

The
ULTIMATE
G U I D E T O
DETOXING



BY LIZ SWANN MILLER



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The following eBook is just a free sample of some of some information contained in **Liz Swann Miller's Red Tea Detox** Program.

For the full contents, including instructions on how to make the ancient African tea that can melt away 1 pound of fat per day, please visit the official **Red Tea Detox** website.



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Introduction:

WHAT IS A DETOX?

Do you want to lose weight in a simple and effective manner?

Do you frequently deal with health issues despite no apparent cause?

The perfect solution for both these can be detoxification. Detoxification, or detox for short, is the process of eliminating toxins from your body. As you would know, toxins surround you and your body absorbs them through the air, the food you eat, and pollution.

Detoxification, contrary to common perception, is a natural process. The body has systems for detoxification, and the process involves different functions. You can enhance and optimize this process by reducing your intake of toxins.

Keep in mind that there are two types of toxins: controllable and uncontrollable. The controllable toxins are which you take in via food, water, and from the environment around you. You can reduce your intake of these toxins in a bid to help your body detoxify.

Generally, people focus on external cleanliness more than cleansing their bodies. Do remember that a detox is not the same as cleansing. You might brush your teeth or dust your home, but that doesn't mean you can get rid of all the toxins that surround you.

Sometimes, people don't realize that their body is unable to deal with the toxins on its own. The mechanisms break down and you are left with a toxin buildup. This is where you can opt for a detox.

This eBook will focus on one of the most effective detox plans in the world, **The Red Tea Detox**, elaborating its effectiveness, benefits, and the different ways in which you can try it to completely transform your body.

Detoxing vs. Dieting:



WHY DETOXING IS A BETTER OPTION

Go online and you'll find a plethora of information about detoxing and dieting. A significant percentage of the global population seeks to lose weight, but not everyone realizes there are safe and healthy ways of doing so.

Moreover, there is a common misconception that dieting can lead to sustainable long-term weight loss. 'Fad' diets in particular deliver short-term results. Once you stop following the tips and tricks for the diet, you will regain the weight you have lost and will be back at square one.

Surely, you don't want that? The main reason people want to lose weight is to preserve their health. However, what if your diet plan deprives you of nutrition and makes you appear older than you are?

Well, this doesn't mean that you can't tweak your dietary routine to achieve long-term weight loss results. The difference is that you must take the detox route rather than just deprive your body of calories.



Detoxing and Dieting: The Difference



As mentioned in the introduction, detoxification is the process of expelling toxins from your body. An effective way of doing so is preventing the said toxins from entering your system in the first place.

Now, when you're dieting, you usually:

- ▶ Cut out certain foods from your daily diet according to the guidelines of the diet plan you are following
- ▶ Restrict the number of calories you consume on a daily basis

Detoxing, on the other hand, involves changing your eating habits to reduce your intake of foods that contain toxins or toxic substances. Because your body is constantly exposed to toxins, continual detox is important, and you can do this by modifying your diet.

Why Detoxing Is Better

There are several reasons why detoxing is better than dieting:

SUSTAINABILITY

Let's say your diet plan requires you to stop eating ice cream, or pizza. While you may be able to stay away from your favorite foods for a few months, you can't sustain it in the long run.

Your level of satisfaction decreases when you deprive yourself of certain food items, especially the ones you like. There will come a time when you buckle under the pressure and give in to temptation. The entire concept of 'cheat days' is based on this lack of satisfaction. Detoxing is far more sustainable than dieting.





SHORT-TERM IMPACT *The Pink Tea Detox*

Dieting is great for obtaining short-term results. You can lose a few pounds quickly, which can enhance your appearance. However, a restrictive diet plan will eventually lead to a lack of energy.

As you would know, calories are the main source of energy. If you are eating less and working out more, you need to maintain a balance or else you will deprive yourself of energy. This happens in most cases, where dieters struggle with lack of energy and a constant feeling of fatigue.

Detoxification, on the other hand, reduces the toxin buildup in your system, which naturally boosts your energy levels and also improves your immunity.

APPEARANCE

You might be able to cut out belly fat with vigorous dieting and exercise, but your skin may not look as great. Many people who go on crash diets have wrinkles and lines on their skin, even though they manage to lose weight. Surely, this tradeoff is not worth your while!

The main reason people want to lose weight is because they want to look and feel their best. This is certainly not the outcome when you opt for a crash diet, where your skin bears the brunt of your weight loss efforts. Detoxification can give you the weight loss results you are seeking, without any adverse impact on your appearance.

The bottom-line is that detoxing is a superior option to dieting. You can achieve long-lasting weight loss. You can rest assured there will be no risks to your health and safety, and you'll look great in record time.

Toxins and Their Impact on **YOUR HEALTH AND WEIGHT**



Did you know that over 20% of the people in the US resolve to lose weight and get healthier on every New Year's? However, only a small percentage of those people actually manage to achieve their weight loss goals.

Some people have it particularly hard. They work out regularly, reduce their calorie intake, and change their lifestyle, and despite this, they are unable to shed the unwanted extra pounds from their body.

What you may not realize is that a buildup of toxins within your body can be acting as a roadblock to your weight loss success. As we mentioned in the previous chapter, detoxing is far more effective than dieting. In fact, there is a chance that you might not achieve your weight loss goals simply if you don't detoxify simultaneously.

The impact of toxic overload on your body can be quite harmful. Your fat cell production can increase, and each cell might get overloaded by toxins in addition to fat. The reason for this is to flush out the toxins from your system and protect your vital organs.

However, what this does is make it easier for you to gain weight rather than shed it. The simple reason for this is that your body does not shed toxic fat easily. The level of pollution today means only the fittest can survive.

The toxins you are exposed to on a daily basis can cause issues with reproduction, cancer, hormone-related problems, and weight gain. The main point here is that you need to take toxins seriously, and until you do, you will not be able to shed weight effectively.

How Toxins Affect Your Metabolism

Try as you may to avoid toxins, they will find a way into your system. The long-term use of toxic chemicals and pesticides in agriculture will continue to affect future generations, contaminating the food you eat.

The worrying part is that some companies in the food industry incorporate toxic elements in

the products they manufacture. Marine life, in particular, is at risk of exposure to harmful toxins.

The fish you eat today can be affected by toxic elements, such as TBT. Fish are exposed to this element because it is widely used in paint manufacturing. Because the waste is disposed into the sea, it reaches the fish and starts affecting their health.

Over the years, there have been numerous studies that used fat samples from participants to gauge the level of toxicity. A study conducted in 1987 showed that the fat samples in human adults showed traces of a dioxin and some industrial solvents.

To cut a long story short, the years of research and testing have shown that toxic chemicals do indeed contribute to weight gain and make it difficult for you to lose weight. The chemicals are known to attach to the process of gene signaling in white adipose tissue. This results in the formation of new fat cells.

In addition, you deal with inflammation caused by toxins and your metabolism gets affected. Because the new fat cells being produced are contaminated at the origin, they don't contribute effectively to the metabolic processes of your body. Among the many effects of this is your body is unable to properly produce leptin.

Generally, fat cells perform a number of important functions within your body. However, the increased number of fat cells brings with them a higher risk of type-2 diabetes. Your thyroid is also at risk, and the gland might be unable to function effectively.

More significantly, a study showed that women who are exposed to the chemical compound DDE bear children with a higher risk of obesity in the future. The bottom-line is that toxin damage might not only result in you gaining weight, but put your children at a higher risk of obesity as well.



Why Toxins Make Weight Loss Difficult



There are several reasons why toxins can make weight loss difficult. As mentioned above, if your system is overrun by toxins, your body will continue producing fat cells, which store the toxins along with the fat.

Now, in this situation, even if you reduce your calorie intake and work out vigorously, you won't be able to shed any weight, let alone meet your weight loss goals. The inability to lose weight is a symptom, not a disease. The disease, for lack of a better word, is a heavy buildup of toxins in your system.

Unless you address the root cause, you won't be able to shed weight. Now, when you do lose weight, the toxins stored in the fat cells are released into your bloodstream. If you cut down around 10% of your body weight, depending on your weight, the weight released from toxins could be up to 50% of the number of pounds you lose.

