

THE
FAST
METABOLISM
DIET



Phase 2 Super Intensive: Unlock Stored Fat*



A Complete 7-Day Meal/Supplement Program

*As described in the Fast Metabolism Diet™

www.HayliePomroy.com

Phase 2 focuses on muscle and body structure. For the next 7 days my special Fast Metabolism Phase 2 Shake and supplements will help repair your sluggish metabolism, enrich your body and maximize your workouts. With L-carnitine on board you can help prevent oxidative stress, increase your exercise capacity and speed recovery.

This Phase 2 is also about metabolizing and transporting fat. By raising your level of muscle carnitine, you can increase the efficiency of your body's fat burning process. Phase 2's CLA also assists in using body fat as energy.

After completing the Phase 2 Super Intensive, many of my clients report a leaner, trimmer body, improved mental focus, smoother skin and better overall outlook.

Congratulations on making the critical decision to improve your health. Please know that I am with you every step of the way! Be sure to complete this program as outlined and continue to support your health and wellness goals with my full line of specially-formulated products designed to optimize your success.

Be well,

A handwritten signature in black ink, reading "Haylie Pomroy". The signature is stylized and cursive, with a large, flowing "H" and "P".

Haylie Pomroy



7-DAY PHASE 2 SUPER INTENSIVE

Total body makeover from the inside out.

INTRODUCTION

Building Muscle & Releasing Historical Fat

In Phase 2 of the Fast Metabolism Diet, we focus on providing the body with micronutrients that stimulates the breakdown of protein to amino acids to form lean muscle. These amino acids are also designed to support the nutrient-dependent liver pathway, of savaging fat stores in the body. Proteins such as lean cuts of chicken, turkey, beef and fish, combined with lots of alkalizing green vegetables like kale, celery and broccoli create the perfect balance for converting fat into fuel.

This 7-Day Super Intensive repair program includes a targeted food list, Fast Metabolism Shake and micronutrient dense supplements designed to optimize your success.

1. The Fast Metabolism Phase 2 Shake is an all-natural, vegan, hypoallergenic, proprietary blend of pea isolate and L-Carnitine that is free of corn, wheat, gluten, yeast, dairy and soy. Ideal as an on-the-go snack or breakfast. It is designed to help repair a sluggish metabolism, maximize your workouts and enrich your body.

2. Metabolism Multi is a high-quality, hypoallergenic, multivitamin/mineral blend containing activated vitamins; folate as a blend of Quatrefolic® (5-MTHF) and folic acid for optimal utilization; and patented Albion® TRAACS® chelated mineral complexes in vegetable capsules. The comprehensive nutrient profile in Metabolism Multi supports foundational wellness; antioxidant activity with vitamins C and E, selenium, and beta-carotene; and Phase 2 detoxification.

3. Metabolism CLA is a patented form of conjugated linoleic acid (CLA). The yield of CLA is at least 78%, providing 1.56g of pure CLA per serving. Animal and human studies suggest that CLA may reduce body fat and help maintain healthy body composition and lean muscle mass. Metabolism CLA is guaranteed to provide the highest levels of pure CLA and contains those isomers that are most commonly associated with positive health benefits. While CLA in the diet is found primarily in dairy products and beef fat, Metabolism CLA is derived from pure, non-GMO safflower oil.

4. Metabolism Free Radicals is formulated with White Willow Bark (Salix alba), 5•Loxin® and BerryVin(TM) (a powerful blend of antioxidants) to help support a reduction in inflammation, fight environmental pollution, and ease joint pain.

5. Metabolism Enzyme Balance affects cytokine and eicosanoid balance, with its proteolytic enzymes. It is designed to break down proteins, fats, and complex carbohydrates into micronutrients known to stimulate the Metabolism. This activity is believed to aid nutrient and oxygen delivery and may help speed the body's ability to burn fat.

GETTING STARTED

How to do the Phase 2 Super Intensive

Give your body one week to unlock stored fat for a fast metabolism!

