

Using targeted micronutrients to incinerate weight-loss roadblocks, nutritionist Haylie Pomroy will help you remove the problem-and lose up to 3, 5, and 10 pounds in as many days! The Burn offers three eating plans, therapeutically designed to achieve highly specific results. The I-Burn targets the bodys inflammatory reactions to food and flushes out toxins and subcutaneous fat. In five days, the D-Burn unblocks the bodys digestive barrier and torches torso fat. The 10-day H-Burn addresses the hormonal system, repairing and facilitating the proper synthesis of hormones. The Burn also unveils: -I-Burn, D-Burn, and H-Burn eating and living plans, complete with detailed grocery lists and daily menus to keep the process simple and easy-to-follow. -Simple success boosters: foods, teas, tips, and practices that are easy to incorporate and stoke up your bodys ability to heal. -How to live your life on fire-road maps that help readers recognize what their bodies are saying to keep their metabolisms blazing!

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?????????Amazon????????????????Haylie Pomroy, Allyson. The Burn offers three nutrition programs strategically engineered to achieve Quiz today to find out why your scale is stuck and what to DO and EAT about it!. But my new book, The Burn, is laser-focused on your weight-loss plateaus and chronic health woes or those reasons why your scale gets stuck. Haylie Pomroy, the powerhouse nutritionist behind the #1 New York Times bestseller The Fast Metabolism Diet, breaks new ground and gives. A great guide to stepping up your metabolism to help you burn the fat. I have been sit down and read. This is more of a guide to help you when you are stuck .

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