

ESSENTIAL OILS CHALLENGE

**A BEGINNERS GUIDE TO THE PHENOMENAL
POWERS OF ESSENTIAL OILS**

**SAVANNAH
SAMARIA**

A Beginner ' s Guide To The Phenomenal Powers Of Essential Oils

Essential Oil Recipes For Weight Loss, Aromatherapy, Stress Relief And Anti-Aging

Bonus Info On My Favourite Diet

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TEA CLEANSE CHALLENGE

7 Day Tea Cleanse Reset To Lose 10 Pounds And Get That Flat Belly You've Always Wanted

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Introduction

I want to thank you and congratulate you for downloading the book, “ A Beginners Guide To The Phenomenal Powers Of Essential Oils ” .

This book contains proven steps and strategies on how to feel healthier, increase energy and live a happier lifestyle.

Why is it that when most people think of health and fitness, their first instinct is to feel discouraged and act as though the whole idea doesn ’ t exist? Sure we can ’ t all be fitness experts, but if you ’ re really serious about getting back into shape and feeling better, there are techniques that can help you work for that body you ’ ve always wanted. Whether it ’ s losing weight or having more energy, using essential oils is a great way to start.

While your body ’ s natural energy level slows down as your age increases, that doesn ’ t mean that you should give up on your health goals. No matter what stage of life you ’ re in, there ’ s still so much you can do to improve your physical, and mental wellbeing and reading this book is the first step to living the life you ’ ve always wanted.

For centuries, humans have been using essential oils to promote health and improve their wellbeing. Even today, with all the modern medical technology and tons of medications available, essential oils still remain to be effective in promoting relief, relaxation and other positive effects on health.

Learn what essential oils can be used for specific purposes. This book will guide through all there is to know about how to best use these oils and how to safely use them.

This Book Will Teach You: What Essential Oils Are Why You Should Use Essential Oils How To Make Your Own And So Much More!

So what are you waiting for? Start reading and make that change in your lifestyle today!

Thanks again for downloading this book, I hope you enjoy it!

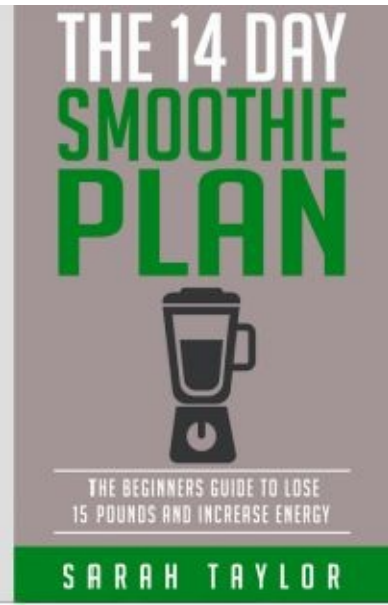
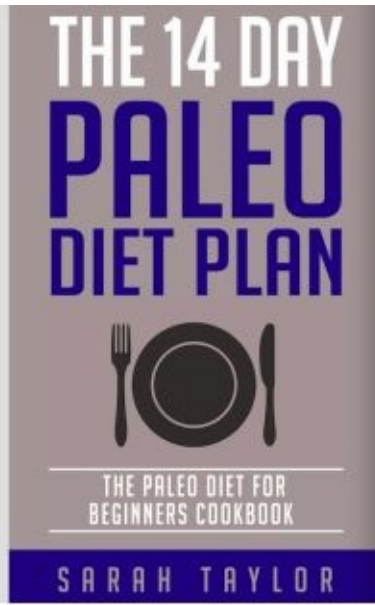
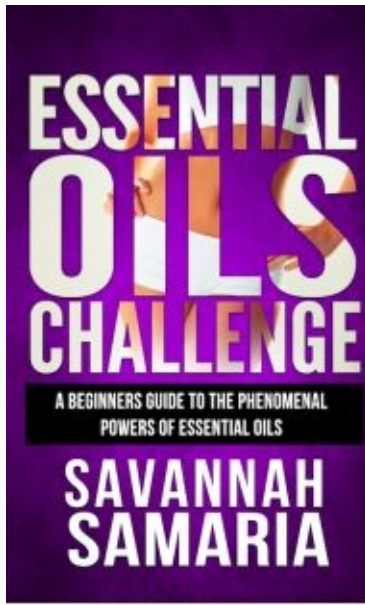
Don ’ t forget to check out one of my favourite diets and learn the strategies I used to lose stubborn unwanted fat quickly with the 3 week diet at the bottom.