It is extremely dangerous to have these many toxins floating around in your bloodstream. There is a threat to your vital organs. The toxins can invade your important systems and lead to major health problems, including cancer and cardiovascular problems. Moreover, the toxins released from the fat cells are likely to target your thyroid hormone in particular. The reason for this is that toxins and thyroid hormone cannot coexist in harmony.

And this is just the tip of the iceberg. You have to deal with many other symptoms of toxicity within your system, including

- ▶ A constant feeling of irritability. If you suddenly develop a 'short fuse' for no apparent reason, it could be caused by a heavy quantity of toxins in your system
- ▶ Feeling better if you eat a lot of food. When you increase your food intake, the toxins transfer to the fat cells, along with the fat you ingest. As a result, you feel better because there are fewer toxins floating around in your bloodstream.

In this scenario, you wouldn't have much difficulty losing the weight that you have gained recently. However, that is as good as it gets. You will reach a plateau beyond which you will not be able to lose weight.

The only way you can get over the plateau is to detoxify. The more you weigh, the harder it will be to lose weight if you don't deal with the toxins simultaneously. You have to find a strategy that enables you to detoxify and at the same time, you can continue your weight loss efforts.



How Toxins Affect Your Health



In addition to impeding your weight loss efforts, toxins can have several other negative and harmful effects on your body. Here is an overview of a few:

- ▶ The bacteria in your gut play an important role in regulating your weight and overall health. Toxins can kill the friendly bacteria, leaving behind only bad bacteria, which cause harm.
- ▶ Excess levels of toxins in your system can also prevent oxygen from binding with red blood cells. This reduces the flow of oxygen to different parts of your body, which can be dangerous in some cases.
- ▶ Your body will be unable to perform normal functions, because the toxins in your system will block the enzymes required for those processes
- ▶ You will be unable to benefit from the nutrients you consume. Toxins can keep vitamins and minerals from being absorbed into the bloodstream. In other words, the nutritional content of the food you eat

In addition to the aforementioned health issues, toxins can cause damage and irritation, particularly when they combine with the toxins from your environment.

Naturally, your body expels harmful toxins through the intestines, kidneys, and liver. However, if these organs aren't functioning optimally, toxins look for other ways to get out, which include your skin.

As a result, you get rashes and acne, among other skin conditions. You might also deal with chronic fatigue if the toxins find a pathway through your lungs. It is virtually impossible for you to eliminate toxins from your life.

Hence, you need to focus on detoxification as a means of improving your health and losing weight, which is the core idea of this free eBook.

Common Misconceptions



The Red Tea Detox

ABOUT DETOXING

As is clear from the previous chapter, you can't ignore the importance of detoxing for weight loss. However, you might wonder why most people opt for crash diets and other means of losing weight as compared to detoxification.

It's not wrong to say that almost all the people who attempt to lose weight don't focus on detoxifying their bodies. The main reason for this is that there are numerous stereotypes and misconceptions about detoxing, based solely on hearsay.

You can't believe what you hear through the grapevine. Moreover, all the information you find about detoxification on the internet is not necessarily accurate. However, these same myths can dissuade people from opting for detoxing.

For example, you wouldn't go for a detoxification routine if you read that it entails starving yourself and surviving on green juices, would you? The mere thought of depriving yourself of the foods and beverages you love can make you feel miserable.

It isn't until you separate the myths from the facts that you realize that detoxification isn't as hard as people make it out to be. Don't worry, you don't have to eat brown rice with raw garlic for dinner!

Here is a look at some common misconceptions about detoxing:

Juicing is the New Black

Juicing is great if you want to stay hydrated and increase your fruit intake. However, it is not the optimal way to detox. Many people assume they are detoxifying their bodies simply because they are consuming nothing but juices.

There is a popular fad of juicing all the nutrients you want to eat. Fruits and vegetables do become palatable in liquid form, but you may not realize that they lose most of their potency when you juice them. The reason for this is that the fibers break up when blended



or put through a juicer. Moreover, people don't usually incorporate peels when juicing, but the peels contain nutrients as well.

Not to mention, juicing can be an expensive way to detoxify. Think of how many apples you need just to produce one glass of juice. Plus, consider the number of calories you are consuming in one glass and you will realize why juicing isn't the most effective way to detox!

Continuing from the previous point, juicing is great if you stick to healthier items, such as kale and cucumber. However, people often tend to add other fruits into the mix, including carrots and apples. When you juice these items, the fiber content disintegrates while the sugars become more concentrated.

Sugar, in concentrated form, is difficult for your body to process. There is likely to be a significant residue from the sugar once the juice passes through your digestive system. This can disrupt your blood sugar level.

Given that you need to add more than one apple and carrot to your juice just to make one glass, your sugar intake increases. You would know how many apples go into making just one glass of juice!

The point is that your system will digest juice quicker than any food item. As a result, the sugar you have consumed will be absorbed into your bloodstream in virtually no time. That's why, you have to pick and choose the right fruits and veggies when juicing.

Survive on Lemon Water or Salt Water



Perhaps the most absurd misconception about detoxifying is that you only need to consume lemon water or salt water throughout the day. You don't have to be a nutritionist to figure out how harmful these concoctions can be for your system.

Not to mention, you are depriving your body of vital nutrients and elements that are essential for your survival. In other words, you are compromising the efficiency of your system, which is the opposite of what you should be aiming for. If your body is not in sync, it will not flush out toxins effectively. Moreover, there is a huge risk of dehydration when you stick to salt water or lemon water.

Detoxing = Fasting

For some strange reason, people believe fasting can help with detoxing. In fact, you need sufficient nutrients for your body to be able to flush out the toxins and fasting goes against this.

You will neither be able to detoxify, nor lose weight if you simply starve yourself. The result will be that you feel weak, miserable, and will probably curse yourself for even trying to make it work.

You Don't Need to Cut Your Calorie Intake

At the opposite end of the spectrum is the misconception that just because you are detoxing, you can eat pretty much anything you want. As mentioned above, starving yourself is not the way to go, but you cannot load up on calories either.

If toxins overrun your system, even a slight increase in your calorie intake can lead to weight gain. You have to watch what you eat and be mindful of the number of calories in each meal. That said, you don't have to obsess over the calorie count of every morsel you consume!

Just make sure you are eating sufficient food and getting optimal nutrition from your meals.

Only the Foods You Hate Can Help You Detox

You will be amazed (and probably grossed out) looking at some of the foods and beverages people force themselves to consume just because they feel they will help with detoxification.

The last thing you probably want to feed yourself is raw garlic, but some people unhappily eat it for dinner (and that too with plain brown rice). Science proves that your body won't benefit from the food you consume unless you actually enjoy what you eat.

Steer clear of foods and beverages that you don't enjoy eating, because they will end up causing more harm than good. A simpler solution is to load your daily diet with healthy items, such as nuts, whole grains, and good ol' fruits and veggies.

Normal Food is Prohibited

Another prevalent misconception about detoxing is that you have to give up normal food, when in fact it is better if you continue eating it. You don't have to change your entire dietary routine just because you are trying to get rid of toxins.

Again, whole foods can prove highly effective at helping your body cleanse itself. These include fruits and veggies, plus nuts, seeds, and grains. The key to success is nutrition. If the food you are eating provides adequate nutrition, you can continue. Otherwise, you need to stop and rethink your diet.

After all, your body needs healthy fats and protein to function properly, and cutting out meat entirely can restrict your intake of these nutrients. Luckily, you can make up for the deficit by eating foods that are loaded with protein, such as raw nuts, and healthy fats, such as avocados and seeds. Combine these with fresh fruits and veggies and you have a healthy mix of foods that will fulfill your nutritional requirements.

Detoxing Causes Grumpiness

It is natural to feel a bit down when you don't have access to your favorite foods and beverages. However, you can't blame detoxification for causing your foul mood. Most people feel that feeling grumpy is part of the package when you start detoxifying your body.

The opposite, in fact, is true. The purpose of a detox is to improve the state of your body from the inside out, which should make you feel great. In fact, you should be excited at the prospect of shedding the unwanted pounds that you have been carrying for so long, despite your best efforts to drop them.

