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Liz Swann Miller, Noted Naturopath and Nutritional Author, Releases Recipe For a Red Tea Detox Formula - Including An Effective Weight Loss Regimen

***The Red Tea's 5 herbal ingredients work in harmony to end
cravings and make you feel full.***

Los Angeles, California, August 15, 2017. Liz Swann Miller, noted Naturopath and Nutritional Author, has been testing and improving upon a secret recipe sourced from the tribes of wild Africa. Liz never releases any formula, plan or recipe unless she is sure it offers the best possible results. This is why she went on her own new diet plan to see if it would work for her. She had been gaining weight without control and was desperate to try something new when she received information about a [Red Tea Detox plan](#). Aware of how beneficial a body detox can be, Liz decided to give Red Tea a go.



Cleansing the body of toxins is like changing the oil in a car. Every organ in the body works better when toxins are eliminated, and they all function in synergy to speed up and improve body processes, including digestion and fat burning. Toxins can enter the body from the foods we eat, the drinks we consume, and even from the environment we live in. Each person has a different body chemistry and reacts differently to these toxins. On a molecular level, the toxic cells are called "free radicals" and they "bind" to healthy cells and cause what is called "oxidative" damage. Figure out a way to stop this process and you can open the gates to permanent well-being. Hormones become balanced, energy levels increase, sugar cravings decrease and unwanted weight melts off naturally. A surge in metabolism leads to more calories being burned, and excess fat disappears rapidly.

Liz put the results of her study into her new book, "[The Red Tea Detox](#)," so she could share this knowledge with everyone. Her all-natural detox drink not only works wonders, but it tastes great as well. All of the ingredients can be found in local stores.

When on the Red Tea Detox, Liz lost a lot of weight in a sustainable and healthy way. Slow but steady is the best way to go, after all. Her energy improved, minus the jitters that stimulants like caffeine bring. The herbs in the recipe helped to gently cleanse her body of toxins. She felt so great that the Red Tea Detox is now an essential part of her daily morning ritual.

Her new book is like a blueprint for [weight loss](#). It is a "feel better" plan that gives fast and healthy results. Countless people who have been struggling in vain with weight loss and related issues have now found the energy to get out and enjoy life to the fullest. Reader testimonials have been phenomenal. Here's what Dr. Robinson, a physician from Tampa, Florida, has to say: "As a doctor, I've seen and heard it all. The red detox drink is tasty,

and I'm not hungry. After trying it myself with my husband and seeing our lab numbers improve (triglycerides, blood sugar, blood pressure), I would recommend the Red Tea Detox to my staff and patients."

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 in both 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/>

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