



The **Red Tea Detox**



SIX TIME BEST SELLING AUTHOR
LIZ SWANN MILLER



Copyright © Liz Swann Miller – All Rights Reserved

Copyright Notice: No part of this publication may be reproduced in any form or by any means including scanning, photocopying or otherwise without prior written permission of the copyright holder.

Health Disclaimer: The information provided in this book is designed to provide helpful information on the subjects discussed. This book should not be used to diagnose or treat any medical condition. For diagnosis or treatment of any medical problem, consult your own physician.

The publisher and author are not responsible for any specific health or allergy needs that may require medical supervision and are not liable for any damages or negative consequences from any treatment, action, application or preparation, to any person reading or following the information in this book.

Created with love in the **United States of America**



Table of contents

| | |
|--|-----------|
| Introduction | 06 |
| Chapter 1: Toxins and You | 09 |
| Where are Toxins Found? | 09 |
| Toxins in food | 10 |
| Toxins in water | 11 |
| Toxins in air | 12 |
| Toxins in soil | 13 |
| Toxins in synthetic materials | 13 |
| Toxins in Self-Care Products | 14 |
| Fat and Toxins: A Deadly Connection | 14 |
| Chapter 2: Why Detox with Red Tea? | 16 |
| Understanding the Body's Detoxification System | 18 |
| How Red Tea Supports Detox | 18 |
| 6 Awesome Reasons that make the Red Tea Detox so powerful | 19 |
| Chapter 3: Rapid Detox and Weight Loss: Not Impossible | 22 |
| What Can I Achieve During the Red Tea Detox? | 23 |
| Chapter 4: Debunking the Diet Industry: The Real Truth About Detoxification and Weight Loss | 25 |
| How Fat Happens | 26 |
| There are a few points I'd like to clarify for you. | 28 |
| Fat Loss the Red Tea Way | 28 |
| Chapter 5: Introducing the Red Tea Recipe | 30 |
| Start with the Red Tea Detox Fast to Maximize the Power of Fasting | 30 |
| The Red Tea Detox Formula | 33 |
| How to Make Red Tea for the Detox and Beyond | 38 |
| More Ways to Enjoy Red Tea | 39 |
| Tips and Tricks for the Red Tea Detox | 40 |
| Meditation: A Tool for Taking Your Detox to the Next Level | 42 |
| Chapter 6: Understanding Nutrients: What Your Body Does and Doesn't Need | 44 |
| Back to Basics with the Big Three: Protein, Fat & Carbohydrates | 45 |
| Protein | 45 |
| Protein Supplements: Your Ally for Rapid Weight Loss | 47 |
| Fat: Eat a Little, Burn a Lot | 49 |
| Essential Fatty Acids (EFAs) | 50 |
| Carbohydrates: Simple vs. Complex | 52 |
| Fiber: Get the Right Amount | 53 |
| Fruits and Vegetables – The "Miracle Fiber" | 53 |
| Water: Why You Must Drink Enough | 56 |
| Chapter 7: Metabolism: It's Easier Than You Think! | 58 |
| What Affects Metabolism? | 59 |
| Chapter 8: Follow these Rules to Burn Fat Faster | 61 |
| Rule #1: When you create a calorie deficit, you automatically burn fat and lose weight | 62 |
| Rule #2: Burning fat is easy when you learn to mobilize! | 64 |

