



Members Save 10%



Prepare For Your Metabolism to Sizzle!

By now, you've likely had your first nutrient-rich shake and you've already begun your journey to repair and renewal (and shaking loose that stubborn historical fat).

Beyond fortifying your body and metabolic pathways, my convenient food-based shakes—loaded with organic spinach arugula, kale, pomegranate and spirulina—**will provide you with more nutritional power than you could possibly get from food alone.**

I commend you for committing to this **Thanksgiving Slimdown Cleanse challenge**. Your body will 'give thanks' that you're flooding it with targeted nutrients to nourish your metabolism, your liver, and even your immune system!

Remember, you aren't going this alone... lean on your peers, my team and myself every day over on the [private Cleanse Facebook page](#) for the motivation and support you need. That's also where you'll find our **FREE daily Interactive events and Watch Parties!**

Check out our Calendar of Events...

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.

[See Full Calendar of Events Here](#)

Need some help planning holiday meals?

Being prepared can be a catalyst to your success, so if you haven't thought about meals and snacks, browse cleanse recipes and grab some meal maps from the Resource Page. There, you'll find simple, cost-effective recipes that you can freeze and then thaw for another convenient meal.

Speaking of planning, it's not too soon to be thinking about how to integrate the Fast Metabolism Diet into your holiday plans. So here's a FREE Holiday Recipe Guide download to help you plan your menu from Turkey Day to New Years!



"Your life doesn't get better by chance, it gets better by change."
- Unknown

TOMORROW AT A GLANCE

2 Shakes, 1 Meal, 2 Snacks

TIP OF THE DAY

Make sure your bowels move every day. If you get constipated, take Metabolism Colon each night before bed. This will help you gently release toxins and keep things moving rather than hanging around and reabsorbing. As I talk about in the Micro-Lecture, I need at least three per day when I start a Cleanse. They really help!

METABOLISM FACT

The liver is the powerhouse of chemical detox in the body. It filters the blood and breaks down hundreds of chemicals every day. Your liver and bowels need to work extra hard to process those toxins and flush them out, so it's important to support those functions fully. Make sure you're eating lots of alkalizing

veggies!

JOIN THE CONVERSATION


Please post your questions or comments under each Micro-Lecture video on the private [Facebook Cleanse group page](#), or send your questions to our customer support team at info@hayliepomroy.com.

RESOURCES

In case you missed anything, the [Cleanse Challenge Resource Page](#) is where to go for all of your challenge resources. All of the printable meal maps, daily emails, videos, and calls from me are stored there for you!

Remember, we want a stress-free cleanse, so embrace your food... guilt free! And lean on your peers for support on the [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



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.

WHAT TO EXPECT



Food Based Programs

Strategic programs to evoke real clinical change.



Membership Benefits

Be part of a health movement that will change your life!



Healthy Recipes

Raising the bar for great recipe. Eat while staying fit.

GOT QUESTIONS? CONTACT US OR VISIT OUR WEBSITE



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