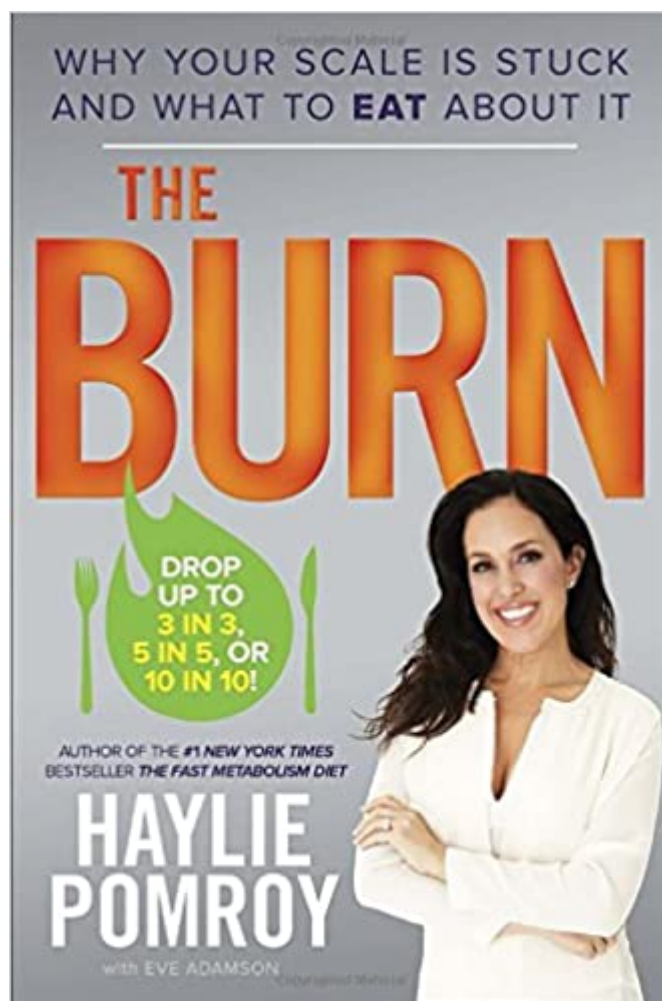


The book was found

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



Synopsis

Haylie Pomroy, the powerhouse nutritionist behind the #1 New York Times bestseller *The Fast Metabolism Diet*, 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 areas and lose up to 3, 5, and 10 pounds in as many days! *The Burn* offers three eating plans, each 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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Customer Reviews

"Yet again Haylie Pomroy provides real life solutions for problems plaguing our nation's health. *The Burn* provides real clinical change." --Mark Hyman, MD, bestselling author of *The Blood Sugar*

Solution 10-Day Detox Diet

Haylie Pomroy, nutritionist, #1 New York Times bestselling author, and owner of integrative health care clinics in Beverly Hills, Burbank, Irvine, and Fort Collins, is well known in Hollywood and in the medical community for her ability to use food as metabolic medicine. She has appeared on PBS, The Dr. Oz Show, Good Morning America, Katie, Extra, and Access Hollywood, and has been featured in First for Women, Harper's Bazaar, Marie Claire, People, New Beauty, and more. Her celebrity clients include Jennifer Lopez, LL Cool J, Robert Downey, Jr., and NFL athletes. Visit her at HayliePomroy.com.

I've used Haylie's FMV diet and the burn diets before. My weight loss exceeded my expectations and the typical weight loss suggested by the books. In my opinion, this is NOT an easy plan to follow, but for me the drastic improvements in my skin, long term energy level, and weight were worth the effort and money. The best part of being on the plans; particularly the I-burn and FMD is that this way of eating took away all of my joint pain, I stopped snoring, and I started to walk with a bounce in my step (instead of a feeling like stiff lethargic 53 year old). I went off the plans for a few months due to a stressful life event, but I am back on the wagon starting with the I-burn diet. I lost 7 pounds in 3 days this week. This is not typical, most of it was probably water weight, but I'm feeling better day by day. Yes the tea is difficult to drink and the smoothie is sour on the I-burn, but I view them as medicine that will make me feel better. Just a note about the I-burn smoothie- add a cup of spinach and a half stalk of celery; then make sure it is well blended. This takes away the sourness. For those reviewers that feel terrible on the diets; give them time. I too felt lethargic and run down when I first started to eat right and drink more water. It will likely pass once you have flushed the crud out of your body. As for the expense and complaints about too much food; I agree. At my age I just can't eat the serving sizes that the book mandates. Nor could I afford to spend the money each week if I followed the book's suggested recipes all of the time. I use the food lists to design my own meals and stop eating when I feel very full. The one thing I don't alter at all is the tea, soup and smoothie. This saves money and my stomach doesn't feel uncomfortable from too much food and liquid. I also don't fret if I don't have an ingredient needed for a recipe. I just wing it and substitute something close from the allowed foods. I made the decision to tweak the plan after several rounds of following the diets to a "t" and learning what does and doesn't work for my lifestyle and body. I work 50 hours a week and spend 2 hours a day commuting, so the work to stay on these plans is not easy. I gulp the teas down fast while getting ready for work and drink my smoothie in the car. I

