



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

By Kelly Choi

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'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...



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Reviews

This is an amazing book that I actually have actually read through. I am quite late in start reading this one, but better then never. You will not truly feel monotony at anytime of the time (that's what catalogs are for concerning should you ask me).

-- **Scottie Schroeder DDS**

This is actually the very best pdf i have read through right up until now. This really is for those who statte there was not a well worth looking at. Your lifestyle period is going to be convert as soon as you total reading this article publication.

-- **Margarettta Wolf**