

WHY YOUR SCALE IS STUCK
AND WHAT TO EAT ABOUT IT

THE
NEW YORK
TIMES
BESTSELLER

THE BURN

DROP
UP TO
3 IN 3,
5 IN 5, OR
10 IN 10!

AUTHOR OF THE #1 NEW YORK TIMES
BESTSELLER *THE FAST METABOLISM DIET*

**HAYLIE
POMROY**

with EVE ADAMSON



Haylie Pomroy

The Burn: Why Your Scale Is Stuck and What to Eat About It



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Haylie Pomroy, the powerhouse nutritionist behind the #1 New York Times bestseller *The Fast Metabolism Diet*, breaks new surface and gives anyone trying to lose weight new tools for busting through plateaus. to create and lose up to 3, 5, and 10 pounds in as many days! The Burn offers three diet programs, therapeutically. In five days, the D-Burn off unblocks the body's digestive barrier and torches torso body fat. Using targeted micronutrients to incinerate weight-reduction roadblocks, Haylie will help you remove the problem— The Burn off also unveils: · that are easy to incorporate and stoke up your body's a flat tummy and tighter waistline. I-Burn, D-Burn, and H-Burn off eating and living programs, complete with detailed grocery lists and daily menus to keep the process basic and easy-to-follow. · A large number of delicious dishes for meals super fast: s inflammatory reactions to food and flushes out poisons and subcutaneous fat, producing prominent cheekbones and a glowing complexion in three days. foods, teas, guidelines, and practices addresses the hormonal system, repairing and facilitating the proper synthesis of hormones to reshape lumps and bumps in to gorgeous curves, sleeker hips, and thinner thighs. How to live your lifestyle burning – The 10-day H-Burn off s capability to heal. road maps that help visitors understand what their bodies say to keep their metabolisms blazing!



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