| | |
|---|------------|
| Rule #3: You're the boss of your own metabolism. You control how much fat you mobilize!..... | 65 |
| Rule #4: Follow this scientific principle: Keep your catecholamine level high and your insulin level low..... | 66 |
| Chapter 9: Easier than it Sounds: How to Increase Catecholamine Levels and Lower Insulin | 67 |
| Reducing Calories the Right Way..... | 68 |
| Short-Term Fasting | 68 |
| Why Cut Carbs? | 72 |
| Fasting Doesn't Equal Starvation..... | 76 |
| Exercise: The "Magic" Way to Burn Fat Even Faster | 77 |
| Combining Exercise with a Low Carb Diet..... | 78 |
| What to Do About Stubborn Body Fat..... | 79 |
| Fat-Burning Supplements to Consider..... | 80 |
| Chapter 10: Faster, Easier Fat Burning | 83 |
| How to Use Short-Term Fasting..... | 84 |
| Going Low-Carb: It's Easier Than You Think..... | 85 |
| A Quick Note about Fat | 87 |
| The Red Tea Detox Diet Phase 1: Days 1 – 5 | 88 |
| Phase 1 Vegetables to Eat..... | 88 |
| Vegetable Preparation Methods..... | 89 |
| Phase 1 Proteins to Eat..... | 89 |
| Protein Preparation Methods..... | 90 |
| Phase 1 Liquids..... | 90 |
| Phase 1 Supplements..... | 90 |
| The Red Tea Detox Phase 2: Day 6..... | 92 |
| The Red Tea Detox Phase 3: Days 7 and 8..... | 92 |
| Research Proving the Effectiveness of a Fat Fast..... | 94 |
| Saturated Fat Benefits..... | 97 |
| Monounsaturated Fat Benefits | 98 |
| Polyunsaturated Fat..... | 98 |
| Trans Fats (the worst!)..... | 98 |
| Phase 4: Calorie Restriction Based on BMR..... | 99 |
| Step 1: Determining your BMR | 99 |
| Step #2: Creating a Calorie Deficit Based on Your Unique BMR..... | 101 |
| Chapter 11: Continuing Weight Loss and Keeping on Track After the Detox | 103 |
| Add Super Greens and Shakes to Keep Weight Loss Going Strong | 104 |
| Keep Working Out!..... | 104 |
| Follow the 3-Pound Rule to Lose or Maintain Weight..... | 105 |
| Chapter 12: Using Mindset, Motivation, and Willpower to Transform Your Body | 106 |
| Regroup..... | 107 |
| Put Your Goals on Paper..... | 108 |
| Keep a Journal..... | 108 |
| Motivation for a Successful Detox..... | 109 |
| Chapter 13: How to Use The Red Tea Detox Workout and Skyrocket Your Metabolism..... | 116 |
| Take a Quick Walk Each Day..... | 118 |
| The Importance of Consistency..... | 119 |
| Resistance Training..... | 119 |
| Remember to Warm Up!..... | 120 |

| | |
|---|------------|
| Timing your Resistance Training Workouts | 120 |
| Get Started with Goblet Squats | 121 |
| Move on to Dumbbell Inclined Bench Presses..... | 122 |
| Keep Moving with Bent Over Rows..... | 122 |
| Do Dumbbell Upright Rows | 123 |
| Tips for Getting Started and Creating Fat-Blasting Momentum | 123 |
| Here's what your workout should look like: | 125 |
| Extra Fat-Burning Exercises | 126 |
| Get Even More Results with the Midsection Miracle Workout..... | 126 |
| Ab Blasters..... | 126 |
| Planks | 127 |
| Steam Engines..... | 128 |
| Keep Working Out to Keep Weight Off! | 128 |
| Conclusion..... | 129 |
| I Want Your Feedback! | 130 |



INTRODUCTION

The Red Tea Detox

Congratulations on your decision to pick up a copy of **The Red Tea Detox**: It's a life-changer! I'm Liz, and I was once tired, sick, and overweight. I was getting old far before my time. Natural detox methods brought me back to health, and I am 100 percent confident that if you apply the methods I've outlined here, you will be well on your way to living in the body of your dreams – a body that feels great and looks fantastic. From the first day of this detox forward, you'll notice that the numbers on the scale decrease while your body shrinks and your clothing fits better than it may have in quite some time. Besides dramatically improving your appearance, you'll feel so energetic that people will wonder about the changes you made!

For many who were once just like you, these immediate, significant improvements in appearance and overall well-being result in a higher level of confidence that can lead to a whole new outlook on life. Red tea has helped me enjoy better health and greater vitality, and I sincerely hope that you share my experience.

So, what's **The Red Tea Detox**? I created this program in response to the countless "mainstream" diet programs that do nothing more than cost money and time while delivering minimal results, if



any. After reading well over 500 medical studies, poring over dozens of diet books, and reviewing hundreds of diets systems, programs, gadgets, pills, and potions, I created a brand-new program. **The Red Tea Detox** is the result of more than a decade of research and almost three years of real-world testing. It's not one of those fad diets that works well for some and not others; instead, it's a complete program that works quickly, for everyone.

If you've ever found yourself falling asleep while trying to make your way through medical research and other dry, boring information found in some diet books, you can be sure that this experience won't be repeated as you read **The Red Tea Detox**. I've broken down difficult concepts to make them easy for anyone to learn and apply, and to make it easy for everyone to enjoy success. I started with a huge manuscript, and then I condensed it into as few pages as possible, so you get all the key information without any mind-boggling extras.

