deep breathing exercises until you find one that you really like; the fact that you take the time to do it is much more important than the exact technique you use.

INFRARED SAUNAS GIVE ALL THE BENEFITS WITH LESS HEAT

On an intuitive level, most folks get that saunas are cleansing experiences — a way to break a healthy, healing sweat without wearing yourself out. And besides, they just feel good. (As long as you don't overdo it!) Well, anything a regular sauna can do, a far-infrared sauna can do even better. Both types of sauna heat your body, but they do it in different ways.

Regular saunas heat the air, which then indirectly heats your body. Far-infrared saunas cut out the middle man by emitting infrared rays that absorb directly into your body just like sunlight does, warming your tissues more than an inch deep while leaving the air around you relatively cool. The result is a healthier sweat, with fewer dangers and an ever-growing body of scientific proof about its benefits.

A FULL-BODY TUNEUP

One of the biggest, best-proven benefits of an infrared sauna is the way it stimulates your circulation, improving blood flow everywhere from your fingertips to your heart. That's especially good news for anyone who struggles with chronic heart or circulatory problems and yes, tests done on mice show it can help those with diabetes, too.

Saunas of all types are also great for detoxification, helping your skin do its job as an elimination organ — but since far-infrared saunas leave the air cooler than a regular sauna, you stay more comfortable while your skins at work. That truly effortless detox also revs your metabolism and boosts your immune system.

The research is still in the early stages, but far-infrared saunas are also showing some potential benefit for fighting a few specific types of cancer, and they can help reduce pain and stiffness for those with chronic inflammation.

WHERE TO FIND FAR-INFRARED (FIR) SAUNAS

A local gym is the best place to try for the best experience. Home models are also available.

Sauna safely

If you have any chronic medical conditions, let your doctor know what you're up to before you step into the sauna. Pregnant women shouldn't sauna but if you feel you absolutely must, please talk to your doctor about your plans first.

Also, if you see a sauna labeled only as infrared instead of far-infrared or FIR, it's probably near-infrared. Most of the scientific research out there has been done on FIR saunas, but some people think near-infrared saunas offer similar benefits. They're also less expensive — but you should know that they heat the air a lot like a conventional sauna, and you'll have to turn around periodically to give the infrared bulbs a chance to reach your entire body.

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DRY SKIN BRUSHING: HOW AND WHY TO DO IT...

When your body experiences chronic stress, it hoards fat. Metabolic Intervention Exercises (MIEs) reverse that response. MIEs also stimulate your circulation, increase blood flow and lymphatic flow, and facilitate waste removal. On top of all that, they feel great, so don't skip them!

Dry skin brushing can play a phenomenal role in lymphatic drainage, brain and immune function, and definitely increasing blood flow to shake loose hard-to-get fat cells. And it can really make an impact on your Fast Metabolism Diet journey!

For best results, do your dry skin brushing without clothing. (Naked out in the sunshine is even better, if you can do that, but you might need to get your neighbor's permission.) :) I'm doing this today fully clothed for you guys.

I usually use the brush we sell on my website. It has a nice, long handle and a removable head for convenience, and it's my favorite. (Watch my website for the next sitewide sale or free shipping offer. That's the perfect time to get one!)

There are all kinds of ways to stimulate the physical body, like massage, acupuncture and acupressure. Dry skin brushing stimulates our senses, which has a soothing effect in the brain and can elevate our mood. Triggering lymphatic drainage is also a great way to help release toxins stored in fat cells, so that they can be excreted.

You always want to start at the bottom with the feet, and work your way up. Go from large joint to large joint, brushing toward the heart. There are a lot of stimulus points in the feet, especially along the sides. If you don't sleep well, do that area, and the arches of the feet.

You don't want to brush too hard, but you do want it to be stimulating. If you have a skin condition or skin irritation, just apply and release some pressure there to initiate blood flow and get that lymph pumping.