The Fast Metabolism Diet Phase 2 Super Intensive program includes one bottle of the **Fast Metabolism Phase 2 Shake**, one bottle of **Metabolism Multi**, one bottle of **Metabolism CLA**, one bottle of **Metabolism Free Radicals**, one bottle of **Metabolism Enzyme**, and this program guide. The guide contains a sample menu and a 7-day meal map for you to customize your program. For maximum results, we recommend that you plan your meal map prior to beginning the Phase 2 Super Intensive and strictly follow this program guide.

PROGRAM TIPS

The following tips may help you as you move through the Phase 2 program:

- Read through the entire program guide before starting.
- Carefully review and follow the Daily Program Outline and choose your food only from the Phase 2 Super Intensive Food List. Be prepared and do your shopping in advance.
- When preparing your Fast Metabolism Phase 2 Shake, you may mix it with cold or warm spring water (8-10 ounces) and you may sip it or drink it quickly. It is your personal preference.
- Most people feel more energized during the program, and we encourage a minimum of 3 days of heavy weights. Consult with your health care provider.
- Relaxation and proper rest are also vital to the success of your Phase 2 Super Intensive program and to restoring your well-being.
- You can flavor your Fast Metabolism Phase 2 Shake with pure stevia, birch xylitol or cinnamon.
- The Metabolism CLA should be taken with a meal or shake.

7-DAY PHASE 2 SUPER INTENSIVE

Total body makeover from the inside out.

FREQUENTLY ASKED QUESTIONS

How will I feel on this program?

Most of the questions we have received about The Fast Metabolism Phase 2 Super Intensive relate to the symptoms that may be experienced during the program. There really is no “typical” or “normal” response to the program. Just as a person’s initial response to a new diet can vary greatly, physical responses to this program will vary as well.

How do I make the shake?

Using the scoop provided, mix two scoops of the Fast Metabolism Phase 2 Shake with 8-12 oz. of warm or cold spring water. The beverage may replace a snack or meal as displayed in the sample menu. You may add cinnamon, pure stevia, or birch xylitol to sweeten. It may be mixed in a blender with ice or simply stirred in water.

Are there things I should avoid?

Yes. Caffeine, dairy, soy, corn, wheat, sugar and artificial sweeteners, smoking and alcohol consumption are not recommended during the program. Stick to The Fast Metabolism Phase 2 Super Intensive Food List and you won’t need to worry.

How much weight will I lose?

Weight loss can vary with each individual participant. Be sure to note all of your successes.

I have a gluten allergy, can I do the program?

Our product does not contain gluten.

Will I be able to exercise?

Yes. Exercise is an amazing way to facilitate detoxification. Heavy weights are ideal for the Phase 2 Super Intensive.

What if I am hungry?

Veggies are unlimited on The Fast Metabolism Phase 2 Super Intensive. If you are hungry, enjoy veggies to your heart’s content!

Can I do this if I am pregnant or nursing?

We do not suggest this program if you are pregnant or nursing.

Are there any side effects?

Before beginning a nutrition or exercise program we always recommend consulting with your healthcare provider.

What’s next after I finish the Intensive?

You may return to a whole-body holistic approach of metabolic repair by continuing with Phase 3 of the Fast Metabolism Diet.

* All recipes are located in the recipe section of this Program Guide.
Leftovers can be frozen for future use.

SAMPLE MENU
AN ACTUAL CLIENT'S INTENSIVE

	Breakfast	Snack	Lunch
MONDAY		Turkey Jerky w/ 1 Cup Cucumber Slices	Roast Beef, Horseradish and Cucumber Wrap*
TUESDAY		2 Hard-Boiled Egg Whites w/ 2 Stalks Celery	Leftover Cinnamon-Mustard Chicken and Lemon Garlic Spinach
WEDNESDAY			Leftover Halibut w/ Broccoli
THURSDAY		Turkey Jerky w/ 1 Cup Red Pepper Strips	Leftover New York Strip Steak w/ Steamed Broccoli
FRIDAY			Leftover Stuffed Red Bell Pepper
SATURDAY			Leftover Spicy Red Pepper Fish w/ Lemon-Garlic Kale
SUNDAY		Tuna and Cucumber Salad*	Roast Beef, Horseradish and Cucumber Wrap*

7-DAY PHASE 2 SUPER INTENSIVE

Total body makeover from the inside out.

