



Members Save 10%



Keep Your Eyes on the Prize... and Show the Holidays Who's Boss!

Mealtimes are a breeze in this phase. Just sip my nutrient-dense Cleanse Shake and sip—with unlimited approved veggies between. This is an amazingly convenient way to give your body the tools to potentially reverse things that have gone haywire over the years.

You'll have some time on your hands for the next few days, not having to cook. So what better time to purge toxins from your home? We want to reduce our toxic exposures by ditching toxic products like harsh cleansers and room sprays, and replacing them with non-toxic alternatives. Your liver is involved in immune function, and we don't want it bogged down with processing household toxins!

You can also declutter your house and your mind. Maybe this is the time to try yoga, meditation, or start a journal! Whatever you can do to start living a cleaner life—mind, body and environment—will keep you on a productive track as you move forward.

Have you taken the opportunity to share your thoughts and progress on my private [Facebook Cleanse page](#)? Check out our [Itinerary](#) for tomorrow's event and I'll see you there!

“The best preparation for tomorrow is doing your best today.”

—H. Jackson Brown, Jr.

TOMORROW AT A GLANCE

5 Shakes, unlimited veggies

TIP OF THE DAY

Did you know that toxic chemicals found in plastic bottles can increase breast cancer risks? High levels of BPA toxins were found in 93% of random urine samples in recent testing. Always choose BPA-free bottles. The good news is that my shaker bottle is BPA-free, so you can shake to your heart's content without adding any chemicals residues to your body.

METABOLISM FACT

Since 1950, at least 70,000 new chemical compounds were invented and dispersed into our environment. By doing this Cleanse, you are helping your body purge toxins. Congratulations!

Keep up the great work! The results will be well worth your effort.

In good health,

A handwritten signature in blue ink, appearing to read "H. Jackson Brown, Jr.", with a stylized, cursive script.

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



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www.hayliepomroy.com



info@hayliepomroy.com



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