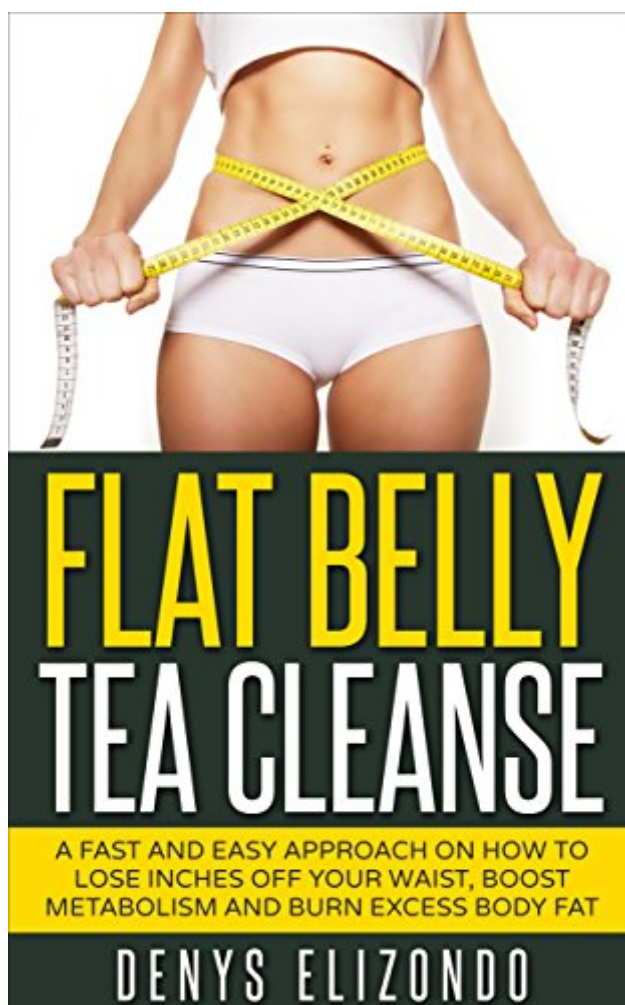


The book was found

Flat Belly Tea Cleanse: A Fast And Easy Approach On How To Lose Inches Off Your Waist, Boost Metabolism And Burn Excess Body Fat (7 Day,tea Cleanse,belly Fat,diet,weight Loss,lose,detox Book 1)





Synopsis

With this book you will learn the best fat loss secrets that will increase your fat burning potential and target that annoying belly fat !This book contains detailed information about varieties of teas, their specific health benefits, and how to utilize these for safe, gradual, and effective weight loss. Not all tea products are alike. Some are best consumed in the morning, for that caffeine hit, which will give you boosts of energy for working out, and will stabilize your blood sugar and insulin level after a long night of fasting. Decaffeinated tea is best consumed at night, or an hour or two before sleeping to stave off unwanted food cravings that may lead to midnight raids into the fridge or pantry. Other tea products promote faster fat oxidation (burning calories) while you sleep. Some tea blends work best as appetite suppressants, while others are for flushing out toxins that are hindering your weight loss efforts. With this book, you will learn how to best prepare tea for maximum taste and enjoyment. And yes, it's more than just putting a tea bag in a cup of microwave-heated water. Included in this book is a sample of a 7 Day Tea Cleanse Plan, complete with recommended dishes. This meal plan is designed to help you lose inches off your waist by cutting down on greasy, sugary and salty food items, removing unhealthy beverages from your diet, and incorporating tea drinks at specific times of the day. This book also contains recipes for vegetable and fruit juicing for meal replacements, and/or as detoxification options. Lastly, there are informative tea facts, tips on buying healthy ingredients, diet cheats, and more added as snippets all throughout the book.

Book Information

File Size: 2441 KB

Print Length: 271 pages

Simultaneous Device Usage: Unlimited

Publication Date: November 19, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B0188DCDC8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #53,389 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #92 inÂ Books

> Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses #195 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Weight Loss #196 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Weight Maintenance

Customer Reviews

Different teas and different herbs work differently in the body. This is an interesting internal cleanse program that is different than what I am used to. This program limits off some substances as sugar and salt, but allows the consumption of almost every one of my favorite foods I can think of. Listed throughout this book are all of the tea cleanses available to completely clean out the inside of our bodies. I recommend this read to anyone who is interested in a tea cleanse.

I was searching for something that would help me focus on my biggest problem area -- my belly. After having 2 kids I have been able to successfully lose weight in some areas, but my belly has just been so stubborn. This book was absolutely amazing because it really helped me to hone in on the biggest problems that I've been having, and offered some great, tasty solutions with this tea cleanse. I'm really glad I picked up this book and am confident that it can help others just the same.

I wanted a book that provided me with easy and delicious recipes to lose weight. As I saw a lot of those in the kindle store, none of them really suited me. So I bought this one after a good friend of mine said that I should. I don't regret buying the book as it provided me with a lot of delicious recipes. The healthy zucchini pasta with carbonara sauce is my favorite. It is easy to make, fills me up and it is delicious! Thank you very much for this book. If you are searching for a book that will help you to lose weight effortlessly, get this one.

I just finished reading this book. I'm only a half day into the cleanse, but I'm very optimistic. I really liked all of the references to the studies done on the various teas. I've been a coffee drinker for years. I'm interested to see the changes switching to tea will bring. I'll put up another review once I'm through the seven days. I also appreciate the inclusion of a few vegetarian recipes.

A bunch of tea recipes in this book. I will admit I was a little thrown off when I first opened this book because the first page was a recipe, but there's some helpful information later on in the book. Great tasting recipes. I love bananas so I was excited to see bananas incorporated into some tea recipes.

I'd never seen that before.

Very very detailed read about cleansing with tea, in fact I know now so much about tea I could easily open my own tea shop!! There is a very clear and simple technique to cleanse our body and lose weight along with many other toxins in the process. The only thing I can say is this book should have been a series of books, there are soo many subjects here that it was tiresome to read, and I was looking for a short and focused solution to the tea cleanse :) other than that excellent book, very detailed, after you reading it you'll know everything there is to know about Tea and cleansing with tea!

I am not a tea drinker ever since but after reading this book I realized how much I am missing in not drinking tea. First of all the "cleansing" that my body will thank me for afterward. I have a friend who shares to me the importance of drinking tea so for my own reference I got this book and now I can understand what he's trying to tell me. Well, who doesn't want to keep a healthy body and moreover a flat belly. It's almost every ladies and gentleman's desire. With the help of this book you will never run out of ideas of what tea to drink that can work best for you since you can find a lot of tea cleanse recipes inside. Helpful!

Skeptical at first, but for 99c, gave it a try. Turns out, it's actually an informative and practical guide with helpful tips. It's not just selling another "magical pill" that promises you the body that you've always dreamed of. What I found interesting to learn about were the many different types of teas, the different benefits of each type, and how to use and make each. Looks like it's time to expand my horizons beyond the typical green tea. Happy about the value, considering the price.

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