While I have done my best to create this book with no "fluff," I feel it is extremely important to explain the reasons behind the methods. Like many people, I have a tendency to skip ahead and get to the actionable parts of different systems. You might not be surprised to learn that I don't get the exact results when I do this, and you may wonder why. The answer is simple: I have a tendency to take what sounds good to me and ignore the parts that I don't like or feel some resistance toward doing. Please trust me when I say that you don't want to repeat my mistakes, and please read the entire book so that you understand why the system works. Understanding the science makes it easier to follow the "rules," and in turn, leads to dramatic weight loss.

The Red Tea Detox is broken down into three main components for easy reading, and to make it easy to refer back to information you'd like to review later if you like.

- **Diet:** The diet portion of **The Red Tea Detox** is exactly that: the nuts and bolts of the eating program. It consists of four phases, each with radically different elements. For example, during the first phase of the diet, you're likely to see a weight loss that averages between five to eight pounds. During the fourth phase, you'll learn how to determine your BMR, plus you will learn how to use it to calculate the number of calories and amount of different nutrients you'll need each day in order to meet your weight loss goals. You will also learn how to time your meals to keep your metabolism high. Additionally, you'll learn how to create a 24/7 fat-burning furnace inside your body. You'll also learn how to balance your hormones to facilitate fat burning, and how to use optional supplements to dramatically boost your weight loss.
- **Exercise:** While the diet portion of this book will help you melt body fat fast, a quality exercise routine has the potential to almost double your results. Let me be clear: You can lose some weight without exercise, but it won't happen quickly. Add movement into the



equation and you'll boost your metabolism. If you're worried about the amount of time it takes to exercise, let me help you put your fears to rest. Fat loss is driven by intensity, not time. With **the Red Tea Detox**, you'll enjoy some serious fat-burning and body shaping workouts that take a mere 20 to 30 minutes daily. To put this into perspective, most people spend far more time than this on social media, mindlessly exercising their thumbs. You can do this!

- **Willpower, Motivation, and Mindset:** Most people find the third section to be eye-opening because it dispels some of the most often-repeated, common myths about willpower and how those myths prevent many from reaching their goals successfully. It's not only interesting, but it is a vital element of this plan. As you read, you'll power through your willpower challenges, and you'll discover a whole host of easy-to-follow options which virtually guarantee your success on **The Red Tea Detox** as long as you follow through with your intent.

All in all, these pages you're reading now are meant to help you strip off five, ten, fifteen, or maybe even twenty pounds of stubborn fat over a 14-day period. If you have more weight to lose, you'll find that it's very easy to repeat the cycle and use a variety of tricks contained in this book to keep your weight loss going until you reach your goal. Inside these pages, you'll find the keys to creating the body you've always wanted, because you can use these methods to become as lean and healthy as you want to be. Nothing is out of reach! Whether you've always wanted to develop "6-pack" abs, attain a super-lean, single-digit body fat percentage, or fit into clothing you've only dreamed about before, the information you'll learn here helps make your dream possible. The ultimate secrets for on-demand weight loss are all inside, along with sound methods for preventing the weight from returning, as so often happens with yo-yo diets. Follow the advice presented here to the letter, and you will completely transform your body while enjoying the lifestyle you want. The suffering from embarrassment about your weight or your body shape will soon be replaced with enormous self-confidence and happiness, and best of all, you'll enjoy a longer, far healthier life.





CHAPTER 01

Toxins and You

Modern life brings many conveniences and benefits with it, but along with things like cars, smartphones, and quick foods come pollution. The environment we live in is full of toxic substances. Byproducts from manufacturing, mining, and commuting are just a few big ones worth mentioning. By the time you finish reading this chapter, you'll be amazed at how many toxins there are, and you'll be even more motivated to lose weight using the natural power of **The Red Tea detox**. The connection between toxins and fat may not be clear to you yet, but you'll soon see how these two seemingly separate issues are deeply intertwined.

Where are Toxins Found?

Each and every day, your body is bombarded by chemicals and other toxins. Pesticides, herbicides, and even prescription medications are found in common foods, and they're even found in the water that comes out of your kitchen tap. Toxins are often found in soil, air, and



groundwater, and even clean-looking streams, rivers, and lakes can be polluted. Synthetic materials are all around us; these contain toxins, too.

Some sources of toxins are obvious. For example, drugs and tobacco, food additives such as dyes and artificial flavorings, and dirty air and water are a few things you may already avoid.

Other sources of toxins are less prominent. Did you know that many household products and personal care preparations contain toxins? These are absorbed when you breathe fumes, as well as when you apply things like artificial fragrances and petroleum-based moisturizers to your skin.

