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Howdy folks.

First of all, I know it is not easy at all to stay in shape once you reach a certain age.

As a working mom with three kids and a busy husband, it's hard enough to make sure dinner is on the table every night, let alone to find the time to work out and keep in shape.

Over the years, the weight had just crept up on me, and to be truthful, I hadn't really noticed and had been living in blissful ignorance of my slow weight gain. That all changed when a cousin gave us a family photo from Christmas last year and I didn't recognize myself sitting there in the photo. Who was that huge woman sitting there with my family?

As sad as it was, it was the wake-up call I needed.

I decided right then I had to make a change, and started doing some research on the easiest and most effective ways to lose my weight. When I stumbled upon Liz Swann Miller's **Red Tea Detox**, it seemed to be exactly what I wanted - easy to make, easy to drink, and no expensive gym memberships or major change in diet required.

It all seemed too good to be true. Maybe it was? I must admit, I was pretty skeptical. There seem to be a whole bunch of scammy products out there on the market. But there was something about this that made me look twice.

And I'm so glad I did.

The weight started coming off immediately, and the tea tasted amazing too! Since starting 2 months ago, I've never looked back. I'm back to a size 10 for the first time in years, and I have

so much energy that I've actually created some time in my schedule to get a 30-minute walk in every day. It feels incredible!

Thank you so much to Liz and her wonderful team that have been so helpful to me throughout the whole process as well. I couldn't be happier with the results.

- Diane Miller, Houston, Texas