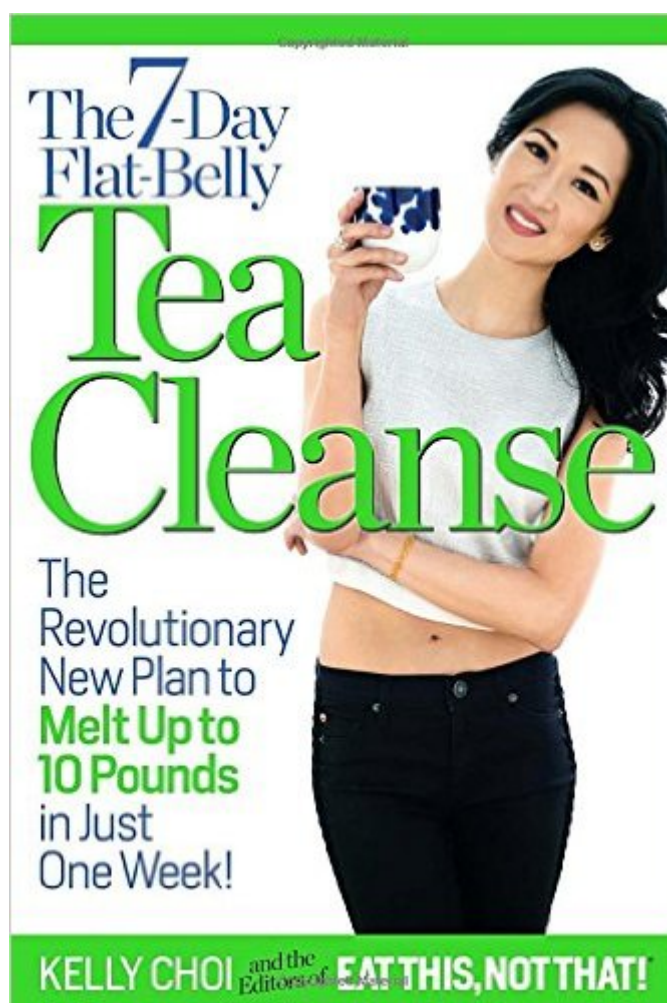


The book was found

The 7-Day Flat-Belly Tea Cleanse: The Revolutionary New Plan To Melt Up To 10 Pounds Of Fat In Just One Week!



Synopsis

Jump-start your metabolism, turn on your fat-burning hormones, and bring calm to your body and mind with the remarkable, scientifically proven powers of weight-loss teas. Join food journalist Kelly Choi and the New York Times bestselling authors of *Eat This, Not That!* as they unlock the science of tea, and discover how different forms of this healing plant can help change your life. I loved the results! I followed the plan for 7 days and lost 9 pounds! "Jeanine Arenas, 31, Miami, Florida From metabolism-boosting green tea to fat-blocking white tea to the multi-powered chai, you'll learn how to time your tea intake throughout the day, ensuring your body is burning fat and staying strong 24/7. All the while, you'll get to enjoy delicious tea-based smoothies and indulgent dinners (yes, you get to eat on this cleanse!). I went from a size 20 to a size 16, and I'm alive with energy. This is not a diet or cleanse for me but a way of life. "Tracy Durst, 45, Lewistown, PA In just one week, you will lose up to 10 pounds of stubborn abdominal weight and look and feel leaner and lighter, without grueling exercise and reset your metabolism to help make weight-loss long-lasting and automatic and sleep more soundly and feel more energized and dramatically reduce your risk of diabetes and heart disease and beat stress and bring complete calm to your mind Are you ready to look slimmer, healthier, and sexier than you have in years in just one week? Then you're ready for *The 7-Day Flat-Belly Tea Cleanse*.

Book Information

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Customer Reviews

I answered a social media post to be part of the Tea Cleanse test panel in March, and I was pretty skeptical. The author didn't give me any payment (or even provide the tea), but by day 3 I was

hooked! I lost 5 pounds in 3 days (and 10 pounds overall). But that wasn't even the biggest change:--My belly got noticeably flatter in just the first few days (even my husband noticed by day 3)--I had way more energy (no more 3 pm slump!)--I never felt hungry, even though I was skipping breakfast--I started sleeping better

To do this cleanse, you basically drink 5 cups of tea a day, make one tea-based smoothie, and have a normal dinner. What was most fun for me was exploring the different kinds of teas, all of which have specific weight-loss properties, according to studies the author cites. Plus, having herbal tea at night really cut my cravings for dessert.

