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**CELEBRITY NUTRITIONIST HAYLIE POMROY HELPS ASHLEY HAMILTON
PREPARE FOR HIS DANCING DEBUT**

***As Featured on "Extra," A Combination of Diet And Nutrition As Prescribed
by Pomroy Gets Hamilton Ready for the Camera***

LOS ANGELES, CALIF. (October 23, 2009) – Actor and comedian Ashley Hamilton did more than just practice his footwork to prepare for his dancing debut. He also had a secret weapon in celebrity nutritionist Haylie Pomroy (www.HayliePomroy.com) who improved his diet and, as a result, helped him lose more than 10 lbs and 3 ¾ inches off his waist.

Ashley was referred to Haylie through his friend Robert Downey, Jr., who has worked with the nutritionist, and widely credits her for helping him prepare for his role in "Iron Man." Haylie not only crafted a meal plan for Ashley, she also put him on the 10-day "Optimal Cleanse" from East West Essentials, a program that combines fresh foods with the company's organic rice-based protein shakes.

"To say that working with Haylie and using the East West Essentials Optimal cleanse was lifechanging would be an understatement," said Ashley. "My body feels amazing, inside and out. I have an entirely new and improved relationship with food and nutrition that will benefit me for years to come."

Haylie put Ashley on the Optimal Cleanse, a unique program that does not fast the body, but rather feeds it while stripping it of toxins and stimulating the metabolism. Ashley was so impressed with the program that he got his dance partner, Edyta Sliwinska, onboard as well.

"I have been a dancer all my life, and it is important to keep my body at its best," said Edyta Sliwinska. "Using East West Essentials' Optimal Cleanse along with Haylie's nutritional guidance has made changes and improvements that I never thought were possible. It was some of the best preparation I could do for the new season of 'Dancing With The Stars.'"

Ashley and Edyta's success is a great example of the power of food and nutrition, especially while being active. The cleanse is so healthy and full of sustenance that the duo used it while dancing up to five hours each day.

“Ashley and Edyta had different nutritional needs,” said Haylie Pomroy. “Where Ashley needed to lose weight and detox from sugars, Edyta really didn’t need to lose. She was looking to tone her midsection, restart her metabolism and prepare for body for a grueling physical workout. The Optimal Cleanse, along with an individual nutrition plan is always a powerful combination, and for these two it did not disappoint.”

The Optimal Cleanse from East West Essentials is available at www.EastWestEssentials.com. To view Ashley and Edyta’s journey with Haylie on “Extra,” please visit http://extratv.warnerbros.com/2009/09/dancings_ashley_and_edyta_do_d.php.

About Haylie Pomroy

Haylie Pomroy provides nutritional counseling and wellness consulting for clients who wish to actively enhance their health. She is an accomplished practitioner, speaker, writer, consultant, product developer, and researcher who has been featured several times on national television and is featured as a “Lifechanger” on the show “EXTRA.” She is also the author of “Craving Conception: Unlock the Power of Nutrition for Fertility.” Haylie practices in California and Colorado. For more information, please visit www.HayliePomroy.com.

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