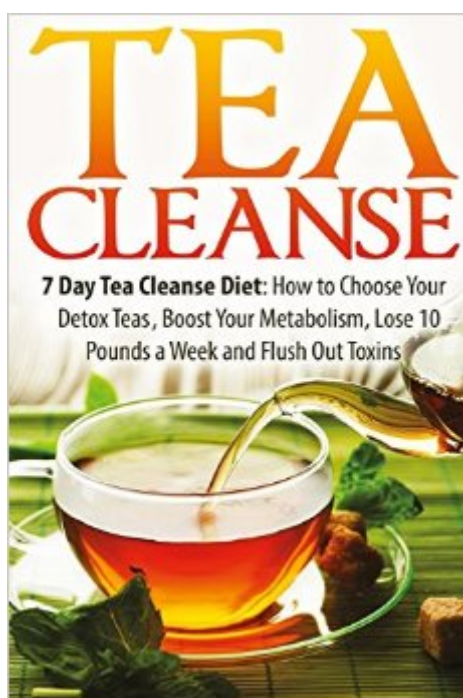


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# **Tea Cleanse: 7 Day Tea Cleanse Diet: How To Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds A Week And Flush Out Toxins (Tea Cleanse, ... Belly, Tea Cleanse Diet, Weight Loss, Detox)**



## Synopsis

Use These Powerful Tea Cleanse Secrets to Immediately Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins Today only, get this bestseller for just \$7.99. Regularly priced at \$9.99. This book contains proven steps and strategies on how to choose your own Detox regimen to boost your metabolism, lose ten pounds as well as flush out the toxins in your body. There are different ways to jumpstart and speed up your weight loss. Have you ever heard of natural fat and calorie burners? No other book can share with you the real secret towards losing the bloat and burning the fat to make sure the weight does not come back. The artificial way of losing 10 pounds include drinking slimming pills, going to the gym almost every day or starving yourself. Are you tired of trying out any fad diet that comes your way? If you have answered yes, now is payback time. Included in this book are tea cleanse recipes that guarantee the desired weight loss. This will be a diet program that must be strictly followed to achieve an impressive 10 pound weight loss. Just imagine the different recipes that were designed to be low on the taste part but high in the brand-new you. This program is designed for you to eat food that tastes good while at the same time, does some serious cleansing to your body. It is low in calories yet allows you to feel full. Be ready to adjust your pants a couple of inches smaller. Several tea recipes and healthy smoothies are provided in this book to make your mornings worth waking up to. They taste so good you will actually forget that you are on a diet. What are you waiting for? Start the 7 Day Tea Cleanse. To weight loss and good skin, this is for you! Here Is A Preview Of What You'll Learn... Detox Cleansing in a Nutshell Tea Cleanse Diet Shopping List Food and Inflammation 7 Day Tea Cleanse Diet Schedule Benefits in Drinking Tea over Coffee Tea Cleanse Diet Recipes Get your copy today! Take action today and get this book for a limited time discount of only \$7.99!

## Book Information

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## Customer Reviews

New author James Wayne tackled a subject that is so important that it jumps off the page as one of those self-help books that is a "must read" the ANTIINFLAMMATORY DIET. There is more useful information in that short book about our body's ability to stave off disease by eating properly than in most online seminars. Now he adds important information about the art of cleansing and detoxifying our bodies to rid ourselves of the wrong foods and drinks and medications we use without much thought to toxicity. And how difficult is this process? No more so than brewing a cup of tea. As Jim states in his Introduction, "This book contains proven steps and strategies on how to choose your own Detox regimen to boost your metabolism, lose ten pounds as well as flush out the toxins in your body. There are different ways to jumpstart and speed up your weight loss. Have you ever heard of natural fat and calorie burners? The artificial way of losing 10 pounds include drinking slimming pills, going to the gym almost every day or starving yourself. Are you tired of trying out any fad diet that comes your way? If you have answered yes, now is payback time. Included in this book are tea cleanse recipes that guarantee the desired weight loss." Jim divides his book into sections - Detox Cleansing in a Nutshell, Tea Cleanse Diet Shopping List, 7 Day Tea Cleanse Diet Schedule, Benefits in Drinking Tea over Coffee, and finally the promised Tea Cleanse Diet Recipes (some examples of which include Apple-Chamomile Tea, Ginger, Fennel and Clove Herbal Tea, Spearmint-Cranberry Tea, Lemon-Thyme Herbal Tea, Lemon-Ginger with Garlic Herbal Tea, Green Tea with Lemon Grass and Ginger, Fruity Green Tea, Green Tea with Melon and Minty Leaves, and a long list equally effective smoothies. With ease of preparation and all the benefits of Jim's 7-day routine, everyone can slim down and detox and enjoy every moment of the process (and the book!). Grady Harp, January 16

