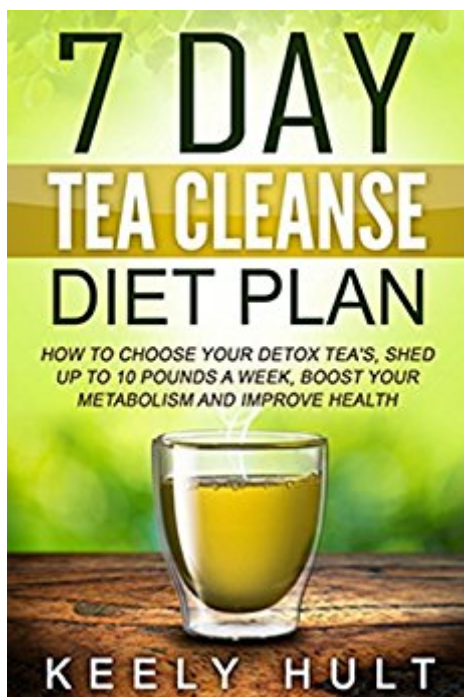


The book was found

Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds A Week, Boost Your Metabolism And Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea)



Synopsis

Use this proven step by step plan to lose weight and feel great in 7 days!If you are looking into this topic, then perhaps you are one of the millions that are continuously searching for answers as to how to lose the sluggish feeling that is dragging you down throughout the day.Are you hoping for a way to bring your body back to the healthy and comfortable shape that you once took for granted? This book contains proven steps and strategies on how to lose weight, boost your metabolism, flush your system of toxins, improve your overall health, and to choose the right teas that will assist in accomplishing them all. The goal of this book is to guide you to a new routine that will help transform you into the person you want to be through the natural remedies of detoxifying teas.What's included in this book...What are toxins and what you can do about themHow detoxing worksTypes of tea and how to prepare themHow boosting your metabolism through tea increases mental alertness and helps to lose flabAn easy to follow 7 day tea cleanse planTake action now to get this Kindle book for only \$2.99!And why wait? You don't need a Kindle to read this book! With free delivery right to your device, you can open it on your PC, Tablet or Smartphone with the free Kindle app.Tags: Tea Cleanse, Tea Detox, Detox Tea, Weight Loss, Metabolism Boost, Diet, Detox Cleanse, Detox Plan

Book Information

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#81 in Books > Cookbooks, Food & Wine > Beverages & Wine > Coffee & Tea

Customer Reviews

The 7 day tea cleanse is a great read and an interesting plan. I haven't done the 7 day cleanse yet but will update after I do.

I appreciated the advice to drink chamomile tea earlier in the evening -- that's definitely more useful to get a good night's sleep than drinking it just before bedtime as I had been doing. Good to learn more about different kinds of tea and how they work with the body's natural rhythms!

This book was a great read! I was looking for some more info on how to tea cleanse, and it really helped me to understand how to get started and detox. It covers lots of topics like where toxins come from, how to get rid of them, boosting metabolism, and tea recipes. Overall, IÃ¢Â™d recommend reading this to anyone interested in tea cleansing.

Very informative yet lacking in specifics .

Great easy to use guide on different teas you can drink and a 7 day plan is included

Haven't completed it yet. Just finished finding the teas. Looking forward to finding out if it works. No recipes for any of the food mentioned.

Easy to follow-never tried this b4...so if YOU haven't either...it's NOT difficult! Came well packaged and Unharmd!

It was ok and I learned about a few teas

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Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) Flat Belly Diet: The 14 Day Challenge - Flat Belly Diet Cookbook: Flat Belly Diet for Women, Flat Belly Diet for Men, Flat Belly Recipes, Eat ... Belly, Flat Belly, Flat Belly Diet (Volume 1) High Metabolism Diet: How To Transform Your Body Increasing Your Metabolism(Free

Checklist Included)[Metabolism Diet, Metabolism Cookbook, Metabolism Book Metabolism Diet Cookbook, Metabolism Miracle] 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 BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) The 3-Week Metabolism Diet: A Simple Metabolism Focused Diet Guaranteed to Shed 4-12 Inches and 9-21 Pounds of Stubborn Belly Fat Sugar Detox: Beat Sugar Cravings Naturally in 30 Days! Lose Up to 15 Pounds in 14 Days, Increase Energy, Boost Metabolism! (Sugar Free Diet, Sugar Detox ... 30 Day Detox, Weight Loss and More Energy) The 7-Day Flat-Belly Tea Cleanse: The Revolutionary New Plan to Melt Up to 10 Pounds of Fat in Just One Week! The 7-Day Flat-Belly Tea Cleanse: The Revolutionary New Plan to Melt Up to 10 Pounds in Just One Week! HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Detox Diet: 21 Days To Rapid Weight Loss, Cleanse Your Body And Upgrade Overall Health(Lose Up To 21 Pounds, 5 Inches Belly In 3 Weeks With Fast & Delicious Recipes)(Vegetarian, Ketogenic, Low Carb) The Liver Cleanse and Detox Diet: Ultimate Liver Cleansing Guide to stay Healthy and Lose Weight! (fatty liver, healthy diet detox, liver disease, cleanse ... fat loss, detox diets, healthy cooking,) The Body Reset Diet: Power Your Metabolism, Blast Fat, and Shed Pounds in Just 15 Days The 10 Day Ketogenic Cleanse: The Metabolism Booster Your Body Needs To Burn Fats (keto diet, high fat diet, ketogenic diet for weight loss, fat loss, ketogenic, ketogenic, ketogenic diet) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Wheat Belly Recipes: 39 Wheat Belly Recipes Including Diet Plan And Food List To Help Trim Your Waistline-Get Rid Of Unwanted Fat Rapidly And Improve Your ... Free Recipe, Gluten Free Diet Book 6) Detox Smoothies: Detox, Cleanse, Boost Metabolism & Burn Fat Building a Shed: Siting and Planning a Shed, Building Shed Foundations, Adding Custom Details (Build Like a Pro Series) Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Paleo: Ultimate New Paleo Detox: Over 100 Recipes (Bonus 21 Day Post Detox Meal Plan): Ketogenic Diet, Intermittent Fasting, Lose Belly Fat. Vegan Diet, ... Clean Eating, (Perfect Paleo Solutions)

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