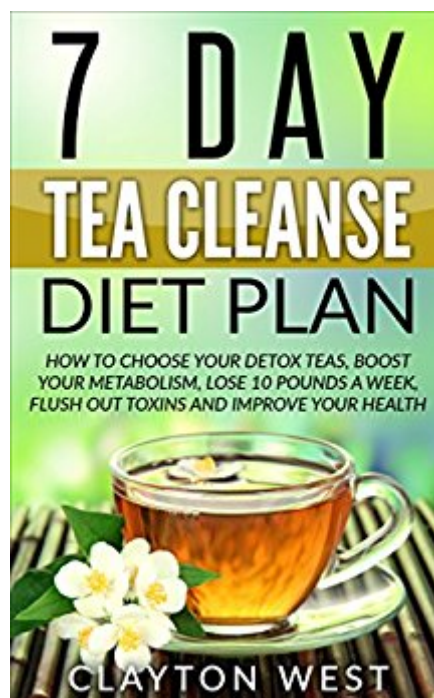




The book was found

7 Day Tea Cleanse Diet Plan (FREE BOOK INSIDE): How To Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds A Week, Flush Out Toxins And Improve Your Health



Synopsis

You are about to discover proven strategies on how to choose your own Detox regimen to boost your metabolism, lose weight as well as flush out the toxins in your body. The potent powers of tea are known and experienced worldwide. Studies carried out across the entire world have shown that tea has the ability to lower the risk of heart disease and stroke, lower your blood pressure and to stimulate you mentally. In addition, tea can also help you to keep your weight down and your energy levels up. This book will tell you how to use the tea cleanse diet to jump-start your metabolism and lose up to 10 lbs. in just one week. It also includes a few recipes to try, recipes that will give you the idea of what foods to eat while you are on the 7-day tea cleanse and afterward. Because you will be eating real food and healthy smoothies as well, you won't get the hunger pangs that so often accompany detox diets and you will be getting all the nutrients and vitamins that your body needs.

What's included in this book

- Why choose Tea Cleanse
- How Tea Cleanse Works
- The Principles of the Tea Cleanse
- What are Toxins? Detoxification for Rejuvenation
- How Boosting your Metabolism through Tea Cleanse helps You Lose Weight
- 7-Day Tea Cleanse Plan
- Many Recipes

And much more!

Download your copy NOW! Click the buy button!

Tags: tea cleanse diet, tea cleanse for weight loss, tea cleanse detox, metabolism, boost, detox tea

Book Information

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Customer Reviews

I read and tried this tea tox. It really works. I'm still currently drinking my teas everyday and its helping me to regulate my weight. I'll recommend it to anyone.

I'm looking forward to starting my cleanse. I'm not too sure about some of the recipes since I don't eat cheese so I plan to prepare my own healthy food using my indoor grill and crock pot.

I would like to see serving size in each recipe and how many serving each recipe makes. Are all teas made the same way? Are teas to be made without sweeteners or milk?

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