Snack	Dinner
	Cinnamon-Mustard Chicken and Lemon Garlic Spinach* (Use Leftovers for Tomorrow's Lunch and Sunday's Dinner)
Snack	Dinner
	Halibut w/ Broccoli* (Use Leftovers for Tomorrow's Lunch and Saturday's Dinner)
Snack	Dinner
Tuna and Cucumber Salad*	New York Strip Steak w/ Steamed Broccoli* (Use Leftovers for Tomorrow's Lunch)
Snack	Dinner
	Stuffed-Red Bell Pepper* (Use Leftovers for Tomorrow's Lunch)
Snack	Dinner
2 Hard-Boiled Egg Whites w/ 1 Cup Sliced Radish	Spicy Red Pepper Fish w/ Lemon-Garlic Kale* (Use Leftover for Tomorrow's Lunch)
Snack	Dinner
Turkey Jerky w/ 1 Cup Cucumber Slices	Leftover Halibut w/ Broccoli
Snack	Dinner
	Leftover Cinnamon-Mustard Chicken and Lemon Garlic Spinach

UNLIMITED VEGGIES

THE PHASE 2 SUPER INTENSIVE – FOOD LIST

As an alternative to the suggested recipes, you can create your own meals by using the blank meal map and this food list. When a protein is required, you may chose either animal or vegetable protein.

VEGETABLES AND SALAD GREENS

(fresh, canned or frozen – unlimited)

Arrowroot	Green chiles, jalapeños	Radishes
Arugula	Green onions	Rhubarb
Asparagus	Jicama	Shallots
Beans: green, yellow (wax), French (string)	Kale	Spinach
Broccoli florets	Leeks	Spirulina
Cabbage, all types	Lettuce (any except iceberg)	Swiss chard
Celery	Mixed greens	Watercress
Collard greens	Mushrooms	Metabolism Noodles*
Cucumbers, any type	Mustard greens	Metabolism Rice*
Endive	Onions: red, white, Vidalia, and yellow	
Fennel	Peppers: bell, pepperoncini	

FRUITS

(fresh or frozen) – portion is 1 piece or 1 cup

Lemons
Limes

ANIMAL PROTEIN

portion is 4 oz. meat or 6 oz. fish measured prior to cooking

Beef, all lean cuts: filet, tenderloin, strip, sirloin, shell steak, London broil, round steak, rump roast, skirt steak, stew meat, lean ground	Corned beef Deli meats, nitrate-free: roast beef, chicken, turkey Dory fish fillet Eggs, whites only Game: venison, ostrich, elk Halibut fillet Jerky, nitrate-free: beef, buffalo, turkey, elk, ostrich Lamb, lean cuts, ground	Oysters, packed in water Pork: loin roast, tenderloin Salmon: nitrate-free smoked Sardines, packed in water Sole fillet Tuna, packed in water Turkey: breast steaks, lean ground Turkey bacon (nitrate-free)
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VEGETABLE PROTEIN

Vegans only may use 4oz. of organic non-GMO soy tempeh, 4oz. plain tofu or 1/2 cup soy beans as protein. No other vegetable proteins are allowed on this phase.

BROTHS, HERBS, SPICES, CONDIMENTS & SUPPLEMENTS

unlimited; use as needed

Brewer's yeast	Non-caffeinated herbal teas	Seasonings: black and white
Broths: beef, chicken, vegetable	or Pero	peppers, cayenne,
Bragg Liquid Aminos	Nutritional yeast	chili powder, chili paste,
Coconut Amino	Pickles, no sugar added	chipotle, cinnamon, crushed
Dried herbs: all types	Sweeteners: stevia, xylitol	red pepper flakes, cumin,
Fresh herbs: all types	(birch only)	curry powder, lemon
Garlic, fresh, powdered	Tabasco	pepper, liquid smoke,
Ginger, fresh	Tamari	nutmeg, onion powder,
Horseradish, prepared	Vanilla or peppermint extract	onion salt, paprika, raw
Mustard, prepared, dry	Vinegar, any type	cacao powder, sea salt
	(except rice)	

*Items marked with a asterisk are available at HayliePomroy.com

*Use this blank meal map to create your own meals.