Toxins from outside sources are called exogenous toxins. Think of these as anything that can be absorbed via breathing, eating, drinking, or contact.

Your body creates toxins, too. These most often come from byproducts that are created during times of stress, as well as from byproducts of persistent, negative emotional states. Known as endogenous toxins, these and other self-produced toxins are part of your body's biochemical processes.

Let's take a closer look at toxins. I'm not here to frighten you, but you deserve to know the truth about what's going into your body and where it all comes from. **The Red Tea Detox** will clear your system and give you a clean slate; first though, it's helpful to know what you're dealing with.

Toxins in food

Food is meant to nourish our bodies and minds, but many of the products that pass as "food" these days ought to make its way directly into the nearest garbage can. True, there are often toxins in natural foods, but the worst offenders are processed things like cereals, white bread, trans-fats, and other items that have been chemically altered.

Manufacturers didn't mean to harm anyone when they first set out to create shelf-stable foods; in fact, they were trying to solve serious hunger problems that plagued people for centuries before safe, reliable methods for storing food came into being. Today though, food manufacturers know full well that they are producing harmful substances yet many do not care that their products are contributing to sickness and death. Common food toxins include:

- Nitrates & Nitrites in processed meats. When nitrites are exposed to heat when in the presence of amino acids, they can turn to nitrosamines which are dangerous carcinogens.



Most processed meats contain sodium nitrites. Considering these are high-protein foods, it's the perfect combination for nitrosamine to form.

- Too much omega-6 fatty acid in industrial seed oils like cottonseed, corn, soybean, safflower, etc.
- Processed sugar, particularly high-fructose corn syrup (HFCS)
- Genetically modified foods, particularly GMO corn and soy
- Built-up pharmaceuticals such as antibiotics and other toxins such as steroids and BHT found in animal products including meat, eggs, and dairy
- Pesticides and herbicides found on conventionally grown produce and grain

Toxins in food are almost unavoidable. Eating a clean, organic diet will help you stay healthy and reduce your overall toxic load.

Toxins in water

Almost all life on the planet relies on water for life, so it's incredible that this precious resource is so often treated with blatant disregard. We are led to believe that treated water is safe to drink and bathe in; and to a certain extent, this is true since deadly pathogens are usually removed before water reaches our taps.

But many toxins are not removed from tap water, and many of these often find their way into natural sources of water, too. Pharmaceuticals, industrial chemicals, pesticides, fertilizers, and heavy metals like mercury, lead, and arsenic are often present in trace amounts. They don't make you feel sick right away, but they do accumulate in your body. And, adding a bit of insult to injury, anyone who is drinking or bathing in treated tap water is also absorbing toxic byproducts of the water treatment process, such as chlorine.

How do all these pollutants find their way into our water supply? There are several ways:

- Industrial wastes like lead, arsenic, mercury, and petrochemicals leach into streams and rivers
- Automotive fluids like antifreeze, gasoline, and car oil go down storm drains and eventually flow into waterways

- Lawn chemicals and waste from conventional farms – including fertilizers, massive amounts of animal waste, herbicides, and pesticides leach into groundwater and eventually make their way into waterways
- Water percolates through landfills heaped with garbage, dead animals, and chemical waste, making its way into groundwater and waterways
- Factory farms or CAFOs (confined animal feeding operations) that raise animals like chickens, pigs, and cattle for the meat industry release animal waste into waterways. The waste often contains pollutants including antibiotics, steroids, hormones, and other pharmaceuticals.

Water travels quickly from one place to another. Everything flows downstream. Even if you live in a pristine neighborhood, your water supply may contain harmful contaminants.

Luckily, there's an easy way to deal with toxins from water. Installing a whole-house filtration system can help you and your family avoid waterborne toxins in the future. If you can't do that, at least treat yourself to a good system for filtering the water you drink. There are several inexpensive options available including water filtration systems that can sit on your kitchen counter without any expensive or complicated installations.

Toxins in air

Oxygen is vital to life, and the air we breathe should be full of it. Unfortunately, dirty air is everywhere these days – and this is true even if you live in a clean environment. Wind carries toxins like auto exhaust, smoke from wildfires, harmful gases from refineries and factories, and even radioactive particles all over the planet. Less-harmful toxins like dust, mold, pet dander, and mildew are present in the air too, and we're often subjected to things like paint fumes, perfumes, and artificially scented cleaners.

The dirtier the air you breathe, the less oxygen you get with every breath and the more toxins your body is forced to deal with. Avoiding obvious sources of air pollution can help reduce your load.



