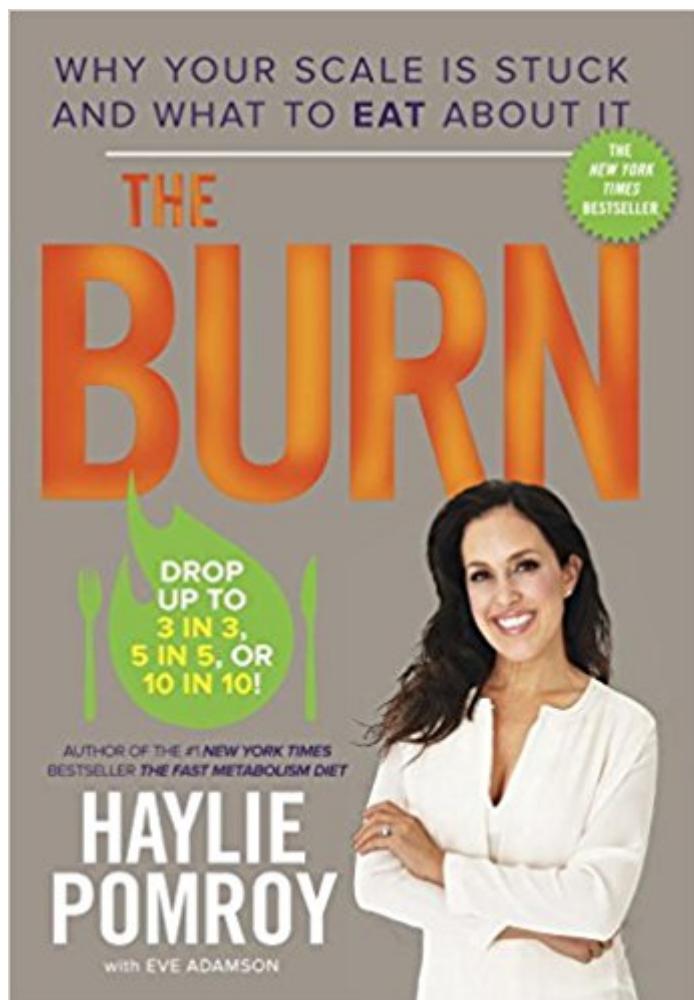


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# The Burn: Why Your Scale Is Stuck And What To Eat About It



## Synopsis

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!

## Book Information

Hardcover: 304 pages

Publisher: Harmony; 1 edition (December 30, 2014)

Language: English

ISBN-10: 0804141053

ISBN-13: 978-0804141055

Product Dimensions: 6.3 x 1 x 9.4 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars See all reviews (315 customer reviews)

Best Sellers Rank: #8,436 in Books (See Top 100 in Books) #34 in Books > Health, Fitness & Dieting > Women's Health > General #120 in Books > Health, Fitness & Dieting > Nutrition #182 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

This is a book that heals 1. Inflammation 2. Digestion 3. Hormonal Imbalance. I have come to the opinion that it is better and lots easier to prevent disease than to get to the point of having disease and trying to cure it. So whether you have health issues (like me) or you are not this book can help you. I did the inflammation and digestion burns with my daughter (I am 63, she is 25). She partnered with me so I would see it through. Here is the review on the results of the burns and how we viewed the food. I have Psoriatic Arthritis, slight digestive problems, and hormonal imbalance. She at 25 has some inflammation problems, lots of digestive problems and problems with not great hair, dark circles under eyes, acne. I Burn: After the 3 day burn Me: Pain free, no swollen wrists ankles or feet, tons of energy My daughter: dark eye circles gone, acne clearing, big attitude improvement. The food was the worst of the three burns, but edible, and lots of it. Never hungry. Hey it is 3 days out of your life, suck it up and do something good for your body for a change. D Burn: After 5 day burn, no more digestive problems for either of us, tons of energy. The food was our favorite for this burn. I will be going back to these recipes in the future for sure. H Burn: We are 3 days in, still lots of energy, 7 days to go I am confident. The food is really good on this burn too. In conclusion, this is not a "diet" book it is a healing/prevention book. It is for EVERYONE. It is amazing how much energy eating this way gives you. I will also say that in the process of healing you are purging the toxins in your body on these food plans. Of course you are not gonna just feel great. You feel great at the end.

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