



**FOR IMMEDIATE RELEASE**

**Liz Swann Miller, Noted Naturopath and Nutritional Author  
Releases Recipe For a Red Tea Detox Formula - Including  
An Effective Weight Loss Regimen**

***The Red Tea's 5 herbal ingredients work in harmony to end  
cravings and make you feel full to stop your hunger.***

Los Angeles, California, August 15, 2017, Liz Swann Miller, Noted Naturopath and Nutritional Author, has been testing and improving upon a secret recipe originating out of a tribal region in Africa. Liz would not release any formula, plan or recipe that she was not sure was the best it could be. This is why she went on her own new diet plan to see if it would work wonders for her. She had been gaining weight and was ripe to try something new when she received information about a [Red Tea Detox plan](#). Liz was eager to give it a try, as she was deep into writing about how beneficial a body detox can be.



Cleansing the body from toxins is like changing the oil in a car. Every system in the body works better when toxins are eliminated, and they all work better together, in a synergistic fashion. It is important to understand that toxins enter the body from the foods we eat, the drinks we consume and from the environment as well. Everybody has a different body chemistry and we all react differently to these toxins. On a molecular level, the toxic cells are called “free radicals”, and they “bind” to healthy cells and cause what is called “oxidative” damage. Stop this process and a state of wellbeing can occur. Hormones become balanced, energy levels increase, sugar cravings decrease and weight loss happens naturally. When the metabolism is increased, calories are burned, and excess fat disappears.

Liz put the results of her self-study into her new book, “[The Red Tea Detox](#)”, so she could share the secret with everybody. Her all natural detox drink not only works wonders, but it tastes great as well. All of the ingredients can be bought at local stores and mixed at home. She lost a lot of weight, but not drastically, which is unsustainable. Slow but steady is the best way to go. Her energy levels were increased without any jittery feelings from stimulants. The herbs in the recipe helped provide a gentle cleanse to remove toxins from the body. She felt great and enjoys the Red Tea Detox drink often.

Her new book is like having a blueprint for [weight loss](#). It really is a feel better plan. People who found themselves sitting in front of the TV all day without the energy or drive to do anything found themselves starting to get out and enjoy life more. Reader testimonials have been phenomenal. take a look at what Dr. Robinson, a Doctor from Tampa, Florida, has to say, “I’m recommending this to all my staff and patients. As a doctor, I’ve seen and heard it all. The red detox drink is tasty,

and I'm not hungry. After trying it myself with my husband and seeing our lab numbers improve (triglycerides, blood sugar, blood pressure) I recommend the Red Tea Detox to my staff and patients.”

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/>

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