



Members Save 10%



Get ready to really ‘SHAKE’ things up!

When the four-shake day rolls around (starting tomorrow), people often begin to feel toxins making their way out of the body. One thing I have learned in my clinical practice is that **every body** is different. You may feel some effects soon, or you may not notice much until you've done a few cleanses.

Once your body starts kicking out toxins, you might notice increased sweating (which might smell worse than usual), joint soreness, body aches, brain fog, headache, even some bowel issues, just to name a few. Some people feel almost flu-like after a few days.

As long as you aren't actually sick, you can ride out this temporary discomfort, knowing that you are likely just your body purging some of the bad stuff that's been locked up in your fat cells for gosh knows how long. So stick with me!

Spice up your Turkey Day with amazing recipes like my Savory Sprouted Grain Stuffing! [Click here](#) for your FREE DOWNLOAD

of my Healthy Holiday Recipes E-book!



Share your thoughts, questions, and advice!

This is a great time to head over to the [private Facebook Cleanse page](#) to start a discussion, browse posts by other community members, or my latest FREE Watch Party event!

Are You Keeping Up with the [Thanksgiving Slimdown Event Itinerary](#)? Check out these events. I hope to see your thankful, smiling face tomorrow!

“I now see how owning our story and loving ourselves through that process is the bravest thing that we will ever do.”

— Brené Brown

TOMORROW AT A GLANCE

4 Shakes, 1 Meal

TIP OF THE DAY

Drink your shake slowly! Allow your body to receive the benefits of the nutrients and detox properties.

METABOLISM FACT

Today you are receiving protein, complex carbs, fiber, and a broad blend of toxin-eliminating amino acids. You have approximately 2X the nutrients being delivered through your Metabolism Shakes than found in the average American diet.

You can help toxins find their way out of your body by doing things like sitting in a dry sauna, hot yoga, dry skin brushing, even sitting in a nice, warm bath with Epsom salts. And remember, drink your water—half of your body weight in fluid ounces each day.

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.



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GOT QUESTIONS? CONTACT US OR VISIT OUR WEBSITE



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