SAMPLE MENU
AN ACTUAL CLIENT'S INTENSIVE

	Breakfast	Snack	Lunch
MONDAY		P-2 Protein: P-2 Veggie:	P-2 Protein: P-2 Veggie:
TUESDAY		P-2 Protein: P-2 Veggie:	P-2 Protein: P-2 Veggie:
WEDNESDAY			P-2 Protein: P-2 Veggie:
THURSDAY		P-2 Protein: P-2 Veggie:	P-2 Protein: P-2 Veggie:
FRIDAY		P-2 Protein: P-2 Veggie:	P-2 Protein: P-2 Veggie:
SATURDAY			P-2 Protein: P-2 Veggie:
SUNDAY		P-2 Protein: P-2 Veggie:	P-2 Protein: P-2 Veggie:

7-DAY PHASE 2 SUPER INTENSIVE

Total body makeover from the inside out.

Snack	Dinner
	P-2 Protein: P-2 Veggie:
Snack	Dinner
	P-2 Protein: P-2 Veggie:
Snack	Dinner
P-2 Protein: P-2 Veggie:	P-2 Protein: P-2 Veggie:
Snack	Dinner
	P-2 Protein: P-2 Veggie:
Snack	Dinner
	P-2 Protein: P-2 Veggie:
Snack	Dinner
P-2 Protein: P-2 Veggie:	P-2 Protein: P-2 Veggie:
Snack	Dinner
	P-2 Protein: P-2 Veggie:

UNLIMITED VEGGIES

PHASE 2 RECIPE – LIST

Broiled Halibut with Broccoli

Serves 3

Ingredients:

- 3 teaspoon lime or lemon juice
- 1 teaspoon Stevia or Xylitol
- 1 teaspoon dry mustard
- Pinch of ground cinnamon (optional)
- 18 ounces halibut or other white fish filet
- 6 cups broccoli florets
- Sea salt
- freshly ground black pepper



Preheat the broiler with a broiler pan in place. In a small mixing bowl, combine the lime or lemon with the Stevia, mustard, and cinnamon. Rub generously into the fish to flavor it. Using an oven mitt, remove the broiler pan, put the fish on the hot pan and broil for 12 to 15 minutes, or until fish begins to flake.

While the fish broils, steam the broccoli. Bring 1 to 2 inches of water to a boil in either a steaming double pan or with a wire steaming tray. Cover and steam broccoli for 4 to 6 minutes, or until easily pierced with a fork. Season with sea salt and pepper before serving with the fish.

New York Strip Steak with Broccoli

Serves 2

Ingredients:

- 2 4-ounce New York strip steak (shell steak)
- 1 teaspoons minced garlic
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- 4 cups broccoli florets



Preheat the broiler with the broiler pan in place. Trim excess fat off the steak. Rub both sides with the garlic, salt and pepper. Place the steak on the hot pan and broil to desired doneness, 7 to 15 minutes. (If you want the steak well, done butterfly the steak or slice the steak in half.)

While the steak is broiling, steam the broccoli. Bring 1 to 2 inches of water to a boil in either a steaming double pan or with a wire steaming tray. Cover and steam for approximately 4 to 6 minutes, or until easily pierced with a fork. Season with sea salt and pepper before serving with the steak.

7-DAY PHASE 2 SUPER INTENSIVE

Total body makeover from the inside out.

Cinnamon-Mustard Chicken and Lemon Garlic Spinach

Serves 8

Ingredients:

- 2 tablespoons lemon juice
- 1 teaspoon ground cinnamon
- 1 teaspoon dry mustard
- 1 teaspoon Stevia or Xylitol
- 2 pounds skinless, boneless chicken breast, washed and patted dry



Lemon Garlic Spinach

- 1 tablespoon lemon juice
- 1 teaspoon minced garlic
- 3 cups baby spinach
- Sea salt and black pepper

Preheat the oven to 350 degrees F. While it warms, prepare the seasoning for the chicken. Combine the lemon juice, cinnamon, mustard and sweetener in a small mixing bowl.

