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Fast Metabolism Diet

The Fast Metabolism Diet was developed by Haylie Pomroy, a raw nutrition specialist who teaches that eating is a natural, necessary biological function. She encourages a whole foods approach and discourages followers from viewing food as the enemy. Her book, *The Fast Metabolism Diet*, is a *New York Times* bestseller, reaching thousands of people around the world.

Haylie's focus in *The Fast Metabolism Diet* is jumpstarting the metabolism and removing factors that are hindering optimal metabolic function. In the first phase of the diet, followers are guided to reduce stress by eating plenty of carbohydrates, such as fruits and whole grains. Haylie says that once your brain is getting the nutrients it needs, it relaxes and brings your body out of storage mode. She also says that these nutrient-dense foods cause the thyroid to release T3 and T4, which speed up the metabolism.

In Phase Two, Haylie guides followers in flushing fat away with lots of vegetables and protein. She specifically recommends bitter greens to encourage the thyroid to release fat-burning T3 and T4. She also says that high-protein, low-glycemic foods stimulate fat-burning enzymes in the liver.

Phase Three is all about boosting the metabolism by adding in healthy fats such as olive and coconut oil. These are said to promote brain health and allow the pituitary gland to release hormones that break down fat. Haylie encourages drinking lots of water to flush toxins from the system and prevent reabsorption. She claims that body fat in problem areas disappears in this phase.

Foods to include:

- Vegetables
- Fruits
- Whole grains
- Meat
- Poultry
- Fish
- Eggs
- Beans
- Nuts and seeds
- Healthy oils

Foods to avoid:

- Wheat
- Corn
- Processed foods
- Refined grains
- Sugar
- Artificial sweeteners
- Diet products
- Dairy
- Soy products
- Dried fruit
- Fruit juices
- Trans fats
- Caffeine
- Alcohol

Pros:

- Emphasizes whole foods
- Can be sustainable once learned
- Eliminates processed foods
- May initiate and maintain weight loss

- May suit celiacs and gluten-intolerants

Cons:

- Does not honor bio-individuality
- Some thrive on dairy
- May be difficult for some to cut out alcohol
- Some thrive on wheat
- May be too limiting and regimented

Sources:

Haylie Pomroy's *The Fast Metabolism Diet*