I'm not a cleansing fanatic any more but this book has changed the way I feel and look. I'm still down in weight (14 pounds now after 21 days), I've lost 3 inches off my tummy, and most important of all, I feel great! I'm more energetic and I feel much less stressed than I have in years. Even though this book is marketed as a 7-day plan, it's really a lifestyle change.

Nine days ago I started drinking black, green, white, blueberry (I couldn't find barberry or bilberry), and rooibos tea. I already eat mostly clean, whole foods. I just can't give up bread and pasta. I make my own flatbreads and I use rice or quinoa pasta. I didn't follow this cleanse as the book says, but I did notice I lost a pound per day until I had pasta for dinner, three nights in a row. I lost no weight at all. So I switched it up and now I only eat carbs and fruits early in the day and just drink tea all day long and have meat or eggs and veggies for dinner and I'm still losing weight incredibly fast. I've been eating breakfast, a smoothie from the book for lunch, and a small dinner no later than 7:00 pm. I'm 45 years old, perimenopausal, and gained about 25 pounds over the last 3 years and nothing I've tried has helped me lose any weight at all, in fact I just kept gaining. No more! I can't believe I've already lost 9 pounds in 10 days!!! My clothes fit better and I feel so comfortable. My gut feels better, my digestion has improved, my mood has improved, and I'm ecstatic over the change in how I look. There is no doubt in my mind that it is from the tea. I was an avid coffee drinker, I thought I would miss my coffee and mourn it like a lost friend, but I don't even miss it at all. I know for the rest of my life I will be an avid tea drinker. If you read your reviews Miss Choi, I would like to thank you for all the research you've done, citing the studies, and for sharing this information. It truly is life changing.

I was not a big tea drinker, but gave the plan a try because I wanted to lose some weight and kick my addiction to diet soda, which I had read makes you crave sweets even more and is full of nasty chemicals. In the past I found that drinking coffee all the time affected my sleep patterns, so I thought maybe tea would be better. It really was. I have never before been able to give up diet soda

without massive headaches, but on this plan it was no big deal at all. I actually felt better and clearer mentally, rather than worse. I lost 8 pounds on the plan in 7 days, as part of the original test panel. I was never hungry or really craving specific junk foods, and I never got a headache. Most of the time I was occupied with preparing and drinking tea and the smoothies, so I didn't feel like I was waiting to eat something. The only problem I did experience was that I became a little bit dehydrated by about the third day. It takes me about half an hour to brew and drink a 10 oz cup of tea vs. about 5 minutes to open and guzzle a 20 oz diet coke, so my fluid consumption went down until I realized this and made an effort to drink more water. I don't have a blender at work, but I found that making the smoothies at home in the morning and carrying them in a big travel mug was pretty easy. I also don't really cook, so I was intimidated by the recipes, but I ended up just eating foods that followed the principles of the plan, like a broiled chicken breast and a salad or vegetable, rather than making the exact specific recipes. I was able to stick close enough to the plan to lose the weight without learning the specific recipes or even figuring out where to find the ingredients in the grocery store. This is a plan that anyone can follow, and assuming you have some weight to lose, you will lose it.

Yes, you will most likely lose weight with this BUT you will be hungry. Basically, it asks you to eat only two meals a day and one of those "meals" is a tea smoothie and there's no breakfast in sight. So if you're good with waiting till 7pm to eat an actual meal for the first time all day, then by all means go for it, but I'm starving and it's only 3pm. Now with that said, I gave it three stars because it does have a lot of good information pertaining to teas and adding 5 cups of tea a day can't really hurt right? It will help me drink more water and cut back on craving soda or juice. As well, there's an added bonus of information about healing herbs and what works well with the woman's body when it's her lovely time of the month. Over all not a bad book, I just wouldn't recommend following the suggested meal plan in it.

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