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The Tea Cleanse Diet for Rejuvenating Health: My Favorite Detox Teas to Boost Your Metabolism, Promote Weight Loss, Remove Toxins and Prevent Diseases (Paperback)

By Andrea Silver

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Today millions of people are losing weight and radically improving their health through the tea cleansing diet. Stumped on how to lose the pounds and turn your life around? There may be a solution ahead. Tea is a basic, natural and excellent way to maintain good health. It s simply the act of allowing water to absorb nutrients from the wild, and then bringing it into your body. Tea represents a huge variety of flavors to choose from. Nutritionists have now discovered that implementing detoxifying ingredients into teas, as part of a cleansing and detoxification procedure, is one of the most effective ways to jump-start good health. This could mean: losing weight, an improved immune system, the reduction of autoimmune symptoms, the elimination of toxins, and the prevention or withdrawal of dangerous diseases. While there are many options available to creating the perfect detox diet, I personally believe that tea cleansing is one of the most potent and immediately effective. My home is basically a tea herb garden, with jar after jar of dried herbs and prepared fresh cut dandelions and...



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