



Members Always Save 10%



**Tomorrow is Day 1 of our Thanksgiving Slimdown Cleanse!**

**Check our Cleanse Facebook Page for WATCH PARTIES  
and other daily events...**

We applaud you for deciding to take 10 days to show gratitude to your amazing body by taking part in our Thanksgiving Slimdown 10-Day Cleanse Event!

Together, we'll eat and sip our way to a healthy metabolism. There's no fasting or starving here! We will choose foods that infuse our bodies with all the targeted micronutrients it needs to repair, restore, and revitalize our metabolic pathways.

### **Join In, and Take Part!**

Having all the right tools will make all the difference. TUNE IN for Interactive Watch Parties on our Cleanse Facebook page, and interact with us and your peers there, too! [Request to join here](#) if you haven't yet.

Here are the first 4 days of the itinerary, visit the [resource page](#) to see the full itinerary. Put us in your calendar!

# THANKSGIVING SLIMDOWN

## 10-DAY CLEANSE EVENTS

November 13-22 Fast Metabolism Cleanse List of Live Events

[CLICK HERE](#) to join us on Facebook for this incredible 10-Day Live Event!

All events take place at 4:00 PM PST, but can be rewatched during the event's duration.



**Fri., Nov. 13: Q&A with Haylie. - Facebook Live Event @4:00pm PST**

Have you been curious about a particular topic? Something you need more info about? What your next steps are? You have questions, I have answers! This 30-minute LIVE event will be dedicated to our community's top questions about achieving a Fast Metabolism.



**Sat., Nov. 14: Can Coffee Slow Your Weightloss? - Watch Party @4:00pm PST**

Why am I so down on drinking coffee? This is probably the No. 1 question I get, so let's talk about it and explore alternatives for filling your cup that will make your mornings special. Grab your mug. This conversation is about to get delicious



**Sun., Nov. 15: How to Talk to Your Doctor. - Watch Party @8:00am & 4:00pm 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.



**Mon., Nov. 16: Are Bananas Slowing Your Metabolism? - Watch Party @4:00pm PST**

You may be surprised to find out why I leave bananas off the Fast Metabolism Diet approved food list even though they are high in potassium and fiber content. Let's talk about it and explore alternatives to this popular fruit.

Also on our [Cleanse Resource Page](#), you will find all the tools you'll need for the Cleanse. There are printable meal maps, daily emails, videos, and more, conveniently stored and easily accessible in one place.

**Embrace your food, your shakes—and participate in the Watch Parties *They're FREE!***

***“Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort.”***

– Deborah Day

### TOMORROW AT A GLANCE

2 Shakes, 1 Meal, 2 Snacks

### TIP OF THE DAY

Make sure you drink 1/2 your body weight in ounces of spring water every day in addition to the Metabolism Shakes. For example, if you're 150 lbs., you'll drink 75 ounces of spring water daily.

## METABOLISM FACT

Don't eat anything one hour before or one hour after a shake. This way the body has an opportunity to benefit from all the micronutrients in your Metabolism Shake.


## JOIN THE CONVERSATION

Have questions during the cleanse? Need additional support? Post all Cleansing related questions on the [CLEANSE FACEBOOK GROUP](#).

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If you haven't completed your meal maps or you need to pick up any last-minute groceries, do that today so you're raring to go tomorrow. We can't wait to see you on our [private Facebook cleanse page](#)!

In good health and gratitude,



We are committed to making health improvement as affordable and available as possible during these trying times. Our selection of weekly deals features rotating savings on some of our most popular items. Please view these money saving opportunities here

[CHECK OUR WEEKLY DEALS](#)

No longer want to receive these emails? [Unsubscribe](#).  
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