



A Beginners Guide to Tea Cleansing

Riki Fisher

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A Beginners Guide to Tea Cleansing Riki Fisher

This book contains proven steps and strategies on how to cleanse your body with tea. Whether it's strong black tea or delicate green tea, a cup of tea always gives you superior health benefits. The book will give you a good idea about the health benefits of the teas, how tea helps your body to detox and cleanse without any side effects and the ingredients you need to make a delicious cup of tea. This guide is a comprehensive yet concise book on tea and how to cleanse your body with tea and gradually lose weight. This guide gives you a detail list of teas that help you to prevent weight gain and remove existing body fat easily.

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