This is an Awesome book about Cleansing of your body by drinking Tea. The author James Wayne has truly done a great job by creating this book. By reading this book, here's some of my favorite learning that I've gained:- I've learned that truly detoxification of our body is not just for a specific amount of time for our diet, it must be a lifestyle.- I've learned that there are specific teas for specific goals that we have.. example there are teas for cleansing our liver, and there are teas for losing weight loss.- James also taught about the foods to avoid for his 7 days cleansing program- He also provides tea cleanse diet shopping list, which is really valuable for everybody- I've also learned

about the 7 day tea cleanse diet schedule- Above all these last two are my favorites: My 1st most favorite, he tackled about the 8 health benefits of drinking tea instead of coffee. And- My 2nd most favorite: He provided lots of recipes on how to make your own tea, like: Apple - Chamomile Tea, Lemon-Thyme Herbal Tea, Green Tea and Lemon Grass and Ginger, Banana-Carrot Smoothie, Cherry Chocolate Milk Smoothie, Strawberry Banana Yogurt Smoothie and many more recipes. Overall, this is truly an "Awesome Book". This would really help a lot of people who want to lose weight in 7 days, in a very healthy way. I would definitely recommend this book to everyone. James Wayne, I definitely give you a 5-Star. Cheers, Andrian Teodoro The Author of *The Power of Positive Life: Powerful Thinking, Powerful Life: Discover the 9 Most Effective Tactics to Turn a Negative Life into a Happier, Positive and ... Life.* (the power of positive thinking)

Detoxing is one of those controversial topics in nutrition that continues to divide people. Some think it is a myth, some think that it is beneficial and I know that this book made me feel better. I don't know if it is really because of "toxins" in my body, but the recipes in this book and the diet it recommends helped me. I lost several pounds, I feel good and I will do the 7 day program again for sure. It is just important not to overdo it and to stop if you are not feeling well. It is not easy to stick with it and don't force yourself if it isn't for you.

This book on tea cleansing really reminded me of the frequent vegetable juicing cleansing that I do on occasion. I have to say that many of the information presented by the author in this book really surprised me. I never knew that there was so much utility to tea such as how it can improve your overall health and cleanse your body of toxins. I really recommend this book to people looking to go on a cleansing diet. Rather than trying the usual fruit or vegetable cleansing, maybe trying something new like tea would produce positive results.

A great number of tea recipes are included in this 7 day Tea Cleanse. I was impressed. You should give this book a go as my body feels healthier and cleaner by detoxing with the number of different tea recipes that you find within this gem and I feel like my metabolism has increased over the past week! Highly recommend this book

I am not a tea drinker but reading this book has made me think again. I never thought that there could be so many perks of drinking tea. And this book has shown me one of the best uses of tea--to cleanse and detoxify. I believe that grabbing this book when I came across it has been a smart

move too. I find the topics arranged in such a way that comprehension about the cleanse is well achieved. It even has the Tea Cleanse Diet Shopping List, which I think is very useful.

Without a doubt this book can help us detoxify and cleanse our body in just seven days. You will learn on what are the benefits that you can get in drinking tea. It can help us naturally lose weight. Tea do really have a nice effect on us. It makes us healthy and boost our immune system. This guide does have the right steps and instructions on choosing what you want to drink. You can also get helpful tips in it.

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