If you have any trouble areas like I do, spend a little more time on those areas to enhance blood flow. It would be even better if you did the brushing several times a day, so I recommend throwing your brush in your bag and carrying it with you. More sessions is better than one long session.

There's lots of lymphatic congregation behind the knees, and also in the area of the inguinal nodes around the groin, so do some extra brushing there. Individuals with lower GI stress, gas and bloating after eating, or those prone to ovarian cysts should spend time on this area. Really get the belly for constipation, too. Do swirls clockwise and then counterclockwise to stimulate motility in the GI tract—and then brush back upward toward the heart.

Don't forget the kidney and adrenal area in your back! The long handle on my brush also helps you reach the fat-burning, thermogenic brown fat between your shoulders.

Do the front of your hands and your palms too, and don't miss the area on the underside of your upper arms or crux of your elbow.

You may start to feel a warm, thermogenic effect. I can break a sweat doing this, without having to put my track shoes on and run around the block!

Make sure to do a really good job in the armpit area. We all know there's a lot of lymphatic tissue that drains the breasts and the head/neck area. (Watch the video below for my technique in this area.) With all that lymphatic tissue, we want to go all around the breasts, under them and in between. I go all around my neck, and even do my face too, being very gentle around and below the eyes. It feels sooo good!

When you notice a nice, pink color on your skin, know that you are enhancing delivery of micronutrients to your tissues. Drinking your Metabolism shake or eating something like egg whites and spinach right before you start is a great way to make sure nutrients get drawn into your tissues. You're also stimulating collagen and elastin production—our natural Spanx—tightening everything up and making you look even smoother.

Scan this code to watch a full tutorial on Dry Skin Brushing:



BOOST YOUR WELLNESS WITH SUCCESS BOOSTERS

The wet sock treatment, also known as the cold sock treatment is a powerful circulation- stimulating and system- balancing form of hydrotherapy that is quite simple, if a little weird. When you put cold socks on hot feet your body will rush to correct this strange situation, sending all the blood to your feet to warm them. This puts your entire circulatory system on high alert as the body seeks to restore your internal homeostasis. Everything starts moving and your immune system kicks in to get toxins out and restore balance. You will wake up feeling great... More balanced and vigorous than you did the night before. This is also an excellent treatment for the first signs of a virus as well as one of my favorite remedies for hormone induced sleep issue.

What You Need:

- One pair of cotton socks
- One pair of wool socks
- A foot soaking bucket

Step by Step:

1. Before bedtime, drench a pair of cotton socks in cold water and then put them in the refrigerator.
2. Fill a bucket with water as hot as you can stand(but not so hot that it will burn you). Get comfortable and soak your feet in the hot water for 15 minutes.
3. As soon as you are done, dry your feet immediately. Put on the cold wet socks from the refrigerator. Cover them with the heavy wool socks and go straight to bed.
4. When you wake up in the morning your feet will feel warm and dry and you will feel amazing!

SUCCESS BOOSTERS FOR A FAST METABOLISM

WHEAT GRASS CAN HELP YOU REPAIR YOUR SLOW METABOLISM

Organic wheatgrass is a staple at most juice bars, and with good reason! It stimulates your thyroid, boosts your metabolism, and alkalizes your system — not bad for a plant that's only about a week old.

Wheatgrass is a star when it comes to nutrition, too. It's full of vitamins A, B, C, E, and K, plus iron and minerals like zinc, copper, potassium, manganese and selenium. But that's just the start — it also packs a pretty amazing metabolic punch.

Let's start with your blood. Wheatgrass is a great whole-body cleanser because it binds with heavy metals and other toxins, allowing your body to safely excrete them.

Wheatgrass also alkalizes your system, purifies your blood, delivers the enzymes you need to help digest your food, and its high chlorophyll content acts as an internal deodorant.

Wheatgrass is very rich in antioxidants, which help protect your liver and stimulate your immune system, and wheatgrass shows some promise as a supplement for leukemia patients . One study shows that it can even help treat ulcerative colitis.

