



The Red Tea Detox



Free Download



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The following eBook is just a free sample of some of some information contained in
Liz Swann Miller's Red Tea Detox Program.

For the full contents, including instructions on how to make the ancient African tea that can melt away 1 pound of fat per day, please visit the official **Red Tea Detox** website.



**CLICK HERE TO VISIT THE OFFICIAL
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Introduction: WHAT IS A DETOX?

Do you want to lose weight in a simple and effective manner?

Do you frequently deal with health issues despite no apparent cause?

The perfect solution for both these can be detoxification. Detoxification, or detox for short, is the process of eliminating toxins from your body. As you would know, toxins surround you and your body absorbs them through the air, the food you eat, and pollution.

Detoxification, contrary to common perception, is a natural process. The body has systems for detoxification, and the process involves different functions. You can enhance and optimize this process by reducing your intake of toxins.

Keep in mind that there are two types of toxins: controllable and uncontrollable. The controllable toxins are which you take in via food, water, and from the environment around you. You can reduce your intake of these toxins in a bid to help your body detoxify.

Generally, people focus on external cleanliness more than cleansing their bodies. Do remember that a detox is not the same as cleansing. You might brush your teeth or dust your home, but that doesn't mean you can get rid of all the toxins that surround you.

Sometimes, people don't realize that their body is unable to deal with the toxins on its own. The mechanisms break down and you are left with a toxin buildup. This is where you can opt for a detox.

This eBook will focus on one of the most effective detox plans in the world, **The Red Tea Detox**, elaborating its effectiveness, benefits, and the different ways in which you can try it to completely transform your body.

Detoxing vs. Dieting: WHY DETOXING IS A BETTER OPTION



Go online and you'll find a plethora of information about detoxing and dieting. A significant percentage of the global population seeks to lose weight, but not everyone realizes there are safe and healthy ways of doing so.

Moreover, there is a common misconception that dieting can lead to sustainable long-term weight loss. 'Fad' diets in particular deliver short-term results. Once you stop following the tips and tricks for the diet, you will regain the weight you have lost and will be back at square one.

Surely, you don't want that? The main reason people want to lose weight is to preserve their health. However, what if your diet plan deprives you of nutrition and makes you appear older than you are?

Well, this doesn't mean that you can't tweak your dietary routine to achieve long-term weight loss results. The difference is that you must take the detox route rather than just deprive your body of calories.



Detoxing and Dieting: The Difference



As mentioned in the introduction, detoxification is the process of expelling toxins from your body. An effective way of doing so is preventing the said toxins from entering your system in the first place.

Now, when you're dieting, you usually:

- Cut out certain foods from your daily diet according to the guidelines of the diet plan you are following
- Restrict the number of calories you consume on a daily basis

Detoxing, on the other hand, involves changing your eating habits to reduce your intake of foods that contain toxins or toxic substances. Because your body is constantly exposed to toxins, continual detox is important, and you can do this by modifying your diet.

Why Detoxing Is Better

There are several reasons why detoxing is better than dieting:

SUSTAINABILITY

Let's say your diet plan requires you to stop eating ice cream, or pizza. While you may be able to stay away from your favorite foods for a few months, you can't sustain it in the long run.

Your level of satisfaction decreases when you deprive yourself of certain food items, especially the ones you like. There will come a time when you buckle under the pressure and give in to temptation. The entire concept of 'cheat days' is based on this lack of satisfaction. Detoxing is far more sustainable than dieting.





Dieting is great for obtaining short-term results. You can lose a few pounds quickly, which can enhance your appearance. However, a restrictive diet plan will eventually lead to a lack of energy.

As you would know, calories are the main source of energy. If you are eating less and working out more, you need to maintain a balance or else you will deprive yourself of energy. This happens in most cases, where dieters struggle with lack of energy and a constant feeling of fatigue.

Detoxification, on the other hand, reduces the toxin buildup in your system, which naturally boosts your energy levels and also improves your immunity.

APPEARANCE

You might be able to cut out belly fat with vigorous dieting and exercise, but your skin may not look as great. Many people who go on crash diets have wrinkles and lines on their skin, even though they manage to lose weight. Surely, this tradeoff is not worth your while!

The main reason people want to lose weight is because they want to look and feel their best. This is certainly not the outcome when you opt for a crash diet, where your skin bears the brunt of your weight loss efforts. Detoxification can give you the weight loss results you are seeking, without any adverse impact on your appearance.

The bottom-line is that detoxing is a superior option to dieting. You can achieve long-lasting weight loss. You can rest assured there will be no risks to your health and safety, and you'll look great in record time.

Toxins and Their Impact on YOUR HEALTH AND WEIGHT

Did you know that over 20% of the people in the US resolve to lose weight and get healthier on every New Year's? However, only a small percentage of those people actually manage to achieve their weight loss goals.

Some people have it particularly hard. They work out regularly, reduce their calorie intake, and change their lifestyle, and despite this, they are unable to shed the unwanted extra pounds from their body.