Toxins in soil

Dirt's dirt, right? Unfortunately, that is no longer true. In many places, hazardous waste was poured directly onto the soil for decades or even longer than a century, and this waste can harm plants, animals, and people as it sloughs off.

Hospitals, manufacturers, and everyday consumers contribute to toxins in soil. Things like batteries, old electronics, leftover pesticides, herbicides, auto chemicals, and paint make their way into the soil when they are discarded, and from there, they leach into groundwater.

Some soil toxins are taken up by plants and directly consumed by people and animals. Others run off into streams when it rains, or make their way into floodwaters. Some toxins are particularly persistent; for example, mercury accumulates in the environment and moves around, usually making its way into waterways and then being consumed by small organisms. As larger organisms eat smaller ones, they take up the mercury. And as you may already know, fish often carry massive mercury loads – some, like tuna, are often so full of mercury that pregnant women and small children are advised against eating them.

Knowing where your food comes from can help you stay safe. Avoiding fish that might contain mercury (usually apex species like tuna, shark, swordfish, etc.) can help you reduce your load. Shellfish like shrimp contain it too.

Once mercury gets into your system, symptoms like insomnia, tremors, headaches, emotional changes, impaired nerves, thyroid, and kidney problems can result. A standard detox will not remove mercury from your body. If you are concerned that you may be carrying a high mercury load, see your doctor for testing. Treatment for toxicity includes chelation therapy, which is to date the only reliable way to clear mercury and other heavy metals from the body. If you have mercury amalgam fillings, speaking to your dentist about getting these removed is also a great way to reduce the amount of mercury you expose your body to.

Toxins in synthetic materials

Fabrics are everywhere – and these days, most of the fabric in our lives is synthetic or at least part-synthetic. These complex fabrics often offer a great blend of comfort, easy care, and attractive appearance, but many of them have been treated with formaldehyde, chemical-based dyes, fire retardant, and more.

Washing fabrics well before using them can help. Just be sure to wash your clothing with non-toxic detergents free from added fragrance. Filtering indoor air to remove gases that come from sources such as new carpet, drapes, furniture, and other textiles can help, too. If you get a new car, be aware that much of the “new car smell” that many people find pleasant comes from chemicals found in plastic and fabrics; ventilate your vehicle well and often to reduce your exposure.

Toxins in Self-Care Products

When I say that toxins are everywhere, I truly mean they are found in nearly every single product we come across today. This includes self-care products. Think deodorants, mascara, body washes, and lotion. We have to be careful and read the ingredient list on each product we put on our body. Things like formaldehyde, phthalates, fragrance, BHA, and BHT are commonly found in these products and can cause hormonal disruption among many other health issues. The best way to avoid these toxins is to choose products that are specifically labeled as being “non-toxic” and to look up all the products you currently use on Ewg.org.

Fat and Toxins: A Deadly Connection

When you take toxins in, they find their way into your cells, including your fat tissues. Although your body has its own built-in detoxification system, it is not set up to adequately deal with all the toxins that come with life in today’s environment. The growing rates of cancer, Alzheimer’s disease, diabetes, autism, fatigue, heart disease, infertility, allergies, and obesity seen in modern society have a direct link to toxins inside our bodies.

Even biochemicals are harder for your body to eliminate than they were before outside toxins interfered and led to an overworked system. As a result, your immune system suffers, your metabolism suffers, and you stay tired, sick, and fat.

Many of the toxins that your body now holds are stored inside your fat cells. That’s a big part of the reason why there’s such an intense focus on losing weight fast during **The Red Tea Detox**. Getting rid of the fat and flushing the toxins happens simultaneously.

One of the reasons your body holds onto fat despite your best efforts is that it uses that fat as a “safe” storage facility for things like pesticides and mercury. Holding onto fat and retaining water



are two mechanisms the body uses to dilute toxins in an attempt to cause the least amount of harm possible.

While the body will naturally flush toxins, it doesn't happen if you keep on taking them in by following the standard American diet (SAD). As you keep on taking in toxins, your body's defenses are triggered and your immune system steps in by increasing the amount of inflammation in the body.

Detoxing gives your body a much-needed break from the constant influx of chemicals, and it allows your system to flush accumulated toxins. The herbs in my Red Tea recipe support detoxification by fighting inflammation, boosting immunity, and helping with the waste removal process. You'll soon learn more about these herbs, but first, let's take a closer look at why detoxing is so important.





CHAPTER 02

Why Detox with Red Tea?

