



Members Save 10%



Our Facebook Cleanse Page Has Come Alive!

How is Day 2 of my Thanksgiving Slimdown Cleanse shaping up for you? Our [Private Facebook Cleanse Page](#) is buzzing with comments, questions, and advice... not to mention Watch Parties that put you smack-dab in the center of the action!

Subjects being discussed there might pertain to you and give you the boost you need. Or, start your own topic. Jump on and harness the power tonight! You can even sip your shake while you're there.

Stay strong. Tomorrow, we'll start to ramp up the detox phase with more shakes and less food. YOU CAN DO THIS! Remember, we're reprogramming some chemical responses in your body to bring on a metabolic change.

Spice up your Turkey Day with amazing recipes like my Whole Berry Cranberry Sauce! [Click here for](#)

**your FREE DOWNLOAD
of my Healthy Holiday
Recipes E-book!**



"It does not matter how slowly you go as long as you do not stop."

- Confucius

TOMORROW AT A GLANCE

3 Shakes, 1 Meal, 1 Snacks

TIP OF THE DAY

Take at least 17 deep belly breaths 2 to 3 times a day. Studies show this can reduce cortisol levels by up to 50%

METABOLISM FACT

Did you know that in the typical home, there are over 150 toxic chemicals that the body must process and eliminate every day? By cleansing, your helping you body maintain this tough job.

How will you enhance your ability to detox? Have you tried dry saunas or anything else to encourage sweating? Do you drink lemon water? Tell us about what works or doesn't work for you. I can't wait to read your comments on our [Private Facebook Cleanse Page!](#)

In good health,

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



www.hayliepomroy.com



info@hayliepomroy.com



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Haylie Pomroy Group 351 Linden Street Suite 160 Fort Collins, CO 80524

