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The 7-Day Flat-Belly Tea Cleanse: The Revolutionary New Plan to Melt Up to 10 Pounds of Fat in Just One Week!

Kelly Choi, Editors of Eat This Not That

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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 of stubborn abdominal weight
• look and feel leaner and lighter, without grueling exercise
• reset your metabolism to help make weight-loss long-lasting and automatic
• sleep more soundly and feel more energized
• dramatically reduce your risk of diabetes and heart disease
• beat stress and bring complete calm to your mind

Are you ready to look slimmer, healthier, and sexier than you have in years—in just one week? Then you’re ready for *The 7-Day Flat-Belly Tea Cleanse*.

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