What you may not realize is that a buildup of toxins within your body can be acting as a roadblock to your weight loss success. As we mentioned in the previous chapter, detoxing is far more effective than dieting. In fact, there is a chance that you might not achieve your weight loss goals simply if you don't detoxify simultaneously.

The impact of toxic overload on your body can be quite harmful. Your fat cell production can increase, and each cell might get overloaded by toxins in addition to fat. The reason for this is to flush out the toxins from your system and protect your vital organs.

However, what this does is make it easier for you to gain weight rather than shed it. The simple reason for this is that your body does not shed toxic fat easily. The level of pollution today means only the fittest can survive.

The toxins you are exposed to on a daily basis can cause issues with reproduction, cancer, hormone-related problems, and weight gain. The main point here is that you need to take toxins seriously, and until you do, you will not be able to shed weight effectively.

How Toxins Affect Your Metabolism

Try as you may to avoid toxins, they will find a way into your system. The long-term use of toxic chemicals and pesticides in agriculture will continue to affect future generations, contaminating the food you eat.

The worrying part is that some companies in the food industry incorporate toxic elements in

the products they manufacture. Marine life, in particular, is at risk of exposure to harmful toxins.

The fish you eat today can be affected by toxic elements, such as TBT. Fish are exposed to this element because it is widely used in paint manufacturing. Because the waste is disposed into the sea, it reaches the fish and starts affecting their health.

Over the years, there have been numerous studies that used fat samples from participants to gauge the level of toxicity. A study conducted in 1987 showed that the fat samples in human adults showed traces of a dioxin and some industrial solvents.

To cut a long story short, the years of research and testing have shown that toxic chemicals do indeed contribute to weight gain and make it difficult for you to lose weight. The chemicals are known to attach to the process of gene signaling in white adipose tissue. This results in the formation of new fat cells.

In addition, you deal with inflammation caused by toxins and your metabolism gets affected. Because the new fat cells being produced are contaminated at the origin, they don't contribute effectively to the metabolic processes of your body. Among the many effects of this is your body is unable to properly produce leptin.

Generally, fat cells perform a number of important functions within your body. However, the increased number of fat cells brings with them a higher risk of type-2 diabetes. Your thyroid is also at risk, and the gland might be unable to function effectively.

More significantly, a study showed that women who are exposed to the chemical compound DDE bear children with a higher risk of obesity in the future. The bottom-line is that toxin damage might not only result in you gaining weight, but put your children at a higher risk of obesity as well.



Why Toxins Make Weight Loss Difficult



There are several reasons why toxins can make weight loss difficult. As mentioned above, if your system is overrun by toxins, your body will continue producing fat cells, which store the toxins along with the fat.

Now, in this situation, even if you reduce your calorie intake and work out vigorously, you won't be able to shed any weight, let alone meet your weight loss goals. The inability to lose weight is a symptom, not a disease. The disease, for lack of a better word, is a heavy buildup of toxins in your system.

Unless you address the root cause, you won't be able to shed weight. Now, when you do lose weight, the toxins stored in the fat cells are released into your bloodstream. If you cut down around 10% of your body weight, depending on your weight, the weight released from toxins could be up to 50% of the number of pounds you lose.

It is extremely dangerous to have these many toxins floating around in your bloodstream. There is a threat to your vital organs. The toxins can invade your important systems and lead to major health problems, including cancer and cardiovascular problems. Moreover, the toxins released from the fat cells are likely to target your thyroid hormone in particular. The reason for this is that toxins and thyroid hormone cannot coexist in harmony.

And this is just the tip of the iceberg. You have to deal with many other symptoms of toxicity within your system, including

- A constant feeling of irritability. If you suddenly develop a 'short fuse' for no apparent reason, it could be caused by a heavy quantity of toxins in your system
- Feeling better if you eat a lot of food. When you increase your food intake, the toxins transfer to the fat cells, along with the fat you ingest. As a result, you feel better because there are fewer toxins floating around in your bloodstream.

In this scenario, you wouldn't have much difficulty losing the weight that you have gained recently. However, that is as good as it gets. You will reach a plateau beyond which you will not be able to lose weight.



The only way you can get over the plateau is to detoxify. The more you weigh, the harder it will be to lose weight if you don't deal with the toxins simultaneously. You have to find a strategy that enables you to detoxify and at the same time, you can continue your weight loss efforts.



How Toxins Affect Your Health



In addition to impeding your weight loss efforts, toxins can have several other negative and harmful effects on your body. Here is an overview of a few:

- The bacteria in your gut play an important role in regulating your weight and overall health. Toxins can kill the friendly bacteria, leaving behind only bad bacteria, which cause harm.
- Excess levels of toxins in your system can also prevent oxygen from binding with red blood cells. This reduces the flow of oxygen to different parts of your body, which can be dangerous in some cases.
- Your body will be unable to perform normal functions, because the toxins in your system will block the enzymes required for those processes
- You will be unable to benefit from the nutrients you consume. Toxins can keep vitamins and minerals from being absorbed into the bloodstream. In other words, the nutritional content of the food you eat

In addition to the aforementioned health issues, toxins can cause damage and irritation, particularly when they combine with the toxins from your environment.