Put the chicken in a baking dish. Pour the seasoning over it, cover the dish with foil, and place in the oven. Bake the chicken for 40 minutes. Turn up the heat to 400 degrees and remove the foil. Bake, uncovered, for an additional 15 minutes.

Prepare the spinach. In a nonstick pan, use 1 tablespoon of water and the lemon juice to cook the garlic and spinach. Season with salt and pepper.

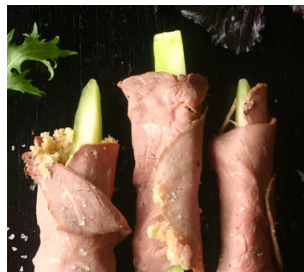
Roast Beef, Horseradish and Cucumber Wrap

Serves 1

Ingredients:

- 1 to 2 tablespoons prepared horseradish
- 2 to 3 ounces nitrate-free deli roast beef slices
- 1 cucumber, peeled and cut into spears
- Sea Salt to taste

Spread the horseradish on the roast beef slices and wrap around the cucumber spears. Add salt to taste.



Stuffed Red Bell Pepper

Serves 6

Ingredients:

- 2 pounds lean ground beef
- 1 cup chopped red onion
- 1 cup diced celery
- 3 tablespoons chopped cilantro
- 3 tablespoons minced garlic
- 1 ½ teaspoons sea salt
- 1 teaspoon ground black pepper
- 1 teaspoon dried oregano
- 1 teaspoon dried basil



- 1 cup baby spinach
- 6 red bell peppers

Preheat the oven to 375 degrees F. In a large nonstick skillet over medium heat, lightly brown the beef and onion. Turn the heat to low and add the celery, cilantro, garlic, salt, black pepper, oregano and basil. When the beef is completely browned, remove the mixture from the heat and stir in the spinach.

Wash each bell pepper and remove tops, cores and seeds. Stuff each pepper with ½ cup of the beef mixture. Put the peppers in a glass baking dish and pour 2 tablespoons of water into the bottom. Cover with foil and bake for 50 minutes.

Remove the stuffed pepper from the oven and take off the foil. Turn up the oven to 400 degrees and cook for an additional 10 minutes. Allow to cool somewhat before serving.

Salad Dressing and Veggie Dip

Makes ¾ cup

Ingredients:

- ½ cup chopped peeled cucumber
- 1 garlic clove
- 3 teaspoons balsamic or apple cider vinegar
- 2 teaspoons cilantro or parsley
- 1 teaspoon dill
- ½ teaspoon Stevia or Xylitol
- 1 teaspoon sea salt



Place all ingredients in a blender and blend until smooth.

7-DAY PHASE 2 SUPER INTENSIVE

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Spicy Red Pepper Fish with Lemon-Garlic Kale

Serves 2

Ingredients:

- 2 tablespoon lime juice
- 2 teaspoon chili paste
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon chopped cilantro
- Pinch of sea salt
- Pinch of ground black pepper
- 12 ounces white fish fillet (halibut, cod, dory, flounder)



Lemon-Garlic Kale

- 2 tablespoon lemon juice
- 2 teaspoon minced garlic
- 6 cups chopped kale (thick ribs removed)

In a small mixing bowl, combine the lime juice, chili paste, red pepper flakes, cilantro, salt and pepper. Put the fish into a foil-lined pan and drizzle marinade over it. Preheat the oven to 350 degrees F. Bake fish, uncovered, for 20 to 30 minutes depending on the thickness of the fish. While the fish bakes, combine 2 tablespoon of water in a nonstick pan with the lemon and garlic.

Add the kale and cook on medium-low heat until tender but still bright green. Season with salt and pepper, and serve with the fish.

Tuna Cucumber Salad

Serves 1, Lunch; Serves 2, snack

Ingredients:

- 5-ounce can tuna, packed in water
- 2 small Persian cucumbers, chopped
- ½ cup basil, cut in chiffonade
- 2 tablespoons minced red onion
- 2 tablespoons lemon juice
- 1 tablespoon prepared mustard
- Pinch of sea salt
- Pinch of black pepper
- 2 cups chopped fresh spinach, cabbage, or kale
- 3 tablespoons Phase 2 salad dressing



Drain the tuna well and put in a small mixing bowl. Stir in cucumbers, basil, onion, lemon juice and mustard. Add salt and pepper to taste. Serve the tuna salad over a bed of spinach, cabbage, or kale. Drizzle with dressing.