You will enjoy the experience if you keep a positive mindset and focus on the end results, rather than the effort you are putting in to achieve your goals.

Detoxing Is Not For Me



Surprisingly, most people feel that because there is so much bad feedback about detoxing, they wouldn't even give it a go. Well, you can't know something is bad (or good) until you try it.

As mentioned above, the results of the detox will amplify when you enjoy the process. The fact of the matter is that you shouldn't believe everything you read about detoxification on the internet. In this section alone, we have debunked seven myths people tend to believe about detoxing.

The bottom-line is that detoxification is necessary if you want to achieve healthy weight loss. Otherwise, you will find it next to impossible to reduce your waistline. The stubborn fat will cling to your body and you will eventually give up.

Therefore, detoxing is for everyone! You just need to put in some time and effort and the results will follow. As they say, "detox and they (pounds) will go".



The Benefits of Using TEA FOR DETOXING



You will come across a surfeit of methods for detoxification. Not all methods are healthy and safe for you, and therefore, you have to be careful when selecting a method. One of the most effective ways to detox your body is with tea.

There are many different types of teas available that you can use for detoxification. These include green tea, oolong tea, sencha tea, and most importantly, red tea. As you would know, regular tea (or chai tea, as it is known in popular lexicon), is a popular beverage around the world.

Many people around the world don't start their day until they brew a cup of tea. The popularity of the beverage hinges primarily on its lower caffeine content, as compared to coffee, and the feeling of freshness it provides.

However, these are not the only reasons why tea is great for detoxification. You get a number of health benefits by drinking tea on a regular basis, which include

- ▶ Increasing the quantity of antioxidants in your body. Antioxidants are soldiers in the battle against toxins. Plus, it keeps your system from deteriorating due to age and environmental factors.
- ▶ Tea contains less caffeine than coffee. Herbal teas, in fact, don't contain any caffeine. Even other types of teas don't contain more than 50% of the caffeine content of coffee, making them a superior option.
- ▶ Tea is great for your heart health. Numerous studies and researches have shown that you can reduce the risk of stroke and heart attack by drinking tea on a daily basis. It is the perfect hot beverage for people at risk of cardiovascular health problems.
- ▶ The pH level of your mouth improves when drink a cup of tea. This effect can reduce the risk of tooth loss, and improve your smile.
- ▶ Some forms of tea are particularly known for being great for digestion. People dealing with digestive distress are often advised to drink green tea or chamomile tea.

- As long as you don't add any milk or sugar, tea is calorie-free. Tea is the perfect substitute to water, if you are tired of the bland taste. You will find tea available in a variety of flavors, which makes it a great choice for improving hydration without sticking exclusively to water.

Keep in mind that this is just the tip of the iceberg. There are many other health benefits to be had from drinking tea, depending on the type of tea you opt for.

Coming back to the point, drinking tea is a great way to detoxify your body. There are two steps to daily detoxification: refreshing and cleansing. Refreshing refers to the process of restoring the electrolytes and other nutrients your body loses as a result of the cleansing process.

Cleansing, as is self-explanatory, involves cleaning your colon by filtering out all the toxins and waste that builds up within your system at the end of the day. Tea can perform both these functions effectively, though you might have to opt for two different types of tea.

For example, the tea you drink in the morning should be refreshing, i.e. contain the nutrients your body needs as well as have high electrolyte content. The tea you drink for cleansing should be efficient at detoxifying, removing all harmful elements via your colon.



Why Cleansing is Crucial



You can't improve your health without putting in effort to cleanse your system. The reason for this is that you are ingesting toxins every time you consume food or drink. Along with the nutrients your body absorbs from the food and beverages you intake, the toxins are absorbed alongside.

Toxins also enter your system when you breathe and even when you touch anything. This reason is why your body's main routes for eliminating toxins are the lungs and skin. Other organs that play an important role in getting rid of toxins include

- ▶ Liver
- ▶ Gallbladder
- ▶ Kidneys
- ▶ Colon

In this day and age, it is virtually impossible to eliminate toxins from your environment. The more toxins your body absorbs, the more health problems you are likely to face.

You can reduce some of the burden by changing your diet. You have to consume items that are known to kill toxins and enhance their expulsion from the body. Moreover, you also have to incorporate sufficient rest and exercise into your routine.

Exercise is particularly important for two reasons. Firstly, you perspire more when you are engaged in vigorous physical activity. Your skin releases toxins when you work out through sweat. Secondly, the stimulation of serotonin when you work out enables your body to eliminate toxins as well.

You have to find ways to curb the side effects that detoxification can cause. If your body is overrun by toxins, you might find yourself dealing with all sorts of major and minor ailments, ranging from fatigue to nausea to insomnia.

These ailments signify that your body is finding ways to eliminate the toxic chemicals within. This is why you have to find a detoxification method that helps you deal with the toxic load effectively before you can move on to the weight loss part.

How Tea Can Help YOU LOSE WEIGHT

Generally, people assume that they have to reduce their calorie intake in a bid to lose weight. It is true that you have to cut certain items from your diet if you want to shed the excess fat from your body, but that alone will not deliver the results you are looking for.

You have to complement your weight loss efforts by consuming the right items, which will speed up the process, enabling you to burn more fat quickly. Drinking tea has proven an effective means of losing weight.

People around the world consume different types of tea on a daily basis, including green tea, to reduce the harmful effects of the food they consume. The main reason tea works for weight loss is because it flushes out toxins from your system.

Hence, the main roadblock to your weight loss success is eliminated and you are able to notice a difference. That said, the results do depend on your choice of tea. We will cover this in the next chapter.

Develop a Habit

Before you can enjoy the weight loss benefits that tea offers, you have to get into the habit of drinking tea on a regular basis. Coffee remains the hot beverage of choice for a majority of people around the world. Even you might gulp down several cups of coffee a day, because the caffeine keeps you awake and helps you focus.

However, if you want to detoxify and lose weight simultaneously, you have to switch to tea instead. This can be a challenge if you are not a tea drinker. Believe it or not, some people have never had a cup of tea in their life.



Overcoming this hurdle is not a hassle, because the tea that is included in our detox program tastes great and you will have no problem having a few cups a day. However, if you are in two minds about developing the habit of drinking tea, you should focus on the positives.

Tea will overload your system with antioxidants, which fight off not just free radicals but the toxins that your body absorbs from the environment. In other words, by drinking tea, you create a pathway for toxins to be excreted from your system every time you urinate!

Do keep in mind that tea on its own isn't a magical cure for weight issues. You have to make other changes to your lifestyle, which is the reason we are offering a holistic detox program, rather than just propagating drinking tea.

A healthy lifestyle which involves regular tea consumption can help you strengthen your immunity, feel more energetic, and enjoy a better overall quality of life.

The Health Benefits of Drinking Tea

As mentioned above, tea is a reliable source of antioxidants. When these antioxidants enter your system, they fight off harmful free radicals that cause health problems. As a result, your immunity is strengthened. There are dozens of studies that prove the link between tea and stronger immunity.

In addition, several types of tea are known to boost your body's ability to fight cancer. People who are at risk of developing cancer can drink tea on a daily basis in order to keep the cancer from spreading and causing irreparable damage.

The foremost reason to opt for tea over any other food or beverage for weight loss is because it contributes to an overall healthier lifestyle. As we have mentioned repeatedly in this eBook, the results of your efforts are better when you make changes to your lifestyle.

If you eat healthy food, get sufficient sleep, work out regularly, and drink tea, you can detoxify your body, and in the process, lose weight. And there is no reason why you shouldn't opt for tea.

There is a common misconception that tea is a diuretic. This myth is based on the fact that tea does contain some caffeine, like coffee and soda. However, the impact of tea is opposite to that of other beverages you consume. Tea actually perks up your hydration levels. So,

the bottom-line is that tea does not cause dehydration, unlike other beverages that contain caffeine.