spend 1 day of each weekend shopping and preparing food. I have never written a product review before, but felt compelled after reading all of the negative reviews. I wanted to share how eating to these plans can make you feel drastically better. Hard core FMD and burn followers will likely chide me for sharing that I tweak portion sizes, but if I did not do this I could not stay on the plans and I'd feel bloated and disgusted like many reviewers. Give these plans a try, if you are ready to make big sacrifices to feel great and improve your health drastically. If you are looking for a way to lose weight with a super tasty food plan and little effort, this book is definitely not for you. Good luck and I hope you give Haylie's plans a try.. Sorry my review is so long. If it helps 1 person improve a health issue and/or lose weight, writing it was worth it.

This was not the book or diet for me. I am very disappointed. I love the FMD and was excited about trying something new to get back on track after the holidays. Unfortunately I don't have anything good to say about this book so I'll just list my top 3 complaints: 1. Labor intensive - there is a ton of preparation and a huge grocery list involved in this diet (specifically the H burn). I was frustrated from the beginning. 2. The taste - I'm not sure where to begin. It's awful. Really awful. The smoothie, tea and soup are all terrible. I woke up in a bad mood at the thought of having to choke down one of those smoothies. The tea was even worse. The soup tasted bland and ok in comparison, but that's not saying much. 3. The way it made me feel - I was miserable. All the time. I did drop a few pounds, but nothing more than I could have lost on the FMD, which I love. Bottom line, if you love the FMD, don't assume you will like this plan as well. This is hard core. You need a lot of time, a lot of willpower, an iron gut and a lot of extra cash to pull this one off. Sorry Haylie, I really wanted to love it. :(

Wow, where to begin. I tried two different programs from The Burn, I-Burn & D-Burn. I'll start with the D-Burn program, which I did two weeks in a row: THE GOOD: I was rarely hungry but I still had cravings. 80% of the recipes are quite tasty and filling, for diet food. I had the energy to work out for a solid hour and sometimes two. I actually felt pretty energized 75% of the time. I lost a total of 5lbs! THE BAD: I spent \$100 per week on groceries alone (organic veggies and fruit are SUPER expensive especially in Los Angeles); plus \$100 on a smoothie maker. BTW, my pantry was well stocked prior to shopping so it'll be more expensive for those who don't have a stocked pantry. I spent 2-3 hours daily, prepping, cooking and cleaning! The D-Burn tea tastes okay but the texture is like bile, no joke. I felt like I was reaching total muscle failure and mind failure every night due to all the work the preparation and cooking this diet requires. Oh and I went from okay bowel movements

to diarrhea to constipation...not regular by ANY stretch of the imagination! I'm on day 2 of the I-Burn program; and it is absolutely disgusting, like gagging disgusting. I liken it to taking the most disgusting medicine 1 bite/sip at a time for hours and hours. It too was very costly but not as time consuming as the D-Burn. I wouldn't do the I-Burn again unless I lost 5 solid lbs and someone was holding a gun to my head. The image below is of the I-Burn smoothie, looks good but is the MOST sour thing I have every forced down my throat, and I like sour, just not good at all.

I wish I could say that The Burn worked for me. I went straight into the H-Burn after 28 days on the Fast metabolism Diet, having lost 8 lbs (about 25 lbs overweight) and then hitting a plateau after 3 weeks. I followed the H-Burn faithfully through 6 days of the 10, but I started to feel quite bloated and ankles were swelling a bit. This is not typical for me by any means. I stopped the tea and that seemed to help. I did not lose a single ounce of weight in those 6 days, despite having done many of the "success boosters" , including the recommended exercise. While I enjoyed the lunch and dinner recipes very much, and was not bothered by the smoothie or the soup, getting set up with this 10 day grocery list (organic) and some of the boosters cost about 400\$-- no kidding. Some of the quantities for produce on the grocery list are excessive. I did get some detox symptoms the book describes (lethargy; sharp body odor) for several days that signify detox, and my body felt good until day 6, but I am left disappointed and confused by my experience with the H-Burn.

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