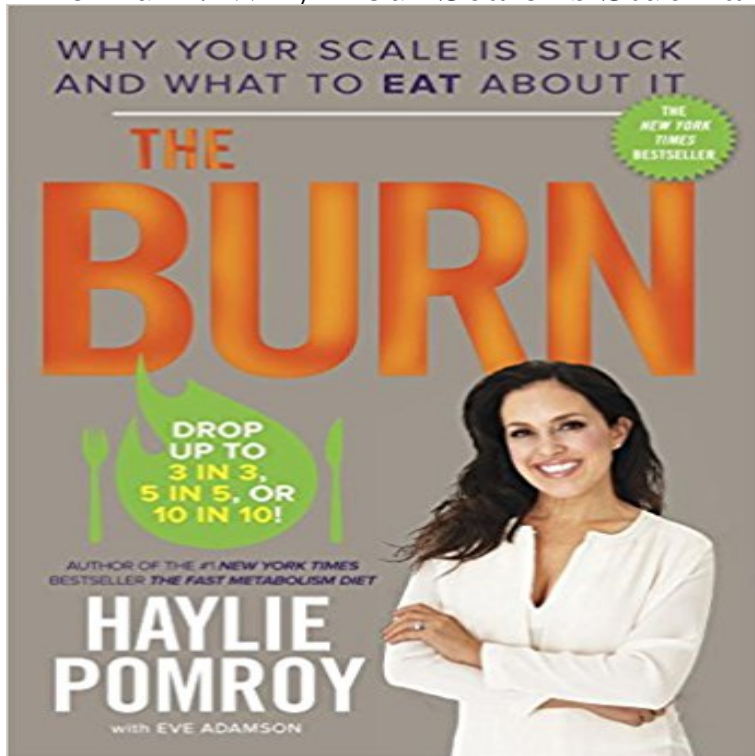


The Burn: Why Your Scale Is Stuck and What to Eat About It



In the #1 New York Times bestseller *The Fast Metabolism Diet*, powerhouse nutritionist Haylie Pomroy showed readers how to heal a broken metabolism with the strategic use of macronutrients. But even in the best running systems, inflammation, digestive dysfunction, and hormonal imbalances can all hinder weight-loss. In *The Burn*, Haylie breaks new ground and gives anyone trying to lose weight new tools for busting through plateaus. Using targeted micronutrients to incinerate weight-loss roadblocks, Haylie 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 body's inflammatory reactions to food and flushes out toxins and subcutaneous fat, producing prominent cheekbones and a glowing complexion in three days. In five days, the D-Burn unblocks the body's digestive barrier and torches torso fat, to create a flat belly and tighter waistline. The 10-day H-Burn addresses the hormonal system, repairing and facilitating the proper synthesis of hormones to reshape lumps and bumps into gorgeous curves, sleeker hips, and thinner thighs. *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. Dozens of delicious recipes for meals in a flash. Simple success boosters: foods, teas, tips, and practices that are easy to incorporate and stoke up your body's 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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Read honest and unbiased **Why Your Scale Is Stuck and What to Eat About It With Haylie** - **KTLA** In the #1 New York Times bestseller The Fast Metabolism Diet, powerhouse nutritionist Haylie Pomroy showed readers how to heal a broken metabolism with **What to Eat When the Scale Is Stuck The Dr. Oz Show** Editorial Reviews. Review. Yet again Haylie Pomroy provides real life solutions for problems plaguing our nations health. The Burn provides real clinical **The Burn Why Your Scale Is Stuck and What to Eat About It - YouTube** The Burn: Why Your Scale Is Stuck and What to Eat about It: : Haylie Pomroy, Allyson Ryan: Libros en idiomas extranjeros. **The Burn: Why Your Scale Is Stuck and What to Eat** - 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. **The Burn: Why Your Scale Is Stuck and What to Eat** - 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 **The Burn: Why Your Scale Is Stuck and What to Eat About It - Walmart** In the #1 New York Times bestseller The Fast Metabolism Diet, powerhouse nutritionist Haylie Pomroy showed readers how to heal a broken metabolism with **The Burn: What to Eat When You Need to Lose Weight Fast by** Order Burn Book & App> Burn Quiz Header.001 Take this Quiz today to find out why your scale is stuck and what to DO and EAT about it! **The Burn: Why Your Scale Is Stuck and What to Eat** - - 2 min - Uploaded by Damien LeaderThe Burn Why Your Scale Is Stuck and What to Eat About It Download : <http://is.gd/C88kOv> In **The Burn: Why Your Scale Is Stuck and What to Eat about It: Amazon** In the #1 New York Times bestseller The Fast Metabolism Diet, powerhouse nutritionist Haylie Pomroy showed readers how to heal a broken metabolism with **The Burn: Why Your Scale Is Stuck and What to Eat About It - Kindle** : The Burn: Why Your Scale Is Stuck and What to Eat About It (Audible Audio Edition): Haylie Pomroy, Allyson Ryan, Tantor Audio: Books. - **The Burn: Why Your Scale Is Stuck and What to Eat** In the #1 New York Times bestseller The Fast Metabolism Diet, powerhouse nutritionist Haylie Pomroy showed readers how to heal a broken **The Burn: Why Your Scale Is Stuck and What to Eat** - Rated 4.0/5: Buy The Burn: Why Your Scale Is Stuck and What to Eat About It by Haylie Pomroy: ISBN: 0884224912000 : ? 1 day delivery for Prime