



Members Save 10%



Keep On Rocking This Cleanse!

By now, you are infusing your body with a constant stream of micronutrients that will facilitate detox, and we'll kick that into overdrive with our 5-shake days, starting tomorrow. Your body is taking all this nutrient-dense power from the shakes you're sipping and using it to feed and repair your metabolic pathways and help you detox!

This is a good time to take inventory of how you're doing with elimination. Definitely lean on Metabolism Colon to help in that area. That plus plenty of water will make sure you are not only processing toxins in all that stored fat but flush it out of your body to keep any from reabsorbing.

For extra support as we lean heavily on our shakes, reach out for any support you may need or for answers to your questions on our [private Facebook Cleanse page](#). Our team is standing by, and I'll be checking in there, too!

Keep up the great work, and don't forget to check [tomorrow's event itinerary...](#)

Spice up your Turkey Day with amazing recipes like my Roasted

Turkey Breast with Sage and Cayenne! [Click here](#) for your FREE DOWNLOAD of my Healthy Holiday Recipes E-book!



“You are a VIP, a very important person. So, take care with self-care. If not you, who? If not now, when?”

—Toni Hawkins

TOMORROW AT A GLANCE

5 Shakes, unlimited veggies

TIP OF THE DAY

Try to make time for a massage or a sauna or promote sweating. These are all incredible ways to maximize your participation in this whole-body detoxification program. Also, dry skin brush each day before showering to increase blood flow to fat cells. (This is a very gentle and simple technique, and you can find how-to videos with a quick Internet search.)

METABOLISM FACT

Your metabolism drives every aspect of your body, especially your immune system. As it adapts to seasonal changes or when we travel, etc., it goes into overdrive. When your immune system isn't on its A-game, including when it's bogged down due to toxin overload, you're more susceptible to a cold or the flu. A detox strengthens your immune system and gives your body a fighting chance against infection.

Are you learning a lot so far? Do you have any questions? Keep them flowing on the [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



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