



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

Haylie Pomroy, Eve Adamson

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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!

From the Hardcover edition.

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