Naturally, your body expels harmful toxins through the intestines, kidneys, and liver. However, if these organs aren't functioning optimally, toxins look for other ways to get out, which include your skin.

As a result, you get rashes and acne, among other skin conditions. You might also deal with chronic fatigue if the toxins find a pathway through your lungs. It is virtually impossible for you to eliminate toxins from your life.

Hence, you need to focus on detoxification as a means of improving your health and losing weight, which is the core idea of this free eBook.

Common Misconceptions ABOUT DETOXING

As is clear from the previous chapter, you can't ignore the importance of detoxing for weight loss. However, you might wonder why most people opt for crash diets and other means of losing weight as compared to detoxification.

It's not wrong to say that almost all the people who attempt to lose weight don't focus on detoxifying their bodies. The main reason for this is that there are numerous stereotypes and misconceptions about detoxing, based solely on hearsay.

You can't believe what you hear through the grapevine. Moreover, all the information you find about detoxification on the internet is not necessarily accurate. However, these same myths can dissuade people from opting for detoxing.

For example, you wouldn't go for a detoxification routine if you read that it entails starving yourself and surviving on green juices, would you? The mere thought of depriving yourself of the foods and beverages you love can make you feel miserable.

It isn't until you separate the myths from the facts that you realize that detoxification isn't as hard as people make it out to be. Don't worry, you don't have to eat brown rice with raw garlic for dinner!

Here is a look at some common misconceptions about detoxing:

Juicing is the New Black

Juicing is great if you want to stay hydrated and increase your fruit intake. However, it is not the optimal way to detox. Many people assume they are detoxifying their bodies simply because they are consuming nothing but juices.

There is a popular fad of juicing all the nutrients you want to eat. Fruits and vegetables do become palatable in liquid form, but you may not realize that they lose most of their potency when you juice them. The reason for this is that the fibers break up when blended



The  or put through a juicer. Moreover, people don't usually incorporate peels when juicing, but the peels contain nutrients as well.

Not to mention, juicing can be an expensive way to detoxify. Think of how many apples you need just to produce one glass of juice. Plus, consider the number of calories you are consuming in one glass and you will realize why juicing isn't the most effective way to detox!

Continuing from the previous point, juicing is great if you stick to healthier items, such as kale and cucumber. However, people often tend to add other fruits into the mix, including carrots and apples. When you juice these items, the fiber content disintegrates while the sugars become more concentrated.

Sugar, in concentrated form, is difficult for your body to process. There is likely to be a significant residue from the sugar once the juice passes through your digestive system. This can disrupt your blood sugar level.

Given that you need to add more than one apple and carrot to your juice just to make one glass, your sugar intake increases. You would know how many apples go into making just one glass of juice!

The point is that your system will digest juice quicker than any food item. As a result, the sugar you have consumed will be absorbed into your bloodstream in virtually no time. That's why, you have to pick and choose the right fruits and veggies when juicing.

Survive on Lemon Water or Salt Water



Perhaps the most absurd misconception about detoxifying is that you only need to consume lemon water or salt water throughout the day. You don't have to be a nutritionist to figure out how harmful these concoctions can be for your system.

Not to mention, you are depriving your body of vital nutrients and elements that are essential for your survival. In other ways, you are compromising the efficiency of your system, which is the opposite of what you should be aiming for. If your body is not in sync, it will not flush out toxins effectively. Moreover, there is a huge risk of dehydration when you stick to salt water or lemon water.

Detoxing = Fasting

For some strange reason, people believe fasting can help with detoxing. In fact, you need sufficient nutrients for your body to be able to flush out the toxins and fasting goes against this.

You will neither be able to detoxify, nor lose weight if you simply starve yourself. The result will be that you feel weak, miserable, and will probably curse yourself for even trying to make it work.



The Red Tea Detox

You Don't Need to Cut Your Calorie Intake

At the opposite end of the spectrum is the misconception that just because you are detoxing, you can eat pretty much anything you want. As mentioned above, starving yourself is not the way to go, but you cannot load up on calories either.

If toxins overrun your system, even a slight increase in your calorie intake can lead to weight gain. You have to watch what you eat and be mindful of the number of calories in each meal. That said, you don't have to obsess over the calorie count of every morsel you consume!

Just make sure you are eating sufficient food and getting optimal nutrition from your meals.

Only the Foods You Hate Can Help You Detox

You will be amazed (and probably grossed out) looking at some of the foods and beverages people force themselves to consume just because they feel they will help with detoxification.

The last thing you probably want to feed yourself is raw garlic, but some people unhappily eat it for dinner (and that too with plain brown rice). Science proves that your body won't benefit from the food you consume unless you actually enjoy what you eat.

Steer clear of foods and beverages that you don't enjoy eating, because they will end up causing more harm than good. A simpler solution is to load your daily diet with healthy items, such as nuts, whole grains, and good ol' fruits and veggies.

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