

Powerful Patient 2009, week 31

Host: Joyce Graff, <http://powerfulpatient.org>, editor@vhl.org 800-767-4845

Bolstering your Health with Nutrients

After 16 years as a nutritionist in Beverly Hills and Colorado, Haylie Pomroy, Wellness Counselor, has a few tricks up her sleeve. She helps people lose weight, improve fertility, overcome health challenges and reach optimal health while still enjoying delicious foods and without going hungry.

1) About our Guest

Haylie Pomroy, B.S. is a registered wellness consultant and Nutritional Counselor.

Haylie Pomroy grew up in a family with 2 sisters. As a family, they enjoyed friendly camaraderie at meals, great food, and sitting around the table talking long after dinner was over. Haylie enjoyed food and nutrition so much that it has become her life's work to help people create healthy lifestyles and eating habits. In her work with clients, Haylie has learned that many people equate healthy eating with deprivation, repetition, and going hungry. Haylie doesn't believe in starving her clients! She helps them meet their goals while eating delicious food and has proven it time and time again with her clients. From movie stars to the guy next door, she has been changing the lives of her clients. She helps her clients meet their nutritional goals and enhance their health while eating delicious, healthy and filling foods.

Haylie Pomroy owns integrative healthcare clinics in Beverly Hills, Burbank, and Calabasas, California; and Ft. Collins, Colorado. She is an accomplished practitioner, speaker, writer, consultant, product developer, and researcher who has been featured several times on national television and recently published her first book, "Craving Conception." Haylie is featured regularly on the nationally syndicated television show EXTRA.

Haylie works with clients from Hollywood, California to Ontario, Canada. During her 16 years of clinical practice, she has created strong relationships with many of the world's leading physicians, personal chefs, personal trainers, and other professionals who often seek her advice on their most challenging cases. She has consulted for top universities, hospitals, medical clinics, national sports teams, the Screen Actors Guild, the Writers Guild, and many of the major movie studios. Haylie's entire practice has been built on referrals from clients who have experienced amazing results from working with her.



Haylie currently sits on the Executive Editorial Board and writes a recurring nutrition and fertility article for Fertility Today magazine, a leading source of information for patients seeking access to clinical fertility literature and advice that is sold in 12 countries. She has also been featured in The Acorn, Your Health Connection, The Ventura Star, and other publications. Her book, Craving Conception: Unlock the Power of Nutrition for Fertility, has been featured on national television.

Haylie is the Vice President of Clinical Research and Development for East West Essentials, a supplement company that specializes in high quality, nutrient-dense products that help to optimize health and well-being (www.eastwestessentials.com). She is also the head of the Nutrition Department at East West Conception Center in Beverly Hills, California.

Haylie Pomroy resides in Southern California with her husband and two children. She practices in on location and at her offices in Beverly Hills, Burbank, and Calabasas, California; and Ft. Collins, Colorado.

See <http://hayliepomroy.com>

2) About Nutrition for a Healthy Immune System

The conversation between Joyce Graff and Haylie Pomroy focuses on nutrition to support the body in being healthy. Much of the discussion centers around foods not to eat. Haylie primary advice is to stay as close to the earth as possible – organic local produce, free of herbicides and pesticides, prepared in healthy ways without saturated fats or refined sugar.

Haylie is not a fan of “sugar-free” products, which contain chemical substitutes for sugar, and may also include additional fats and salt. Instead of refined sugar she recommends raw sugar, stevia (a leaf), whey low, coconut sugar, sucranot, xyletol, or agave nectar.

Meats have issues of their own. Avoid nitrates and nitrites (used as preservatives). Animals are often raised on antibiotics and growth hormone to bring them more rapidly to market, or to cause them to retain more water (making the meat weigh more). These additives, however, also affect us who eat the flesh of these animals.

Many people with mysterious discomforts and diseases may benefit from a change in their diet. Getting a thorough analysis of this situation is not easy to accomplish. Western doctors will do a portion of the analysis, but the remainder will be best done with a licensed naturopath, or a chiropractor who includes the practice of natural medicine. Haylie has a list of Resources on her website that may be helpful to people seeking nutritional counseling and diagnosis.

<http://www.hayliepomroy.com/resources.html>

She also suggests the American College for the Advancement in Medicine <http://www.acamnet.org> which includes a “Find a Physician” utility to assist people in finding a

physician who practices integrative medicine, combining the benefits of both Western medicine and Eastern medical practice.