



Members Save 10%



Keep Moving, Stay Occupied, and Sip, Sip, Sip!

Since this phase of our Thanksgiving Slimdown Cleanse lightens your load in the kitchen, you can focus on moving! Enjoy your shakes, and nibble on veggies to heart's content. But do space your shakes and veggies out at least an hour apart from one another.

Keeping busy is a great way to keep your mind occupied. Anything to help break a sweat is encouraged right now, like fall planting, cleaning, or even just a brisk walk. Anything will help keep the toxins moving through and out of your body. (For extra help, reach for Metabolism Colon, and remember to drink half your body weight in spring water each day!)

Other ways to support the detox process include hot yoga or taking a nice, hot Epsom salt bath! Even a nice lymphatic massage will enhance toxin removal, while also putting your mind in the right place.

Our [private Facebook Cleanse page](#) is the perfect place to find out what others are doing to keep moving, and it's also the place to be for our daily Live and Interactive Events. Don't leave these valuable tools on the table... use them to your advantage!

“Let food be thy medicine and medicine be thy food.”

—Hippocrates

TOMORROW AT A GLANCE

5 Shakes, unlimited veggies

TIP OF THE DAY


As you reintroduce foods back into your body, make sure to take note of anything that makes you not feel well and consider staying away from some or all of the things you eliminated in your diet to complete this cleanse. Such as caffeine or dairy, both of which contribute to inflammation.

METABOLISM FACT

It takes about 20 minutes for the brain to get the signal from your stomach that it is full. It is recommended that you chew your food 20-30 times before swallowing to allow for healthy digestion and for those "feel full hormones" to reach the brain.

Are you checking the [Thanksgiving Slimdown Event Itinerary](#) every day? Joining in on these will help keep you motivated as we approach the final days of our Cleanse.

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!



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

GOT QUESTIONS? CONTACT US OR VISIT OUR WEBSITE



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