Do note that this is not the only reason why you should drink tea on a daily basis. Tea offers a wide range of health benefits. Of course, these benefits vary depending on the type of tea you opt for, but some are fairly common. These include:

- ▶ Hydration
- ▶ Protection for your skin against harmful UV rays from the sun
- ▶ Weight loss
- ▶ Lower cholesterol level
- ▶ Good for your teeth
- ▶ Lower risk of heart attack and stroke
- ▶ Great for digestion
- ▶ Helps reduce stress

As you can see, there are numerous health benefits of drinking tea. In fact, it's surprising that the beverage hasn't managed to usurp coffee from the top of the list when it comes to popular hot beverages around the world.



The Ideal Detox Solution:



RED TEA



As is evident from the previous couple of chapters, drinking tea can be the ideal weight loss solution because it helps you detoxify. However, there remains the small matter of determining the type of tea that will best suit your detoxification needs.

The best option in this regard is red tea. Red tea has proven the ideal weight loss solution for people who are dealing with toxicity, which is blocking their path to achieving their ideal weight level. You have to brew the tea according to a special recipe in order to get the best results.

In fact, Red tea is different than the conventional types of teas you find on the market. For one, red tea is completely natural and tastes great. It provides the body with endless energy and cleanses away unwanted toxins that are causing your body to hold on to weight. Secondly, the results will be clear from day one. You will not only look and feel better, but you can actually reverse the aging process and look younger.

However, we do need to proceed with a degree of caution here. **The Red Tea Detox** is effective, but you have to follow the methods to the letter. Even a slight oversight can affect the end results.

That is why it is important that you commit yourself to detoxification before you proceed with this detox method. Do keep in mind that you don't have to put in too much effort to notice a change. The numbers on the scale will go down from day one. You will also notice that your clothes will fit you better and your body will shrink.

At the same time, your energy levels will go up and you will feel great. Does this sound too good to be true? Well, it is true. In this chapter, I will highlight the reasons why **The Red Tea Detox** is the perfect weight solution as well as provide more information about why this detoxification method is effective.

Why The Red Tea Detox?



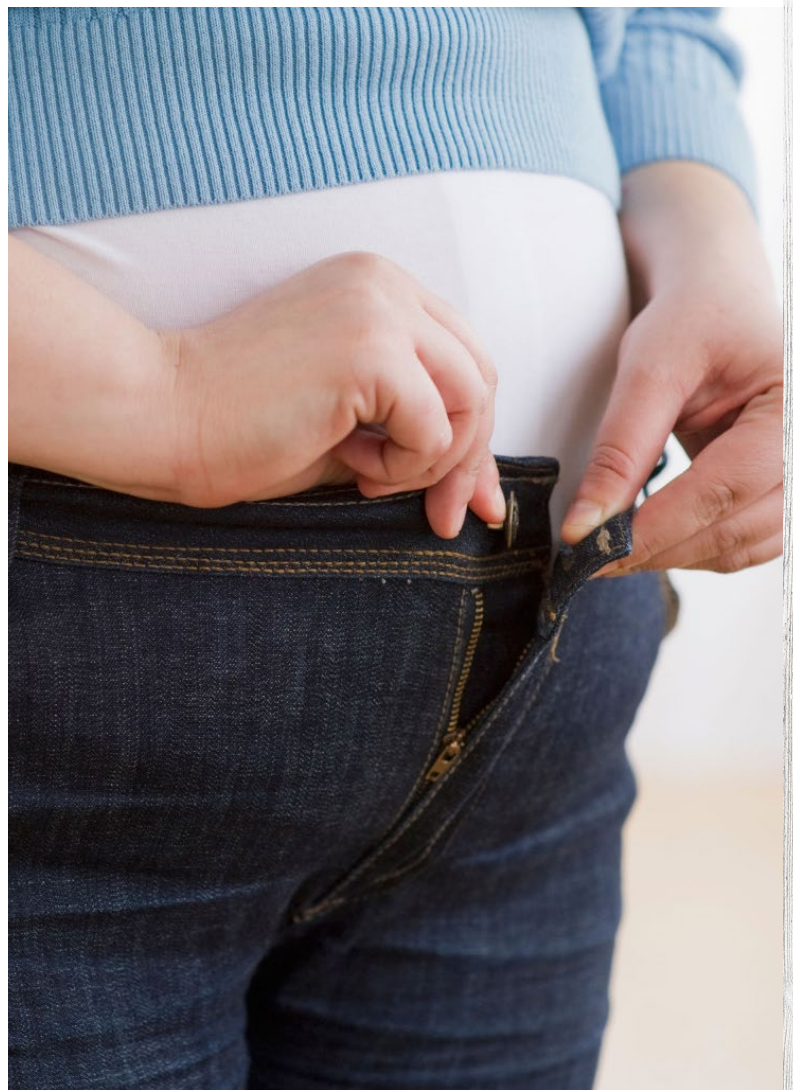
Let's address the main question first: why should you opt for this detox method over any other? For this, we need to highlight the reasons why this method has proven effective.

As you have read in the previous chapters, an effective detox will help you lose weight. **The Red Tea Detox** does that and more. In fact, there are many more benefits to be had than you can imagine.

Just to reiterate, the presence of toxins in your system can lead to a wide range of health problems and symptoms. Most of these problems are signals that your body is sending to alert you that you need to find a way to get rid of toxins.

Moreover, a majority of these issues are inter-connected. In fact, you are at risk of developing many of the health problems that toxins can cause if you are obese or overweight. These include:

- Low energy levels
- Sleep issues
- Inability to concentrate
- Irritability and mood swings
- Asthma
- Allergies
- Fatty liver disease
- Skin ailments
- Headaches
- Constant fatigue
- Digestive problems
- Carpal tunnel syndrome



Keep in mind that this is just the tip of the iceberg. There are many other health issues you might develop as a result of toxins. The root cause of this is that the toxins in your system affect cell function, and even cause damage to the structure of your cells.

A prominent example of this effect is cancer. People are more likely to develop cancers when their blood cells aren't functioning effectively. In other words, toxins can lead to cancer as well.

The main concern is that people don't take toxins seriously. The reason why we spend a third of this eBook explaining the harmful effects toxins have on your health and body is to make you take toxins seriously. No wonder people today are dealing with chronic illnesses more frequently than their ancestors.

Coming to the point, your body expels toxins in a number of ways. These include sweating and answering nature's calls. However, these natural methods are not enough to deal with the buildup of toxins the average person today deals with.

The Red Tea Detox is designed to help curb these symptoms and enhance the speed at which your body eliminates toxins. Since obesity can be a major risk factor for the health problems caused by toxins, the emphasis of this detoxification method is on shedding excess fat.

How The Red Tea Detox Works

A common misconception is that you have to stay away from certain foods during detoxification. Naturally, you won't find the thought of giving up your favorite foods pleasant. Moreover, it can be difficult for you to fully convince yourself that this effort will reap dividends in the long run.

The Red Tea Detox provides you a viable detoxification solution that will make it incredibly easy for you to expel toxins from your system. While **The Red Tea Detox** is not a magical cure, it provides effective results in quick time. Your effort and perseverance pay off.

The reason **The Red Tea Detox** delivers the results it promises is because it offers a comprehensive solution. You don't just lose weight, but your overall health and quality of life improve. There are three pillars on which this detox method stands:

DIETING



The diet portion of this detox method is divided into four phases. The different phases reflect the stage of your weight loss effort you are at when you follow this detox program.

For example, during the first phase that lasts a week, you will lose up to eight pounds, on average. In the last phase, you will have to focus on calculating your BMR as well as tracking the nutrients and calories you are consuming as part of your diet. These steps help prepare your body to burn fat.

The focus of the diet is to enhance your metabolism as well as to reduce the number of toxins you ingest. Your body becomes a fat-burning machine when you are on **The Red Tea Detox**, which means that you can lose weight safely, efficiently, and in a healthy manner.

WORKING OUT

Following the diet plan that comes with **The Red Tea Detox** will help you shed the excess fat. You can amplify the results you achieve by working out on a regular basis. The fact of the matter is that you can lose weight without working out regularly, but it will take longer.

You can boost your metabolism by working out regularly. The best part is that you don't have to spend hours and hours at the gym. As long as you can work out at a high intensity, you don't have to spend more than 30 minutes a day on exercise.