Turkey Jerky

Serving size 5

Ingredients:

- 1 to 1 ½ pounds organic turkey breast steaks
- ¼ cup tamari
- Juice of 1 lemon or lime
- ½ teaspoon onion salt
- 1 teaspoon black pepper
- 1 teaspoon sea salt
- 1 teaspoon crushed red pepper flakes



Trim and discard all fat from the meat. Cut into strips approximately 5 inches long and ½ inch wide. In a large, resealable plastic bag, combine the remaining ingredients. Add the meat to the bag, seal bag and toss to coat. Refrigerate and let marinate for 8 hours or overnight.

Drain and discard the marinade. Put the meat in a dehydrator or in the oven on wire racks with a foiled lined baking sheet underneath. Arrange meat strips 1 inch apart on racks. Bake uncovered at 200 degrees for 6 to 7 hours or until meat is dry and leathery.

Remove from the oven; cool completely. Refrigerate or freeze in an airtight container.

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ADDITIONAL PHASE 2 – RECIPES

Chicken and Veggie Soup

Serves 8-10

Ingredients:

- 1 whole chicken or chicken parts, skin removed
- 1 chopped onion
- 6 to 8 cloves of minced garlic
- 8 cups (or 2 boxes) chicken broth
- 8 cups chopped fresh or frozen vegetables, combine any of the following: Cabbage, Broccoli, Celery, Spinach, Kale, Parsley or cilantro, Asparagus, Leeks, Chives, and Mushrooms
- 1 teaspoon fresh or dried rosemary
- 1/2 teaspoon fresh or dried basil
- 1/2 teaspoon fresh or dried oregano
- 1/4 teaspoon thyme
- 1 bay leaf
- Sea salt and black pepper to taste



Put the chicken in a large soup pot with broth and 8 cups water. Add all vegetables and herbs. Bring to a boil, then lower heat and simmer for 1 hour. Season with salt and pepper to taste before serving. De-bone chicken before serving.

Steak and Spinach Salad

Serves 1

Ingredients:

- 4 ounces of New York Strip Steak
- 1/2 teaspoon garlic
- 1/2 teaspoon sea salt
- 1/8 teaspoon pepper
- 2 cups of raw spinach
- 1/2 cup chopped cucumbers
- 1/4 cup red onions
- 1/4 cup chopped red bell peppers
- 1/2 lime



Set oven to broil on high and heat broiling pan until hot. Trim excess fat off the steak. Season with garlic, sea salt and pepper. Broil steak in pan to desired wellness, 7 to 15 minutes. Toss the spinach, cucumbers, red onion, chili peppers and red bell peppers together in a salad bowl. Top it with lime juice and cilantro. Remove steak from oven, slice it, serve on top of salad and veggie mix. Drizzle with Phase 2 salad dressing before serving.

About the Fast Metabolism Diet™

Eat your way to a thinner you!

On The Fast Metabolism Diet you're going to eat a lot and still lose weight. What you're not going to do is count a single calorie or fat gram. Instead, you're going to rotate what you're eating throughout each week according to a simple and proven plan carefully designed to induce precise physiological changes that will set your metabolism on fire!

PHASE 1 (Monday-Tuesday):

You will enjoy lots of carbs and delicious fruits.

PHASE 2 (Wednesday-Thursday):

Indulge in proteins and veggies.

PHASE 3 (Friday-Saturday-Sunday):

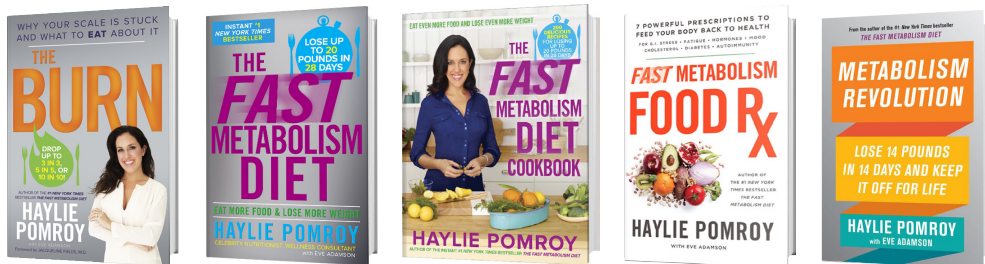
Have all of the healthy foods above, plus healthy fats and oils.

