



Members Save 10%



Gobble Gobble... Are you ready to enjoy some food tomorrow?

How have you been feeling day to day? Pay attention to any patterns as you add foods back in tomorrow. This is a perfect time to start a food journal!

Do you feel bloated soon after eating something you didn't eat for a few days? Do you develop gas after eating something or feel unwell? These could be clues to foods that create inflammation in your body.

I really try to keep things basic as I add foods back in. Nothing packaged if I can avoid it, and simplicity in the recipes lets me be quickly aware if a particular food doesn't agree with me.

Follow along on your fellow community members' journeys on my [Cleanse Facebook Page](#) and lean on others who have had similar experiences for advice. Many times, we learn about our own health through the willingness of others to share!

There are still a few amazing events to enjoy before we're done. See what's in store tomorrow here!

"Never give up on something that you can't go a day without thinking about."

—Sir Winston Churchill

TOMORROW AT A GLANCE

4 Shakes, 1 meal

TIP OF THE DAY

It's a great time to take your current exercise program up a notch. (Or start if you have never been much for moving.) Add cardio and strive to stay in that fat burning range of 130-140 BPM for 30-40 minutes.

METABOLISM FACT

Exercise increases levels of serotonin in the brain. Serotonin is the "feel good" and "feel full" hormone. Adding an exercise program to your daily life drastically reduces overeating and weight gain.

The finish line for our Thanksgiving Slimdown Cleanse challenge is just up ahead. I'm so happy you decided to go on this journey with me. If you haven't thought about tomorrow's meal, now is the perfect time! Check out our [Cleanse Resource Page](#) for some ideas.

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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