The worst that can happen is you will have to cut your Facebook time, or perhaps watch one fewer episode of the show you are currently bingeing on. It's not a bad bargain at all!

MOTIVATION

Perhaps the most important part of this Detox program is focused on motivation. This is the reason we dispelled the many myths about detoxification that people believe in. When you know the facts about detoxification, you will find it easier to make up your mind and make a commitment towards getting rid of toxins.

When you are motivated to get rid of toxins, you are more likely to achieve the results that this program promises. Moreover, your chances of success also improve when you move ahead with a positive mindset.

These three factors ensure the effectiveness of this detox program. You can see the results from day one, and once you start looking and feeling better, you will be more motivated to continue with the program.

Another major reason this detox works is because it doesn't center on the idea of eliminating toxins from your body. The focus is on getting rid of the harmful elements that are affecting your health, but at the same time, you also consume more good stuff to achieve the ideal balance.

The goal is to make you feel happy and vibrant, not just eliminate toxins from your body. With **The Red Tea Detox**, you can counter other issues that might crop up when you are unable to lose weight.

For instance, your weight level might lead to insulin spikes and troughs. Not to mention, you might be dealing with a food addiction. The idea is to bring about a holistic change, so you can adopt a healthier lifestyle with a focus on being your best self.



Why Red Tea

Before moving forward, you need to learn why you should consume Red Tea rather than any other type of tea. For one, Red Tea is completely natural. It contains a number of herbs that provide a wide range of health benefits.

A common issue people face when detoxing is lack of energy. Red tea boosts your energy levels, so that you don't feel depleted at any stage. Moreover, your body will be better equipped to deal with the side effects that detoxification can cause. Often, people end up quitting their detoxing efforts once they hit a plateau. This will not be a concern when you follow **The Red Tea Detox**.



Moreover, your body often halts the process of detoxification if you are dehydrated. This is because the lack of hydration means that any expulsion of fluid can lead to health problems. Red tea can perk up your hydration level, ensuring that your body doesn't hold back when it comes to flushing out toxins.

Not to mention, you don't have to opt for bland meals or beverages in order to detoxify your system. The taste of red tea is delicious and there are numerous recipes you can try. In simple words, you can trick your mind to believing that you are enjoying a delicious beverage when in fact the beverage will end up cleansing your system.

To summarize, red tea can help you nurture your body using the goodness of nature. The method is simple to use, and the taste of the tea is great. You can get rid of toxins and increase your energy levels, which will make it easier for you to work out on a daily basis.

Simply put, red tea is the ideal detox solution that you can opt for if you want to lose weight.

The Red Tea Effect



With a plethora of diet plans and programs to choose from, you might wonder why **The Red Tea Detox** is the most effective option. There are two main reasons why you cannot detoxify with food and lose weight:

THERE ARE NO FAT-BURNING FOODS

Any food item you eat will contain some calories. There are no calorie-free food items. You would know that calories are the main source of energy for your body. Your body will burn the calories it needs for producing energy.

However, if you consume more calories than you expend over the course of a day, which is the case with over 80% of people, the calories are stored as fat. Your fat cells will absorb these calories, and this means more fat within your system.

Over time, the more fat that is stored from the calories, the more weight you will gain. This brings us to the myth of fat-burning foods. No foods can help you burn fat. All foods contain at least some calories that will eventually get stored as fat in your body.

Even healthy foods that are rich in nutrients and low in calories will eventually contribute to weight gain, not weight loss. You might be misled by wrong information on the internet. There are many articles that list the top 'fat burning foods', but there is no such thing.

THE FED AND FASTED CYCLES

Do note that your body produces energy by burning the calories you consumed in your last meal. Usually, an average meal will give your body enough fuel for up to six hours. This state is referred to as 'fed', as opposed to 'fasted', where you aren't consuming any calories and your body is burning the calories already stored in your system.

However, the problem arises when a person consumes a meal within six hours of the previous meal. Your body isn't able to enter the 'fasted' state as a result. You have to give your body enough time to digest the previous meal, which is at least six hours.

Now, if you consume more food before the six hours are up, your calorie store is replenished and the excess calories from the previous meal are stored as fat. In other words, you will not

be able to burn fat unless you allow your body to enter the ‘fasted’ state.

But, why do you feel the need to eat so quickly after your previous meal? This is one of those questions for which there is no exact answer. Some people succumb to cravings, while others simply feel an appetite building and want to satisfy it before it intensifies.

This is where Red Tea comes in. The beverage will help reduce your cravings and curb your appetite. As a result, you will eat fewer calories than your body can burn. There will be no calorie overload and hence, no calories will be stored in the fat cells.

The excess calories within your system will fuel your body till you have your next meal. To put it simply, your body will become a fat-burning furnace when it enters the ‘fasted state’, and this process will resume after you reenter the ‘fed’ state after your next meal.

This is, by far, the simplest and most effective way to burn fat and to lose weight. Eventually, you will be able to get rid of the stubborn fat clinging to your abdomen in a safe and healthy manner. **The Red Tea Detox** can help you achieve this and more without any risk to your health.

The Origins of Red Tea

Preparing and drinking Red Tea might not sound like the most adventurous experience in life.

The same is not the case with how I discovered this wonderful concoction.

Let me introduce myself a little. My name is Liz Miller and I’m a weight loss expert. I have helped close to 15,000 people improve the quality of their life by helping them enhance their health and fitness, enabling them to be happier and healthier.

I work primarily as a Naturopath and I am a best-selling author on Amazon.

Coming to the point, there was a time in my life when I was ashamed of my body. After a pregnancy, I had put on a considerable amount of weight. Tried as I did, I was unable to shed the excess weight.

The stubborn fat just refused to leave my body and naturally, I felt incredibly frustrated and angry at myself. The situation was so bad that I felt that my body isn’t mine. Despite my

best efforts, I simply couldn't go back to being the real me.



The worst part of the situation was the feeling of helplessness. I felt that I couldn't do anything about my body. Fortunately, at that time, I travelled to Africa and the trip changed my life. In fact, that trip enabled me to change the lives of many people over time.

On my trip to Africa, I came across the Red Tea, which is the basis of **The Red Tea Detox**. I realized that this delicious tea can be the foundation for quick and successful weight loss.

Speaking of results, I managed to shed 14 pounds in just 14 days after consuming the Red Tea. That's right; losing a pound a day might seem too good to be true, but I have experienced it for myself, and I decided to share my story with you via this report.

I followed through on **The Red Tea Detox** to the point that I managed to shed 27 more pounds. At the same time, I felt my body being cleansed of all toxins. Just a cup of tea helped me shed over 40 pounds in quick time.

So, you might wonder how I came across the Red Tea. Well, it all started in college when an exchange student from South Africa told me about it. I found out that the Red Tea is available in the remote Africa wilderness, and a Kenyan tribe goes so far as to only consume this tea to kill their hunger.

The origins of Red Tea are from long ago, when an African Shaman discovered the ancient recipe for this tea. He realized that this Red Tea can boost energy levels, while at the same time eliminating hunger and thirst.

Initially, I thought this is just hearsay and that the Red Tea is a myth, which is why I decided to go ahead and find out about it myself. I am lucky I did, and so are you, because you don't find this tea available in any store across the US.

I am a pioneer of sorts, blazing the trail for the Red Tea to reach the US. I risked my life to head to the remote African wilderness and that's all she wrote. I found the Red Tea, brought it over to the US, and now you can benefit from it as well, losing weight quickly.

All You Need to Know about

THE RED TEA DETOX



People expect overnight results when they embark on a journey to detoxify and lose weight. The unfortunate part is that there is no cure or magic pill that will deliver the results as quickly as you want. **The Red Tea Detox** is an effective plan, but you have to persevere, and more importantly, make a commitment to achieve success.

You need to invest the time and effort necessary to achieve the results you want. A majority of people fail to achieve their ideal body weight simply because they are not patient enough. **The Red Tea Detox** offers a simple solution that works, but only if you 'pay your dues'.