Use wheatgrass as an occasional boost; Sometimes consuming too much wheatgrass can lead to a cleanse reaction — briefly feeling worse instead of better as your body eliminates accumulated toxins. Because of that, you're better off treating wheatgrass as more of a medicinal herb than a simple food.

CHOOSING AND USING WHEATGRASS

If you're doing the Fast Metabolism Diet, you can have 2-4 oz. of wheatgrass per day on any phase.

You can buy wheatgrass shots at most health food stores or juice shops, or ask for wheatgrass as a smoothie ingredient. Or if you have your own juicer, DIY your own wheatgrass in a sprouting tray (it'll be less bitter if you keep it out of direct sunlight).

Like most greens, wheatgrass is at its best when it's fresh — usually about a week after germination, while the leaves are still tender and flexible. (If the grass starts growing a vertical stalk to support a seed head, you're too late.) If fresh wheatgrass is not available, you can buy freeze-dried wheatgrass in capsules or powder form.

There's no way around it — wheatgrass shots have a strong, sometimes grassy taste. But that taste will blend right into a smoothie, and even if you take the wheatgrass straight it's an unparalleled healing treat for your body. To your health!

HAYLIE'S FAVORITE HERBAL TEAS

Caffeine-free herbal teas (hot or iced) taste great, but did you know they have benefits beyond flavor? Herbal teas are a key ingredient in my wellness regime. Here are a few of my favorites, and how I use them.

You can enjoy caffeine-free herbal teas on any phase of the Fast Metabolism Diet. Choosing a medicinal tea can help support and detox your body, during and after the FMD. All food can be medicine.

THE LIVER CLEANSERS

Burdock, milk thistle and dandelion teas are all powerful liver cleansers. That's a big deal anytime because your liver is the primary filter for eliminating toxins from your body. It's even more important when you're on the Fast Metabolism Diet because your liver is working overtime to help metabolize fat.

On the H-Burn, your special tea includes both milk thistle and dandelion, a one-two punch to help speed elimination of toxins and release stored fat.

GINGER TEA

Ginger tea is more than a spicy treat with a touch of sweet to it. Ginger also soothes your intestinal tract, relieves sinus congestion, lowers blood sugar and stimulates your body to burn fat. It also stimulates your digestion and fights inflammation -- so it's good for soothing excess gas and might help relieve joint pain.

PEPPERMINT TEA

Nothing soothes an upset stomach like a hot cup of peppermint tea -- that's one reason why I've included it on the D-Burn, for digestive issues. Mint also helps dilate your blood vessels a bit, lowering blood pressure and soothing headaches. If tea doesn't cure a headache on its own, try applying some essential oil of peppermint on your forehead -- some swear it'll relieve a migraine.

ROSE HIPS

Rose hips are one of the richest natural sources of vitamin C you can find, with 30 to 50 times the vitamin C content you'd get from citrus fruit. They're also rich in heart-healthy antioxidants and cancer-fighting lycopene and make a fruity, tart-tasting tea to give you a great immune-system boost in any season.

PAU D'ARCO TEA

Pau d'arco tea has an earthy, woody taste to it (it's made from tree bark), and is one of the very best teas out there for cleansing everything from candida to parasites. Pau d'arco is also used to treat respiratory infections and shows some promise for treating cancer too.

TRADITIONAL MEDICINALS SMOOTH MOVE

Drinking water, gentle exercise, and fiber or magnesium can help ease constipation, but if you're still feeling "stuck" the gentle Senna in Smooth Move tea can help get things moving again. The taste is a bit like orange spice tea: sweet with just a little bit of a tang to it. Note that some people are sensitive to Senna, so if you've never tried it before, go slow.

YOGI IMMUNE SUPPORT

This lively, mildly spiced tea has elderberry extract and mullein leaf to support your immune and respiratory systems. This is a real secret weapon for travelers because it gives your immune system a solid boost -- and it tastes great!

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WELLNESS TIP: OIL PULLING

Oil pulling has been in the news a lot lately, but it's far from a new idea. This technique can help detoxify the body and aid the digestion.

