



Members Save 10%



I Can Almost Hear Your Metabolism Revving!

When you were doing 5 shakes a day you were getting so many veggies in—like kale, spinach, spirulina, and arugula. As you drink fewer shakes, I want you to make sure you are doubling down on veggies with your snacks and meals. Remember, they are the kindling for your metabolic fire!

Your metabolism is already taking notice, so stay the course. And don't forget, there are plenty of recipes on our [Cleanse Resource Page](#). Keep up with the shakes, but enjoy your food, too. Those nutrients are flooding your body with targeted micronutrients to help you detox for a healthier metabolism.

Spice up your Turkey Day with amazing recipes like my Better Green Bean Casserole! [Click here](#) for your **FREE DOWNLOAD of my Healthy Holiday Recipes E-book!**



“The greater the effort, the greater the glory.”

—Pierre Corneille

TOMORROW AT A GLANCE

3 Shakes, 1 meal, 1 snack

TIP OF THE DAY

Stick to the cleanse food list, but if you're in a social situation, you can always choose steamed veggies and/or salad, as veggies are unlimited while on the cleanse.

METABOLISM FACT

Nurturing your kidneys while they do the heavy lifting in the detox department can prevent renal infection and kidney stones, boost your immunity and reduce inflammation. The best way to support them is to drink a ton of water; half your body weight in fluid ounces.

Sometimes, it's easy to forget the importance of staying regular during this cleanse. So drink your water like clockwork—half of your body weight in fluid ounces every day—and reach for Metabolism Colon to help flush out the junk. Physical activity helps get things moving, too!

In good health and gratitude,

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



www.hayliepomroy.com



info@hayliepomroy.com



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