In fact, this area is where this detox plan is superior to most other diets you find online. Generally, the marketers use terms such as 'quick', 'easy', 'superfast', and 'simple' to mislead readers. Their aim is to get as many people to adopt the diet plan as possible, but what the readers actually believe is there is no effort required on their part.

As a result, when you start following the plan, in your mind, you assume that the results will be visible from day one and within a matter of hours, not days or weeks, you will be at the weight level you want to achieve. Hence, it is almost impossible that you would commit yourself to following the plan for more than a few days, at best.

The problem stems from the most frequently-asked question: "How can I lose weight fast?" No person says that I want to lose weight and how I can go about it. The emphasis is on achieving quick results. If you plan to shed over 30 pounds, you have to know that it cannot happen overnight.

After all, it is impossible for you to gain 30 pounds in a week. Therefore, you shouldn't even imagine you can shed that much weight quickly. What works is a 'slow and steady' approach, where you do all the right things. The results will surely follow; because that is the only way your body will react to detoxification.

That said, a majority of people who follow this approach often end up giving up way before the finish line. The reason, again, is that the results take time to show. You might see the

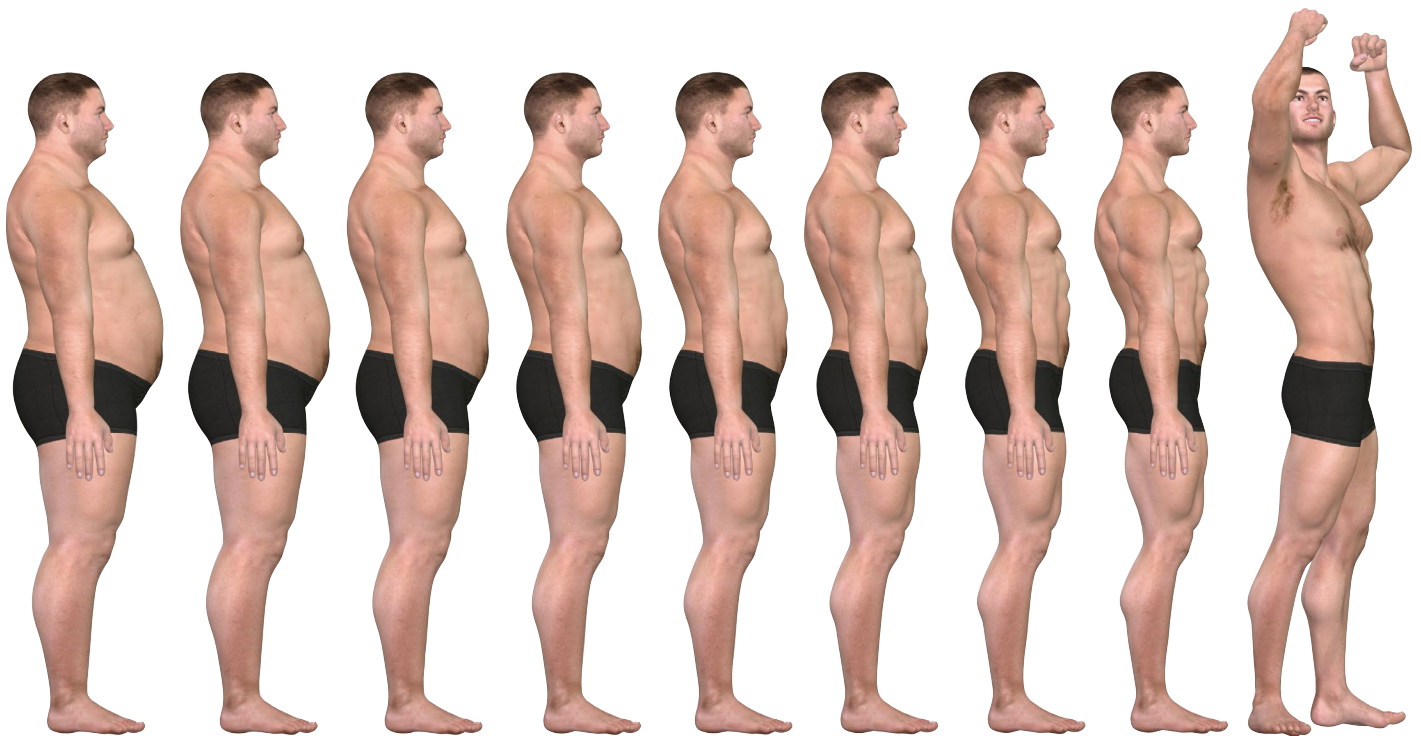
number on the scale change over time, but the drop is nowhere near the level you expect. Thus, there might come a time when you start feeling that weight loss is an unachievable goal.

To put it simply, the problem of 'effective' weight loss can be solved if you notice the fruits of your labor. This means that the results start appearing soon after you follow the plan. It is only natural that you feel motivated and encouraged to continue with the plan once you see that your efforts are making a difference.

It is not possible for you to enjoy the benefits of a diet when you cannot actually view the changes. Once you start perceiving the changes positively, it sets your mind and body on a path towards weight loss success. You will get healthier and leaner and this, in turn, will motivate you to continue with your efforts.

This is where **The Red Tea Detox** makes a real difference. You will start seeing real results in a short period of time, rather than having to follow the program for months on end with no visible changes to your body.

The results are tangible, and they give you the fuel to continue following the program beyond the initial stages. You will be able to visualize yourself at the end of your weight loss journey, and there is no greater motivation to keep going.



But Isn't Quick Weight Loss Dangerous?



A question that might come to mind when you read about the quick results **The Red Tea Detox** can deliver is if the quick weight loss can prove harmful for your health. The fact of the matter is there is no conclusive evidence to suggest there will be danger to your health if you lose weight quickly.

You might find information to the contrary on the web, which is the basis for this myth. If you investigate closely, you will find that the studies and research painting fast weight loss in a negative light focus on the methods people use for achieving the results.

Moreover, you have to focus on the tradeoff. The excess weight and fat you are carrying around is more dangerous to your health than any effect quick weight loss can have. You are actually preventing the risk of serious health problems by losing the excess weight.

Data clearly shows that obesity is an epidemic. Obesity is the second-most prevalent cause of preventable death in the US. Plus, excess weight exposes you to the risk of a large number of health problems, ranging from sleep apnea to coronary heart disease, the outcome of which can be fatal.

So, in fact, your approach should be to shed the excess weight as quickly as you possibly can. After all, don't you want to wake up feeling fresh, rather than fatigued, which is the case with most people who are overweight or obese?

Moreover, the longer you put off making an effort to lose weight, the greater risk you pose to your health. Sooner or later, your unhealthy lifestyle will catch up with you and the fat that you can shed easily with **The Red Tea Detox** can potentially prove fatal in the long run.

In this chapter, we will explore **The Red Tea Detox** in more detail, including how it works. The next section will focus on the recipes you can use, and we will also be covering the many benefits of using this program for weight loss rather than any other 'diet' you find online.

Benefits of Using Red Tea for Weight Loss



In addition to the benefits mentioned above, there are some other reasons why you should use Red Tea for weight loss. Here's an overview:

HYDRATION

Believe it or not, a majority of the beverages a majority of people in the US consume lead to dehydration rather than improving their hydration levels. As you would know, your body needs adequate hydration to function optimally.

All the systems of your body need hydration to work, including your digestive system, your muscles, your brain, and even your immune system. The main liquids that you might

be consuming that can cause dehydration include coffee, soda and alcohol, which are, unsurprisingly, among the most consumed beverages around the world.

Some other lifestyle habits can also cause dehydration, including smoking and consumption of processed foods. Water is the most important drink, as it hydrates your body adequately. The great news is that Red Tea can also offer superior hydration.

Your body's functions will improve and so will your health when you consume Red Tea on a regular basis. It is possible that you might feel you are drinking way too many beverages can get tedious.

The fact of the matter is that your body takes time to get used to the increased intake of beverages. Once this happens, you will feel refreshed after each sip and your body will like it too.