You might be wondering why a red tea detox is important, and you're probably curious about what this process will do for your body. You already know that a good detox will help you jump-start weight loss, but there's a lot more to it than shedding excess weight.

Toxins play a big part in many physical, mental, and emotional problems that are so common that we have a tendency to chalk them up to "getting older" or "just a normal part of life." Many of these issues are inter-related, and some have a direct link to obesity. Some of the following problems can be caused by toxins (or worsened by them) and might apply to you:

- Mood swings
- Low energy
- Insomnia
- Difficulty concentrating

- Headaches
- Eczema
- Muscle and/or joint pain
- Asthma
- Allergies
- Fibromyalgia
- Lower back pain
- Osteoarthritis
- Fatty liver disease
- Gallstones
- Carpal tunnel syndrome
- Chronic fatigue
- Premature aging
- Digestive issues like diarrhea, bloating, and constipation
- PMS
- Food allergies
- Skin conditions such as acne

How is this possible? Long story short, toxins affect the way cells function and over time, they can change cell structure as well. Consider cancer, which is often associated with toxins that the sufferer has come into contact with, and you can see the connection.

We've been conditioned to accept toxins in various forms, and to believe that they're a necessary part of modern life. Living with toxic buildup has been normalized despite the fact that people are fatter and sicker than ever before. Even though people in western nations are living longer, we're also subject to chronic illnesses that were once rare.

While the body has built-in mechanisms for eliminating toxins (sweating, urination, defecation, and even crying are among them), natural detoxification just isn't enough. Regularly detoxing with red tea can change your life by reversing symptoms including those associated with obesity – and that's why I've designed this detox to have such a huge focus on dieting to get rid of excess fat.

Understanding the Body's Detoxification System

Your body absorbs nutrients and toxins every time you eat, drink, breathe, and come into contact with certain things. For example, you absorb sunlight to get the vitamin D that you need, and you breathe to get the oxygen that's vital to life. Your skin, lungs, and digestive system are among the largest routes for eliminating toxins, too.

The liver, kidneys, bladder, gall bladder, small intestine, and colon play important roles in eliminating toxins, as does your skin. Your lungs push toxins out when you exhale, and your skin eliminates toxins whenever you sweat.

The more toxins you are exposed to, the greater your toxic load and the more you'll notice side effects like the ones listed above. The good news is that giving your body a break by following a clean diet, using herbs to support your detox, and taking time out to rest can completely change the way you feel and look.

You may have heard that detox comes with side effects, and this is definitely true. Depending on how toxic your system is, you may find yourself dealing with headaches, skin rashes, nausea, irritability, diarrhea, fatigue, and even difficulty sleeping as all the chemicals make their way out of your system.

How Red Tea Supports Detox

All too often, cleansing and detoxing is placed on the same level as deprivation. Our minds have difficulty wrapping themselves around the concept of voluntary suffering, which is why I've gone to great lengths to make this process about delicious food and drinks instead of cabbage soup, endless plates of boring kale, or scary caffeine colonics. I'm not saying that you won't encounter



difficulty, because change of any kind can feel challenging. But with the help of my diet and red tea, you can jumpstart your health, reboot your metabolism, and get on the road to outstanding health so that you feel fantastic faster than you might imagine.

This detox isn't just about removing the bad stuff we discussed earlier. It's also about putting good stuff back into your body so that you feel vibrant, alive, and joyful. It's about dealing with insulin spikes and food addictions that weigh you down, and it's about changing your relationship with yourself so that your health becomes a priority rather than an afterthought.

This is where red tea comes in. The herbs in my red tea help you keep your energy up during detox, and it makes unpleasant side effects less difficult to deal with. It also helps you stay very well hydrated so that your body feels free to flush toxins rather than hold onto them as it does whenever you are even a little bit dehydrated. The taste of the red tea is pleasant and you can enjoy it in different ways, tricking your mind into believing that you're enjoying a treat when in fact you are using medicinal herbs to support a total body cleansing process.

Red tea is about self-nurturing. It is simple and delicious, and it will help you clear the crud and get your body back to its natural state of well-being quickly. In the next chapter, you'll learn more about the connection between detox and weight loss – and you'll be more than motivated to get started with this life-changing process.

6 Awesome Reasons that make the Red Tea Detox so powerful

Detoxification

Your body has its own mechanisms for removing toxins, but overexposure causes a burden, slowing the detoxification process. By drinking red tea, you can give your body some help with detoxification, making it much easier to eliminate the toxins that lead to weight gain and harm your wellbeing. Detoxification helps you live better and happier, and it can also help you live a longer life.