Each Phase focuses on different whole, healthy foods to calm your adrenal glands, reduce stress on your liver and feed your thyroid so it can produce the hormones T3 and T4, the superstars of a fast metabolism. You'll reduce stress too—and as a result, put the damper on the belly-fat hormone, cortisol. By keeping your metabolism guessing, you'll get it working faster. This isn't just a theory; it's the results-based product of Haylie Pomroy's successful programs. It's worked for celebrities, for athletes and for people with chronic illnesses who need to lose weight, doctor's orders.

7-DAY PHASE 2 SUPER INTENSIVE

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Designed To Maximize Your Efforts!

The 10-Day Fast Metabolism Cleanse Program

Looking to stimulate your metabolism, lose weight, stabilize cholesterol & lipids, regulate hormones, and increase energy?

Try my **10-Day Fast Metabolism Cleanse™**
It includes:

- Three tubs of Metabolism Shake powder (42 total servings)
- One Metabolism Colon 60 capsules
- Fast Metabolism Cleanse Program
- E-Book including recipes, food lists,
- FAQs, tips and more (delivered by email in your order confirmation).
- FREE shaker bottle to prepare shakes on the go!



You can purchase this program at HayliePomroy.com

The material in this program guide is for information purposes only and not intended as a substitute for the advice and care of your physician. As with all new weight loss, weight maintenance, or supplement regimes, the nutrition program described in this program guide should be followed only after first consulting with your physician to make sure it is appropriate for your individual circumstances. Keep in mind that nutritional needs vary from person to person, depending on age, sex, health status and total diet. Responsibility for any adverse effects that may result from the use or application of the information contained in this program guide is expressly disclaimed.

ABOUT HAYLIE

Haylie Pomroy is a #1 New York Times bestselling author, leading health and wellness entrepreneur, celebrity nutritionist, and motivational speaker whose “Food is Medicine” philosophy resonates deeply with her fans. Her community includes real people who have lost millions of pounds and gained immeasurable energy and health. Through her strategic programs, Haylie has proven that there is power on your plate. She understands that people really can eat more food and lose more weight.

Haylie’s career spans more than 22 years, owning and operating integrative health care clinics, teaching patient empowerment, and being a sought-after consultant on many difficult cases by highly regarded doctors at top practices, hospitals, and educational institutions across the globe. Haylie is the founder and CEO of Haylie Pomroy Group, which houses her clinical practice, a membership website, and coaching services. As Hollywood’s top nutrition guru, Haylie Pomroy’s celebrity clients include Jennifer Lopez, Robert Downey Jr, LL Cool J, Reese Witherspoon, Raquel Welch, and Cher, along with professional and Olympic athletes and corporate executives of Fortune 500 companies.

Haylie also produces a results-driven line of targeted nutritional supplements and cleanses, including the revolutionary Fast Metabolism Cleanse. Haylie became a supplement specialist when she saw a critical need for supplements of the highest quality, purity, clinical effectiveness, and bioavailability.

Haylie’s formal education in agricultural and animal science at Colorado State University allowed her to acquire a deep understanding of how nutrition can drastically impact plants, the soil, our food sources, our bodies, and ultimately, our health. She went on to study herbal medicine, homeopathy, biochemistry, biofeedback, micronutrients, laboratory testing, and patient advocacy, in order to create a truly integrative approach for her community. Haylie considers herself a lifelong learner in awe of the complexity of the human body and its relationship to nutrients. She believes that the metabolism affects every aspect of life.

Client Testimonials

“I always turn to Haylie when I’m looking for a healthy way to get my body on track“

“It’s all about the metabolism with Haylie and I love having a FAST one!“

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