DIGESTION



The regular American diet mainly incorporates meat, processed foods, unhealthy fat, and dairy products. This diet is the reason why a majority of people are dealing with digestive problems. These foods can cause a range of problems, ranging from heartburn to irritable bowel syndrome (IBS). And this is just the tip of the iceberg.

You can consume Red Tea, which will reduce the impact of the standard diet on your system. Moreover, the tea will cleanse your entire system, from the color to the intestines. The end result will be that your body's digestive balance will get to a normal and manageable state.

PREPARATION

The last thing you want when embarking on a detox program is spending hours and hours just preparing the foods and beverages you have to consume. In fact, a major reason why people give up on dieting is because of the effort required for preparation.

Red Tea is easy to prepare, and you might be surprised at how effective it proves down the line. You won't have to spend more than five minutes on preparing the Red Tea, which makes it ideal if you have a busy lifestyle. Moreover, cleaning up afterwards is easy.



TASTE

Another reason why people don't opt for detox programs is that they have to consume foods and beverages that don't taste as good as their favorite items. You have to take one sip and you will discover how great the taste of Red Tea is.

Even if you are a foodie, you will find the flavor pleasant and you will have no issues drinking it on a regular basis. The zingy and rich flavor of the tea makes it a great choice for people of all ages.



WEIGHT LOSS

Coming to the business end of things, we know that this is the point you are reading this report for. A majority of people are not aware that simply losing one-tenth of your weight can provide you a host of health benefits.

The fact is that when you lose even a small amount of weight, the levels of bad cholesterol and triglycerides go down and the quantity of good cholesterol increases. The result of this is that your blood pressure improves, reducing the risk of hypertension and related problems.

Moreover, your risk of a whole range of health problems is reduced. These include diabetes and sleep apnea. Also, your body is able to secrete and regulate insulin in a better way. Some weight loss can also reduce the level of inflammation, which can lead to heart attack and stroke.

And this is just when you lose 10% of your body weight!

The point of concern is that a significant percentage of the population across the US is dealing with weight issues. When you are obese or overweight, you are at a higher risk of a wide variety of health problems. That said, even if you are a few pounds above your recommended weight level, shedding them will provide a host of benefits.

This is where Red Tea can help you. The



flavor of the tea is deceptive, i.e. so good that you might feel it contains all the forbidden treats you like. However, what you might not realize is that Red Tea contains fiber and other nutritious ingredients, in addition to its high water content.

You can drink as much Red Tea as you want, killing your cravings in the process and stepping on the path to effective and healthy weight loss. Rest assured, you will encounter no sense of deprivation at any point!

DETOXIFICATION

And now we have come full circle to the basic idea behind this report: detoxification. Make no mistake that your body is equipped to eliminate toxins. There are several mechanisms and systems within your body that flush out toxins.

However, the level of toxic exposure today means that your body needs some assistance to carry out the process. Red Tea can help speed up and optimize the process to ensure your body is able to get rid of toxins in an effective manner.

As we have mentioned time and again, toxins are harmful for your health. If you want to be healthy and happy, you need to detoxify your system and Red Tea will help you achieve the desired results.

The fact of the matter is that despite your best efforts, toxins will find a way into your system. The air you breathe, the beverages you drink, and the food you consume are all absorbed by your body. However, once your system extracts what it needs from these, you get leftover waste that your body has to expel.

Unluckily, the digestive process doesn't address this issue and over time, toxins continue to build up within your system. With Red Tea, you can increase your fiber intake so that your body is equipped to handle the waste and eliminate toxins effectively.

How it Works

So, now we move to the business end of the eBook: turning your body into a fat burning machine.

The average person consumes a meal whenever he/she feels hungry. The food you consume

provides your body with the calories needed to produce energy and therefore, your body never uses the fat stored within.

Over time, the fat continues accumulating, to a point where you start feeling overweight or obese. The fact of the matter is that because you are constantly in a fed state, your body is unlikely to burn fat.

The antidote to this is putting your body in the fasted state. This step alone can convince your body to stop storing fat, and instead, start using up the fat reserves already present in your system.

There are many ways you can go about fasting. For example, you can fast for 24 hours at a stretch, or simply 8 hours a day. You might feel it is difficult to start with a 24-hour fast right away, because you won't be eating anything between lunch on day one and lunch the next day.

A simpler way to get started is going for an 18-hour fast. Here, your body will be in the fasted state for 18 hours a day and in a fed state for 6. For this, you can start by skipping breakfast. This means that you have your last meal in the evening and then have lunch the next day.

Because you aren't eating breakfast, your body will stay in a fasted state for longer, which it enters when you are asleep. The ideal time for dinner in this scenario is 6 PM so you can have lunch at noon the next day.

What most people do instead is skip lunch or dinner, and because of this, they are unable to stretch the fasted state to a point where it exceeds the fed state. Keep in mind that the longer your body stays in the fasted state, the more fat it will burn. As you keep fasting, you will keep burning fat.

Well, this sounds simple on the surface but there is a major risk: bingeing. Most people are tempted to enjoy big, hearty meals, because they are eating after so long. You have to avoid this trap and keep your food consumption at a normal level.

So, to put it simply, you have to consume all your calories for the day in two meals in a restricted span of time, let's say 6 hours. Research proves that your appetite will remain at the same level or might even decrease when you get into regular fasting.

That said, you should expect to feel some hunger pangs, but that is a good sign. The pangs

signify that your body needs fuel and that is the point it starts using up the fat reserves in your body. It is at this point that you should drink a glass of water or a cup of red tea rather than eating.

The fact of the matter is that you will feel your more gets clearer when you fast regularly. You don't have to think about what to eat for each meal and meal preparation becomes easier as well, which helps you save time as well.

Not to mention, the feeling of losing weight will give you great joy and happiness, and make you feel that you are in control of your body. Even short-term fasting can produce long-term weight loss, and that is what we promise through our Detox Diet.

FOLLOW A LOW-CARB DIET

The most effective way to lose weight and burn fat through dieting is cutting out the carbs. You can follow a low-carb diet to the point where you reach your weight loss goal, and beyond that, you can pretty much eat whatever you want, as long as you stay within your BMR limit.

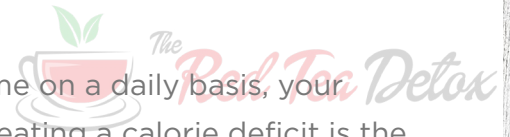
When you consume fewer carbs, you are basically forcing your body to burn fat. You can 'trick' your body to believe there is no food left as fuel for energy, and because of your diet, your body doesn't receive any glucose.

As a result, your body will start using up the fast reserves to a point where you create a calorie deficit, i.e. your body burns more calories than you consume. This leads to the process known as 'fat mobilization'.

So, how do you go about following a low-carb diet? We will lay out a three-phase plan that you can follow, which is optional, but we suggest that you opt for it. You can maximize your weight loss by sticking to this plan religiously.

However, bear in mind that you are allowed to make mistakes. If you encounter any pitfalls or roadblocks, don't let them put you off the track. As long as you can bounce back and resume the plan, you shouldn't have any problems.

You will keep losing weight as long as you are following the right steps and follow the information we have provided in this report. You can boost your motivation by reminding yourself that all you really need to do is create a calorie deficit.



As long as your body is burning more calories than you consume on a daily basis, your body will tap into the fat reserves and burn them up. In fact, creating a calorie deficit is the foundation of your weight loss success. Whatever else you try is a bonus.

In an ideal world, you would be able to bring your carb intake down as close to zero as possible. However, that is next to impossible. You can overcome this potential problem by consuming carbs as part of the first meal of the day and as a rule of thumb, don't consume more than 30 grams of carbs.

ENTER THE RED TEA DETOX

The diet that is part of **The Red Tea Detox** takes you through four phases. These phases don't include the optional fast we highlighted above. The idea behind this diet is to ensure maximum weight loss from the outset, while increasing your intake of whole foods. As a result, you lose weight but at the same time are able to consume a diet that is balanced in terms of nutrition and is good for your health and weight levels.

The best part about this Detox Diet is that you continue enjoying the foods and beverages you love. The key is to accommodate them in your new dietary routine in a way that you consume plenty of healthier alternatives.

