

## The 7-Day Flat-Belly Tea Cleanse (Paperback)

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## Reviews

*It in a of the most popular publication. It is actually rally intriguing throgh looking at time period. Your daily life span is going to be change the instant you total reading this publication. (Mrs. Shanna Mann)* 

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## THE 7-DAY FLAT-BELLY TEA CLEANSE (PAPERBACK)



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Galvanized Books, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. 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 Il 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 I 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 - look and feel leaner and lighter, without grueling exercise - reset your metabolism to help make weight-loss long-lasting and automatic - sleep more soundly and feel more energized - dramatically reduce your risk of diabetes and heart disease - 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.

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