Oil pulling likely originated in India, as an ancient Ayurvedic medicinal practice. It's another one of those folk remedies that can still benefit us today.

HOW TO: OIL PULLING

All you need is oil. Sesame oil is a good choice because it has additional antimicrobial properties, but you can also use coconut or safflower oil.

In the morning or the evening, swish 1 teaspoon of oil in your mouth for about 20 minutes.

That sounds like a long time to swish, but go easy, and relax — swish too aggressively and your jaw will ache. Just gentle swishing all around your teeth and gums.

When time's up, spit out the oil into a wastebasket or paper towel — don't spit it out in your sink, as the oil may create clogs in your drains. By the time you spit, the oil will have changed from clear/yellow to a milky white color. Don't swallow!

After oil pulling, brush and floss normally. For the best benefit, repeat four times per week.

WHAT ARE THE BENEFITS

Your mouth is the gateway to your health. When it's super clean, your whole body benefits. Oil pulling gets your mouth super clean, acting as an anti-viral and anti-bacterial agent. It's especially helpful for those with receding gums or periodontal disease (though oil pulling is not a replacement for the dentist). One study has shown that oil pulling can reduce cavity-causing bacteria in the mouth.

Because bacteria is absorbed by the oil, oil pulling may also be of benefit to those with sinus issues.

Oil pulling also helps stimulate digestive enzymes, which can help your body process nutrients efficiently. As soon as you smell or put food in your mouth, even if you don't ingest it, enzymes in the gallbladder and liver are triggered to break down food and efficiently use it for fuel, rather than storing it as fat.

A clean and healthy mouth can also help reduce inflammation throughout the body. Oil pulling is also said to help improve bad breath.

Give it a try!



USE A NETI POT TO BRING SINUS RELIEF

If you suffer from sinus pain and swelling caused by allergies, infection or chronic sinusitis, learning to use a neti pot can bring relief.

HOW TO NETI POT

Nasal irrigation has been used in traditional Ayurvedic medicine for centuries, but today's physicians also support the practice.

You'll need a neti pot — a small, squat vessel that looks a little like a teapot, with a small, long spout.

Dissolve a heaping 1/4 teaspoon fine sea salt in 8 oz. of warm distilled or filtered water. Don't use table salt or iodized salt, which could irritate, rather than soothe, the membranes in your sinus cavities.

Fill the pot with the saline solution. Bending over a sink, tip your head to one side and gently pour the solution into the upper nostril so that the solution drains through your lower nostril. Use half of the solution, then repeat on the other side.

Allow your sinuses to drain for a couple of minutes, then gently blow your nose to push out the remaining saline solution.

Saline solution is standard, but your doctor or naturopath may recommend different solutions to suit your particular needs.

WHAT ARE THE BENEFITS?

Devotees love this healthy habit, saying it's a wonderful, natural way to ease sinus pain. Science backs up the use of nasal irrigation too; doctors recommend it to patients with seasonal allergies or those who have undergone sinus surgery.

Mucus and irritants are moved through your sinus passages by tiny hair-like cilia, which push mucus to the back of the throat, where it can be swallowed or spit out, or towards the nose, where it can be blown out. But when your nasal passage is clogged with thick mucus, the cilia can't do its job very well. Saline solution helps the cilia work more efficiently by diluting mucus and soothing nasal passages.

Neti pots are inexpensive and are available at any health-food store.



SUCCESS BOOSTERS FOR A FAST METABOLISM

A WELLNESS WAY TO USE COFFEE

When you drink it, coffee can be awfully hard on your body — the extra stimulation revs your adrenals into a constant state of readiness, which in turn throws your hormones — and your metabolism — out of whack.

Coffee doesn't have a place in the Fast Metabolism Diet — and once you see how good you feel without it, you may never want to go back. But believe it or not, there is one way in which coffee can boost your wellness without sabotaging your metabolism.

COFFEE ENEMAS?