Plus, this diet plan will EMPOWER you. You will feel that you are in control of the food you consume and are able to make sensible, healthy choices, rather than just bowing to temptation and consuming the items you love. Moreover, you will be able to let go of emotional attachments towards the food you like.

As mentioned above, there are different phases of **The Red Tea Detox**. Once you get through Phase #1, your confidence will soar to a level where you will feel you can do anything. The adrenaline alone will push you through Phase #2 and after that, the next phases will seem easy as well.

You simply have to rinse and repeat till you reach your ideal weight. In fact, if you end up putting on weight after completing the phases, you can restart and shed the extra pounds again. You have a weight loss solution that remains viable and doable for life!

One important point before moving forward, you have to keep your protein intake high. Your body can survive without an overdose of carbs, but protein is the building blocks of your body. Luckily for you, **The Red Tea Detox** addresses this issue effectively.

When you cut out carbs from your meals, your protein intake will naturally increase. Therefore, you don't have to worry about a protein deficiency when you are following this diet plan. And did we mention that your body will shed toxins like crazy while you are losing weight? This is a combination that is impossible to beat!



"I'VE GOT MY BODY BACK AGAIN!"

"I remember a time when I used to be proud of my body, when I could wear anything I wanted without feeling, well, embarrassed. But as middle age caught up to me, I kept putting on more weight and it became harder to lose with each passing year.

When I found Liz's Red Tea Detox though, I just knew this was my chance to turn it all around. And now, I'm 15lbs lighter and I've finally got a body I can be proud of again! I haven't felt this good in years!"

- Jessie P. 52

"I WAS ABLE TO KEEP EATING THE FOODS I LOVE! DEFINITELY NOT YOUR AVERAGE DETOX!"

"For me, one of the hardest parts about detoxing has always been forcing down food I just couldn't stand. It was bland, tasteless, and boring and within a week, I was back to eating the foods I actually enjoyed.

But once I heard about how the Red Tea Detox melts the pounds away AND lets you keep on eating your favorite meals, I knew I had to try it. I lost over 20 pounds WITHOUT having to ditch my favorite foods. I only wish I'd known about it sooner!"

- Adam L. 37



"I FEEL HEALTHIER, HAPPIER, AND MORE ENERGETIC THAN EVER!"

"When I first started to put on weight, I didn't notice how much it affected both my mood and my energy levels. But years later, I could tell that I'd become an entirely different person. I was tired, irritable, and downright unhappy with my life.

The Red Tea Detox changed all that. Not only have I lost 13 lbs. already, I also feel like I've got the energy of a 20 year old. Beyond that, I'm never hungry and the tea tastes absolutely amazing! This is the easiest and BEST diet and detox I've ever tried!"

- Caitlyn R. 41



Tips and Tricks You Can Use



Now that you have a clear idea of how this detox program works, let me highlight some tips and tricks you can follow to stay on track. Do keep in mind that these tips only work once you commit to this detox program:

THE PREPARATION PHASE

While the detox program itself is divided into phases, you have to start with a preparation phase before the program. A week before you begin the detox, you should start reducing your intake on addictive substances.

These range from dairy products to alcohol, to sugary items. The reason for this is that your body is likely to crave these items once you start the detox program. Dealing with the cravings can be a major challenge, one that you want to avoid during the initial stages.

Hence, you will be better prepared to deal with the restrictions the detox program requires of you.



CHEW FENNEL SEEDS

An effective remedy for cravings and even hunger is fennel seeds. You can chew a few of these seeds every time you start feeling the pangs. This is an effective way to keep cravings in control and curb your appetite, the result of which is effective and healthy weight loss.



ACTIVATE YOUR PREFRONTAL CORTEX



Even if you are pumped up to start the detox program, there is a chance that a certain part of your mind might dread the effort you have to invest down the line. You can prepare yourself for this by activating your prefrontal cortex.

Now, we don't need to get technical here. The idea is to train your brain to stay positive when you start the detox program, which is the key to achieving the results you expect. You have to change your thought pattern so that you don't fixate on the detoxification.

A great way to take your mind off this is by focusing on something pleasant. You can choose any number of ways to do so, including

- ▶ Spending time with friends
- ▶ Calling up a friend to have a nice chat
- ▶ Smelling essential oils or trying aromatherapy
- ▶ Taking long walks and getting close to nature
- ▶ Playing video games
- ▶ Watching your favorite shows & movies

In short, any activity that you find pleasant and which takes your mind off the detox program works. You can keep your mind engaged whenever you are dealing with cravings. This way, you will be able to fight them off without the risk of giving into the temptation.

LEARN TO DEAL WITH HEADACHES

There are no major side effects of following a detox program. Among the common occurrences is a headache. You might experience one during the initial stages, because toxins are escaping your mind and body, and also affect the sensitive tissues within your systems.

You can overcome headaches using peppermint essential oil. All you need to do is apply a few drops of oil behind your neck or on your temples. After this, lie down in your room, turning the lights off.

In case you have sensitive skin, you should dilute the essential oil using any other carrier oil before you apply it to your scalp or neck. This way, you can rest assured you can enjoy its benefits, including getting rid of the headache.

EXERCISE SMARTLY

You also have to be careful when working out during the detox program. You'll be eating less than usual, and therefore, you have to work out smart, not hard. For instance, some people enjoy yoga and walking, while some people enjoying cycling or swimming.

Other options available to you include stretching and breathing exercises. These exercises boost blood circulation and also allow more oxygen to enter your bloodstream. This is important for removing toxins from your system quickly.

The ideal time to work out when you are fasting is when you have had a meal and are planning to eat again in a few hours. You can work out at high intensity when you know you will be consuming food not too far in the future. You can work on more muscles and also take up challenging routines.

BRUSH YOUR SKIN

Not many people know that brushing your skin lightly is an effective way to detoxify. You can choose to skip this part, but the fact that it is so easy to execute makes it a great addition to your detox routine.

All you need to do is purchase a soft brush that is ideal for your skin. Not only can you remove toxins this way, but you will improve the texture and appearance of your skin, which is an added bonus.

Make sure the bristles of the brush you purchase are not harsh or hard on your skin. Gentle bristles enable you to softly brush your skin, removing dead skin and enhance blood circulation. You can also enhance your lymphatic system, which will pump out toxins from your system.

Dry skin brushing can also reduce the appearance of cellulite. The trick is to work from bottom to top, i.e. start at your feet and go all the way up to your heart. You have to brush your skin in circular motions. You can go up to your scalp, if you want, but that is optional.

Conclusion



You're now armed with a very valuable tool to help eliminate dangerous toxins from your body, promote weight loss and boost your health!

Yet what you've just read is only the tip of the iceberg. To really harness the full power of **The Red Tea Detox** and put your body onto an accelerated program of healing, cleansing and rejuvenation, you're going to want to unlock the entire Red Tea Detox program, which includes the really good stuff...

...including an amazing secret tea recipe that you can make right at home that literally melts fat cells overnight!

That's right - this proven African tea recipe gives your body the power to safely lose a pound a day and has helped nearly 15,000 others do exactly that and then some!

If you've ever felt frustrated about putting on weight and then trying in vain to lose it... if you've ever tried weight loss plan after weight loss product and gotten nowhere... if you feel like you're at the end of your rope and just want to give up...

You aren't alone.

That's why we want to offer you this fully comprehensive ancient African Red Tea detox and weight loss book at a very special rate. We want to empower you to make dramatic and permanent changes in your fitness, weight, and health and of course... your self-esteem.

The Red Tea Detox program isn't just about drinking tea - there's so much more that you must understand. So much about how we eat and even exercise that actually hinders weight loss!

This program shows you the truth about losing weight and rejuvenating your body. You may be surprised by what we disclose, because so much of what most people believe is good fitness sense is actually doing more harm than good!

It's about time that somebody pulled back the curtain and gave you the scientifically proven information and the step by step path to take in order to use that information successfully.



Don't wait another minute. Don't let another day go by without at least looking at how you can truly make big progress and totally transform your body and your life!

[Click this link](#) now and learn how to unlock your body's full weight loss and health

potential! We've already given you the key, do you have what it takes to open the lock?





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