



ALISTAIR BUCKLEY

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Hi everyone,

My name is Alistair, and I'm proud to tell you of my little journey with the **Red Tea Detox**.

I travel a lot for work, and when you're spending a whole bunch of time in transit and airports, etc, it's pretty easy to fall in the trap of just eating junk food all the time. When your schedule is all over the place, the last thing you can seem to try and manage is a workout regime on top of that.

However, as time flew by, the pounds added up, and I was certainly starting to feel the pinch around the waistline.

When my girlfriend sent me the **Red Tea Detox**, I must admit, I was a little bit upset! "You think I'm fat?!" was my immediate reaction. But deep down, I knew that I was, and was trying to pretend it wasn't a problem. I also knew that she was trying to help me the best way she could, and she really felt that this was the easiest thing I could add to my busy lifestyle without any major changes.

Boy was she right.

You see, when I made my first brew, I kept it cool in the fridge overnight and took it with me on a trip the next day. The first thing I noticed was how great it tasted, and sipped on it periodically throughout the following day. Before long, I was hooked on the stuff! And with the simplicity of the ingredients which are available everywhere, it meant I could make a new batch easily the following day, wherever I was in the country.

In no time, I was making a new brew of the **Red Tea Detox** and taking it wherever I went. I couldn't get enough.

But the taste wasn't the most important part - it was the results.

Within days I started to feel lighter and healthier. My belt buckle began to ease up and slowly but surely the weight started to drip off me.

I remember after being away a week, walking into the living room and my girlfriend screaming with enthusiasm at how skinny I was. And this was all with no change to my diet at all, just the addition of Liz Swann Miller's **Red Tea!** It's been 3 months of this now, and I'm down nearly 22 kilos and I can barely believe it!

I'm the healthiest and happiest I've been in years, my relationship has improved 10-fold and I can't believe I'd been living my life without this all those years. Thanks Liz!

- Alistair Buckley, Birmingham, England