Coffee has long been part of a demonstrably effective, but still controversial, alternative cancer treatment called the Gonzales treatment. The Gonzalez treatment and two similar protocols (the Kelley and Gerson therapies) use medicinal foods, supplements — and coffee — to support your body's liver function instead of repressing it.

How do they get such a different effect from the same food? The key is how you take it. All three therapies use coffee enemas instead of orally administered coffee — and believe it or not, the difference in how your body handles the two is pretty drastic.

Caffeine is several times less bioavailable when taken as an enema. And instead of spooling your adrenals up into constant-crisis mode or depressing your liver function as it does when taken orally, a coffee enema stimulates the nerves in your lower bowels, prompting your liver and kidneys to swing into full-on detox mode.

That's why coffee enemas show up in so many regular detox diets, too — but remember, you only get those effects when you take it as an enema. If you drink the coffee, it's going to do the exact opposite of what you're looking for.

Is This For Me?

The word “enema” may have some unpleasant associations, but enemas have long been a fast, effective method of administering certain medications and supplements. After all, it's your colon's job to absorb liquids and any vitamins and nutrients they contain.

Still, there are a few caveats. You must use organic coffee; non-organic coffee is full of toxins like pesticides — exactly the sort of thing you're trying to remove from your body, not put into it. You'll also want to protect yourself by using unbleached coffee filters, and make sure your coffee maker is free of aluminum and preferably plastic too.

The enema must be at body temperature to avoid burns, and doing coffee enemas — or any enema — too frequently can upset your electrolyte imbalance and, in extreme cases, even lead to death.

Not every wellness tool is for everybody, of course — but as long as you do them safely, occasional coffee enemas can be an effective tool for boosting your body's detoxification mechanisms. They're a traditional folk remedy for constipation, too.

There are several variations on how to prepare the coffee for an enema. My go-to reference is the book, *Prescription for Nutritional Healing*, by Phyllis A Balch. The book includes detailed instructions for preparing the right therapeutic concentration, and variations.

KIDS DON'T HAVE ALL THE FUN: DISCOVER REBOUNding

Remember how much fun it was to hop around on a trampoline as a kid? Rebounding brings back all that fun -- but rebounding trampolines are small and close to the ground, so you don't have to worry about controlling the spectacular, sky-scraping bounces you may remember from your childhood.

WHAT IS REBOUNding?

Rebounders are mini-trampolines -- usually about 3 feet in diameter -- that emphasize the down, or "sinking in," part of each bounce. So while you still get that delicious weightless feel as you bounce, you don't get flung straight back up into the sky.

Most rebounders are only 8 to 12 inches high, so they're pretty easy to step onto and off of. And if balance is an issue, many of these mini-tramps come with a handlebar or safety rail you can hold onto as you bounce.

BENEFITS OF REBOUNding

So why would a grown adult want to spend her time bouncing around on a tiny trampoline? The acceleration/deceleration of each bounce stimulates your lymphatic system, which in turn helps cleanse your body and strengthen your immune system.

Bouncing on your mini-tramp is also a gentle, effective way of increasing bone density. The bones in your legs, hips and lower spine still support your body -- but the trampoline's give and take absorbs most of the impact.

Lots of people with cystic fibrosis swear by rebounding as an easy way to clear their lungs and better oxygenate their blood. And it'll also help lower your stress levels, because hey -- it's fun!

And last but definitely not least, rebounding is a great workout. You can make your rebounding session as easy or as athletic as you want, starting with gentle bounces and stationary jogging and working your way up to tuck jumps or your favorite aerobics moves. If you really want to break a sweat, you can add hand weights to your rebounding workout for extra intensity.



SUCCESS BOOSTERS FOR A FAST METABOLISM

SOOTHING INSIDE AND OUT: ALOE VERA

If you've ever had a sunburn or been burned in the kitchen, you may have experienced the relief of applying fresh aloe vera — just cut off a leaf, split it open, and rub the gel on the burn. But the juice of an aloe plant is good for your insides too: It helps heal the mucosal lining of your digestive tract, relieves constipation and colitis — and that's just the start.

