



FOR IMMEDIATE RELEASE

## **African Tribal Shaman Reveals Ancient Secret Formula For Concoction That Causes Safe Weight Loss**

***Liz Swann Miller, Noted Naturopath and Nutritional Author - was in the right place at the right time. Too bad it took a poisonous snake bite to meet this African Shaman. He saved her life with his potion, and the side effects were increased wellbeing and weight loss.***

Los Angeles, California, August 14, 2017, Liz Swann Miller, Noted Naturopath and Nutritional Author, is always on the lookout for new discoveries in the world of health and nutrition. She likes to provide the latest scientific facts to her readers and patients. Liz likes to visit exotic places in search of little known herbs and recipes that will stimulate wellbeing. She never planned on getting bit by a Rattle Snake while on vacation in Africa. Imagine her surprise when she awoke to find herself in a Thatched Roof Hut with a Tribal Shaman looking after her. The sounds of exotic but strange music only added to her trepidation as she was handed a goblet of some potion to drink.



She quickly realized that she should give it a taste so as to not offend these gentle people who were trying to save her life. To her surprise it tasted great, and she could see that whatever they had been giving her was making her feel better and better as the hours passed. The only side effect she noticed was increased energy and [weight loss](#). Not drastic unsustainable weight loss, but weight loss that can be sustained. Liz also noticed that she did not have hunger pains and other negative symptoms of dieting. This Red liquid was a miracle in a goblet.

Liz was able to get one of her Guides to act as an interpreter and explain to the Shaman that his drink could help many, many people in her country experience well being. This drink had the power of detoxifying the human body. This meant that she could now show people how to reduce systemic (body-wide) inflammation. Every major disease known to mankind has some degree of inflammation involved, including weight gain. After a bit of cajoling, they were able to convince the Shaman to share his secret formula.

When Liz returned to the States, she knew she must publish a book and teach others how to make this Red Tea preparation in their own homes from readily store bought materials available in their local areas. This was the birth of her latest book "[The Red Tea Detox](#)".

She always taught people about how toxins were caused by Free-Radicals and Oxidation. Now she could provide a battle plan to cleanse the body and shed those unwanted pounds. This new Red Tea Detox is not only capable of cleansing the body, but also speeding up the metabolism without that jittery feeling, while suppressing those hunger cravings that are part of all those other diets. Her

fans will not be disappointed with Liz's new book, "[The Red Tea Detox](#)". Reader testimonials have been phenomenal. take a look at what Amanda H., age 57, from Topeka, Kansas, had to say: "I'm back in my Skinny Jeans", "I lost 17 pounds and I'm fitting into jeans I never thought I would wear again. My husband tells me I look slender and sexy. I am very pleased with my results!".

#### 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 both in 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/>

#### Media Contact:

Liz Swann Miller  
Attn: Media Relations  
Los Angeles, CA  
619 364 7200  
[liz@redteadetox.com](mailto:liz@redteadetox.com)