



# 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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