Here's one of the most surprising things about the extract from an aloe leaf: Laboratory studies show it can protect mice from the damaging effects of radiation — so it may be able to protect you, too.

Most of aloe juice's other benefits are pretty well-established. It promotes healthy intestinal flora, supports wound healing, fights infection, and also shows fungicidal, antimicrobial and antiviral properties.

Last but certainly not least, aloe juice has been repeatedly shown to lower both triglycerides and blood sugar. That makes it useful for treating diabetes — but it also means that if you're diabetic, you should discuss taking aloe juice with your doctor so she can adjust the rest of your regimen as needed.

CHOOSING AND USING ALOE VERA

You'll find aloe juice in most health food stores and the natural foods section of many supermarkets. The term aloe gel actually refers to the jelly-like inner leaf of the plant, but many supplement companies use that term interchangeably with aloe juice, which is usually made from the whole leaf.

As long as you're buying a liquid, you're usually getting aloe juice — but what you really need to look for is a product that's been filtered to remove anthraquinones. (Anthraquinones come from aloe latex (the yellowish juice between the gel and the rind of the leaf), and they're a powerful and potentially toxic laxative.)

How To Take It:

Blending aloe juice into your morning smoothie is easy as pie — or, if you're not a smoothie fan, mix it in a bit of water. Or you can eat the solid gel from inside an aloe leaf; cut it from the plant with sharp scissors or a knife, carefully slice away the green rind and the yellowish latex inside it, and lift out the gel heart of the leaf. That's the part you eat.

If you are on the Fast Metabolism Diet, save aloe vera juice for after the diet; it does have some natural sugar and carbohydrates.

Cautions:

While aloe juice is good for you, overdoses can be toxic. So practice moderation if you use the gel straight from the leaves, and follow the manufacturer's directions (and your doctor's advice) if you're using a supplement.

And just as a reminder: if you're diabetic, taking aloe juice can lower your blood sugar — so be sure to first discuss with your doctor.



SUCCESS BOOSTER: CASTOR OIL PACKS

Tried and true remedies your grandma used are making a come back. I love to give you guys ideas for little ways to boost your metabolism and flush toxins. Castor oil packs are a great little-known way to do that. Using castor oil has many amazing health benefits like reducing inflammation and swelling, improve lymphatic, improve digestion, and used as a balm for skin conditions like eczema and rashes.

Castor oil, which comes from the castor seed that's native to India, has some special properties. Like other oils, it's a triglyceride, but unlike other oils, castor oil consists of 90% ricinoleic acid — where castor oil's health benefits are believed to originate.

The best-known use for castor oil is as a castor oil pack — a way to apply castor oil topically, with the application of heat.

HOW TO: CASTOR OIL PACKS

You'll need three pieces of clean cotton flannel, preferably free of dyes. Each piece of flannel should be large enough to cover your abdomen and lower rib cage (your liver is located mid-chest, under your lungs, and above your stomach) — about 12" by 12"

You'll Need:

- High-quality cold-pressed castor oil from a health food store (a 32-oz bottle costs about \$8)
- Your three pieces of flannel
- A big piece of plastic, a cut-open trash bag, or plastic kitchen wrap
- A heating pad
- An old towel or two

Assemble and Apply the Pack:

You'll want to wear old pajamas or an old robe for this — it can get messy.

- Stack your three pieces of flannel and soak with castor oil
- Lie on your back (put a cushion under your knees or feet for comfort). You might want to lie on top of an old towel. You want to be comfy since you'll be in this position for about an hour.
- Place the castor oil-soaked flannel on your abdominal skin.
- Cover the flannel with the plastic
- Plugin the heating pad and place it on top of the plastic.
- Cover with your other towel to keep the heat next to your body.
- Leave the pack on for about 45 minutes.
- When finished, carefully remove the castor oil pack and place the soaked flannel in a zipper storage bag — you can keep reusing it, adding more oil as needed. (When the oil starts to change to a darker color, it's time to make a new pack.)