How does this work? We're always breathing air, drinking water and other beverages, and of course, eating our favorite foods. But what happens after the body extracts what it needs from the particles we ingest? Digestion results in even more waste. While this is a natural byproduct of the digestive process, some waste is almost always left behind, and your toxic load increases. The



powerful red super fruits and super foods provide fiber that sweeps your body clean, tones your digestive system, and eliminates built-up toxins along the way.

Weight Loss

Did you know that simply losing between one-fifth and one-tenth of your current weight can lead to a whole host of health benefits? Scientific evidence points to a decrease in bad (LDL) cholesterol and an increase in good (HDL) cholesterol, a significant drop in triglycerides (fat found in your blood), and a decrease in problems related to high blood pressure. The same amount of weight loss has a positive impact on diabetes, decreases insulin resistance, and improves sleep apnea. Inflammation that leads to strokes and heart attacks drops with a weight loss of ten percent or higher.

A staggering number of Americans are overweight, and obesity is a problem that compounds other health problems. Even when we have just a few pounds to lose, we reap benefits by shedding the excess weight! If you are hoping to lose weight, you will not be disappointed by your newfound red tea habit. These delicious blends are so tasty that they seem like forbidden treats, but their high water content, fiber, and nutritious ingredients let you enjoy them in abundance while staying full, reducing the cravings that accompany most weight loss plans, and feeling no sense of deprivation.

Outstanding Hydration

You might be surprised to discover that proper hydration helps to ensure that your entire body functions properly. Your muscles, digestive system, brain, and even your immune system rely on good hydration to work properly. And some of the things we drink – even though they're liquids – dehydrate, rather than hydrate the body! Alcohol, soda, and coffee are the primary culprits. Some other habits lead to dehydration too; smoking cigarettes and eating processed foods are two common ones that you'll want to avoid at all costs.

Besides avoiding sources of dehydration and drinking lots of water each day, you'll find red tea contributes to superior hydration, which helps keep everything moving smoothly and contributes to immediate feelings of good health. Like many people, you are likely to feel a little overwhelmed by all the liquids at first, but keep on sipping. Your body will quickly figure out that it's finally getting the moisture it has been missing, and the entire process of sipping will feel welcome and refreshing.



Better Digestion

Have you ever heard the term "SAD" applied as an acronym for the Standard American Diet? This shortcut is an appropriate one, because this diet, based on lots of processed foods, meat, dairy products, unhealthy fat, and salt leads to a whole host of diseases, not to mention digestive woes ranging from heartburn to colitis to irritable bowel syndrome to acid reflux (to name just a few!). Red tea gives your body a much-needed break from all of these substances, helping to clear the sludge from your intestines and colon and letting the body reset its delicate digestive balance.

Easy to Make

Red tea is so easy to make that you may wonder where they've been all your life! If you lead a busy lifestyle as so many of us do, then you will appreciate the five-minute prep time and quick cleanup.

Incredibly Delicious

I've mentioned this before, and it bears mentioning again. If for some reason you are still on the fence about undertaking this cleanse, it is definitely time for you to hop off and get started! For many people, it's uncertainty that holds them back. You can take it from me, a certified foodie, that there is absolutely nothing to fear in the taste department. My Red Tea is just amazing, with its rich, zingy flavors. Even children enjoy drinking them!





CHAPTER 03

Rapid Detox and Weight Loss: Not Impossible

There's no such thing as a miracle drug for detox and weight loss, but that doesn't stop people from wanting to get the process over with quickly. Red tea comes close, but I won't lie - you've got to be willing to commit to your own success and you absolutely must make an effort. This is one area where many "diets" fail. Their creators use "quick and easy" as code for "no effort required" and in the process they negate the importance of effort and commitment.

I understand why this happens because in all the years I've spent in the diet and fitness industry, I have never been asked how to lose weight slowly. In fact, most people who turn to me for help with weight loss have dozens or even more than 100 pounds to lose, and they're looking for the fastest way to rid themselves of the excess weight. Don't get me wrong: I've seen people succeed with a "slow and steady wins the race" approach, but they're few and far between. This leads me to believe that the number one reason that most diets fail is that they simply don't produce the rapid results people want. Let's face it: It's no fun to watch every bite and spend hours toiling away at the gym day after day, only to watch the scale creep down by just a pound or two per week. No wonder so many people give up!



