



FOR IMMEDIATE RELEASE

Liz Swann Miller, Noted Naturopath and Nutritional Author - Announces Release of New Book - “The Red Tea Detox”

The author had a life-changing event occur while in Africa as a Shaman at a local tribe saved her life. This is when she was handed a secret recipe for a red tea detox.

Los Angeles, California, August 12, 2017, It is not often that a groundbreaking book comes to be published as a result of serendipity, but “[The Red Tea Detox](#)” by Liz Swann Miller, has one of those awesome back stories. Liz was already a world-famous Naturopath and Nutritional Author when she found time to go on a vacation to Africa. While she was out exploring, she was bit by a poisonous Rattle Snake, and fell unconscious. What happened after that would change her life.



She woke up to the sounds of strange music to find herself in a hut with a Tribal Shaman, and being handed a goblet of some type of liquid to drink. She thought about if she should accept the drink or not. Liz remembered being bitten by a Rattle Snake and collapsing to the ground. She reasoned that if she was still alive, it must have been with the help of this Shaman, so she took the drink. As she took a sip, she noticed other people in the hut. Village elders and other Shaman types sitting around the thatched-roof hut. She was excited and apprehensive at the same time. Liz knew she was feeling better as the hours passed. If she could learn the secret of this drink that looked like some kind of Red liquid, she could help thousands of people back home in the USA.

Liz quickly discovered that she was feeling more energetic than she had been in years, and was not hungry or depressed either. She had experienced some out-of-control weight gain of late and had little energy. It must be the [Red Tea potion](#) she was given. It took a lot of persuasion, but she eventually was able to write down the Shaman's recipe. Liz continued drinking this pleasant tasting Red Tea concoction and saw that she was losing fat by the ton, and was simply amazed and delighted.

There was no doubt in her mind that she must put this Red Tea Detox into book form for others to share. After all, the key to not only losing weight, but to gaining wellness is to detox the body. Toxins are naturally produced in the human body as a result of oxidation by Free-Radicals. This is besides the toxins absorbed from the world around us. This new Red Tea Detox is not only capable of cleansing the body, but also speeding up the metabolism without that jittery feeling, while suppressing those hunger cravings that are part of all those other diets.

Liz's book, “[The Red Tea Detox](#)”, is jam-packed with information so that anybody can easily go shopping locally and round-up all of the ingredients needed to make their own Red Tea Detox potion. Reader testimonials have been phenomenal. take a look at what Ron A., a 32 year old

Computer Programmer from Miami, Florida had to say, "I never felt hungry while drinking this tasty tea. I lost 16 pounds of fat without much effort. I lost all the weight I wanted and I never felt deprived either."

About The Author:

Elizabeth Swann Miller, ND, has over 10 years of experience as a practicing Naturopath, specializing in healing through nutrition. She has degrees both in Psychology and Naturopathy. Her goal is to educate as many people as possible about the healing powers of food and how to easily incorporate these changes into daily life.

For complete information, please visit: <http://redteadetox.com/>

Media Contact:

Liz Swann Miller
Attn: Media Relations
Los Angeles, CA
619 364 7200
liz@redteadetox.com