Shower or bathe like normal. If castor oil got on your towels or clothing, wash them separately.

For best results, apply the castor oil pack once per day for four consecutive days per week, for about a month.

ALTERNATE NOSTRIL BREATHING

Alternate nostril breathing helps make up for the fact that most of us unintentionally favor one nostril over the other, while breathing this practice helps restore balance to breathe which intern balances the body. This is an ideal practice for hormone imbalance because balance in any system helps restore balance in all systems. For this reason alternate nostril breathing also helps restore balance to the emotions, so this is an ideal success booster for when you're feeling subject to mood swings or emotional extremes.

What You Need:

At least three fingers and a nose

Step by Step:

1. Sitting in a comfortable cross legged position or in a chair with a straight back, rest your index finger in the center of your forehead. Breathe normal for a few breaths and relax.
2. Close your right nostril with your thumb.
3. Inhale slowly through your left nostril.
4. Release your right nostril and close your left nostril with your ring finger.
5. Exhale slowly through your right nostril. Now inhale through your right nostril, slowly.
6. Close your right nostril and release your left nostril. Now exhale through your left nostril slowly.
7. Repeat steps 2 to 6 nine times.
8. Breathe normally for a few breaths. Then move on with your day balanced and relaxed.

When you're comfortable with a. Regular practice of alternate nostril breathing you can try a more advanced technique:

1. Try holding your breath for 3 to 5 seconds as you switch nostrils, at the top of the inhale and at the bottom of the exhale.
2. To get even more advanced hold your breath only after the inhale for an energizing effect. Hold only after the exhale for a calming effect.

Scan this code to watch a full tutorial on Alternate Nostril Breathing:



TOP 20 POWER FOODS FOR ENERGY AND MOOD REPAIR

TOP 20 POWER FOODS FOR ENERGY REPAIR

Emphasize these power foods, incorporating them into your meals whenever possible:

Asparagus	Ginger, fresh or ground
Brussels sprouts	Grapefruit
Cantaloupe	Lemons
Cauliflower	Lentils
Celery	Meats—all lean types
Chiles	Nuts, raw
Coconut oil	Oatmeal
Cucumbers	Quinoa
Eggs	Raspberries
Fish—wild caught, except tilapia, grouper, or catfish	Spinach

TOP 20 POWER FOODS FOR MOOD AND COGNITION

Emphasize these power foods, incorporating them into your meals whenever possible:

Apricots	Mackerel
Beef liver (organic only)	Oranges
Broccoli	Oysters
Cantaloupe	Peaches
Carrots	Pumpkin
Cashews	Salmon
Chickpeas	Sardines
Collard greens	Spinach
Cultured (fermented) veggies	Turkey
Lima beans	Walnuts

SUCCESS BOOSTERS FOR A FAST METABOLISM

MEET YOUR DAILY COMPANION...

THE FAST METABOLISM DIET APP!

TAKE THE FAST METABOLISM DIET BOOK ON-THE-GO!

With comprehensive food lists, you won't have to guess whether you're eating the right foods on the right day of the three-phase Fast Metabolism Diet plan. Tailor your meals and mealtimes to fit your tastes, restrictions, and lifestyle. Helpful reminders and checklists will help you track your progress. Consult the app on the go, at restaurants, and while grocery shopping to quickly find if and when certain foods are included in the Fast Metabolism Diet plan.

FEATURES INCLUDE:

- Customizable menu planning to fit your lifestyle and schedule
- Complete lists for all the foods and ingredients allowed in each phase of the diet
- Over 250 meals (including desserts!) from the book and Fast Metabolism Diet Cookbook are selectable for easy planning.
- "My Day" tracker with upcoming meals and activities
- Interactive water tracker
- Email grocery lists to print or share
- Export your meal data for your records or for future use
- Tips and advice from Haylie to help you meet your goals



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