I've come to the conclusion that a successful diet is one that produces significant, visible results, and does so quickly. Seeing results builds motivation and heightens engagement, and trust me: When people see those real results and start to enjoy the benefits that come with them, a "snowball effect" occurs. Improvement happens faster and results get better and better as people see themselves becoming leaner and healthier. And the better they feel and look, the more motivated they are to keep on going.

On **The Red Tea Detox**, you will see real results quickly. Consider them to be the feedback and motivation you need to continue with this program even when the going gets tough, and you'll be able to see the light at the end of the tunnel faster than you might imagine possible. With your weight loss goals firmly set in your sights, you will be unstoppable!

Of course, there are questions. When people first hear of **The Red Tea Detox** and the dramatic weight loss results it produces, they are sometimes concerned. "Isn't it dangerous to lose that much weight so quickly?" It's a question I hear frequently, and it's a very good one, considering the fact that we have been bombarded over and over again with statements to that effect. The simple fact is this: In all my research over the past decade, I have yet to find any safety data regarding the speed at which weight loss is achieved. Instead, most of the studies concerning weight loss deal with the methods being used.

If you're worried about safety, please consider this: Carrying extra body fat is among the most dangerous things you can do, and the risks of suffering from serious health issues increase the longer you carry that weight with you. As it stands, obesity is the second leading cause of preventable death in the United States. Being overweight or obese increases your risk of numerous diseases and debilitating health conditions including several types of cancers (breast, colon, etc.), coronary heart disease, diabetes, sleep apnea, gallbladder disease, stroke, high blood pressure, osteoarthritis, and many others.

Considering these facts, doesn't it make sense that you should be dumping the excess fat as fast as is humanly possible? I think you'll agree with me when I say that the answer is yes!

What Can I Achieve During The Red Tea Detox?

You probably won't be surprised to learn that research proves that most diets fail. What you might not know is that research also shows that most overweight people are carrying between eight



and sixteen pounds of unwanted body fat. I know that most diets don't work because they take a long, slow, boring approach to the process of weight loss, and if you've ever had a diet fail, then you probably agree with me. It's sad, but it's true: People have a strong tendency to lose their momentum when they're no longer excited about the potential for a whole new body and a new chance at a healthy life. The huge efforts and tiny rewards are simply incompatible.

If you've ever dieted unsuccessfully, take a moment to think about what happened. The odds are very good that you started out with eager, enthusiastic feelings and a positive mindset. Maybe you lost a few pounds the first week and started to feel better, but then your weight loss slowed down to one or two pounds per week. Soon enough, you lost your momentum because you weren't being rewarded for the sacrifices you were making. It just wasn't worth the effort. Now, this isn't true for everyone, but it's a story line that I've heard over and over again. That's why I designed **The Red Tea Detox** to help you accomplish massive weight loss in two weeks. Over the course of just 14 days, you will achieve what most diets take four to five months to do – if you can stick to them, that is!

The Red Tea Detox was specifically designed to be an extremely rapid method for burning those eight to sixteen pounds of body fat that the average person needs to lose, and some people find that they drop even more weight by following this program. Why is this? The answer is simple: I understand that for a diet to be ultra-successful, it absolutely must produce lightning-fast results. When those results come quickly, you receive immediate feedback that tells you that your effort is paying off. When you feel that you're getting what you want, you stick to the plan. And, when you stick to the plan, your results snowball so you get the desired outcome: Successful weight loss and a brand-new body you can start enjoying right away.

This is why **The Red Tea Detox** works! You'll soon notice favorable changes in body composition. For most people, this happens within the first couple of days. Hold on, because it gets better. Over the course of the first week alone, many people drop ten pounds of fat. When this happens, you'll notice that your clothing feels looser, you feel lighter and more comfortable in your skin, and you feel 10 times better!



You have just finished reading the first 3 chapters of **The Red Tea** available for free online. There are 9 more chapters in the book that include the secret African red tea recipe for cleansing your body from unwanted fat and toxins, along with instructional videos on how to make it, and our members only Facebook group where I personally coach members.

To get access to all that material, you'll need to purchase the full version today for only \$37. You've come this far already, why not finish your journey and start your life-changing body transformation?

Get the full **Red Tea Detox Program**, including the 4 bonuses, with a total value of more than **\$897** today for **only \$37!** Just click on the button below and get full access to EVERYTHING in less than 5 minutes from now! Don't forget the **60 Day Money Back Guarantee**, which means if you are not satisfied for ANY reason, you have 2 months to claim a refund at any point in time.

I wish you all the best on your transformation. If I can do it, so can you!



Liz Swann Miller



YES! Add to Cart