Attention: Get Your FREE Gifts

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Chapter 1 Using Essential Oils for Weight Loss

Essential oils are usually all about aromatherapy for calming, stress relief and for generally feeling good. Weight loss is among the long list of benefits from using essential oils, though most people are not aware of it. Essential oils can help in effective and safe weight loss, if done right with the right oils.

Grapefruit Essential Oil

This oil is more commonly used as a disinfectant and antiseptic. Grapefruit essential oil can help with weight loss. Its crisp, uplifting sweet aroma helps to achieve desired weight. It works through the following effects: Curbing cravings

Boosting metabolic rates

Increasing energy

Increasing endurance

Reducing accumulation of fat over the abdomen Grapefruit essential oil helps in weight loss because of the natural compounds it contains. These compounds help in the various steps towards achieving desired weight. One of these compounds is nootkatones. This natural compound stimulates AMPK, an enzyme in the body that controls energy levels and metabolic rates. When nootkatone activates AMPK, chemical reactions in the skeletal muscles, liver and brain are sped up. This reaction improves physical performance, increases endurance, reduces weight gain and decreases body fat. Exposure to grapefruit at least 3 times per week at 15-minute intervals showed can reduce appetite and accelerate weight loss.

Another compound in grapefruit that can help with weight loss is limonene. This promotes lipolysis in the body. This process involves breakdown of body fat and proteins, which contributes to weight loss.

Lemon Essential Oil

Lemon essential oil is obtained by cold pressing lemon peel. This oil has a clean, refreshing pick-me-up scent with an overtone that's slightly sour.

This is another essential oil that can help you lose weight. This goal is achieved through these actions:

Suppressing weight gain

Increasing energy levels

Enhancing mood

Relieving pain

Lemon essential oil contains the chemical compound limonene. This has very powerful fat-dissolving effects in the body. If used together with grapefruit, there'll be greater fat burning and more weight loss.

Mood enhancement contributes to weight loss. Aside from improving negative feelings, the levels of norepinephrine are increased. This is a stress hormone and a neurotransmitter that plays important roles in the fight-or-flight mechanism. Increased levels of norepinephrine promote better oxygenation of the brain tissues. With this, cognitive function improves.

Other functions of the brain are also improved such as better heart rate regulation. This results to increased heart rate and better blood flow. These conditions help the muscles to work better and faster. When the muscles are functioning better, it will be easier to perform exercises that can burn all those excess fats. Lemon essential oil also helps in relieving muscle fatigue and soreness after an exercise.

Peppermint Essential Oil The minty freshness of peppermint oil makes it among the favorite essential oils of all time. This oil contains the compound menthol that has a cooling and calming effect.

Peppermint oil helps the body by: Reducing appetite

Improving digestion

Elevating mood

Increasing energy

Increasing mental alertness Peppermint essential oil contains as much as 70% menthol. For centuries, this oil is used for medicinal purposes, particularly for relief of digestive problems like indigestion. It can also relax the muscles and relieve soreness and pain. If mixed with caraway oil, peppermint oil can ease the stomach muscles. This mixture reduces bloating and improves bile flow. These helps improve food digestion and movement along the gastrointestinal tract. Food passes through the tract faster.

This essential oil has natural suppressant effects on appetite. One study found that just inhaling the scent of peppermint oil lowers hunger levels. There are fewer calorie consumed too. The participants of this study inhaled the scent of peppermint oil every 2 hours.

Cinnamon Essential Oil

This essential oil is taken from the leaves and the inner bark of the cinnamon tree, *Cinnamomum* sp. The scent of cinnamon essential oil is warm and sweet.

Benefits in the body include:

Improvement in insulin sensitivity

Better regulation of blood sugar levels

Reduction in inflammation

The effect of cinnamon oil on insulin has a huge impact on weight. Insulin is a hormone that plays a major role in regulating blood sugar levels. It converts sugar in the blood into energy that can be used by the various tissues. Or, it can convert sugar in the blood into fats to be stored within the tissues. If insulin sensitivity happens, the cells become resistant to the effects of insulin. Instead of burning some of the sugar in the blood, the body mistakenly store most of it as fats.

Weight gain happens and attempts at weight loss become difficult. Insulin resistance leads to higher blood sugar levels that trigger higher insulin production. Both these conditions worsen insulin resistance and increase the risk for the development of type 2 diabetes. Cinnamon extract improves the sensitivity of the cells to insulin, promoting better regulation of blood sugar levels. The improvement in how the body uses. Metabolizes and stores sugar can help in regulating fat storage and promoting better fat burning.

Inflammation also plays a major role in weight gain. Acute inflammation is beneficial in the body. It protects the body from further injuries. It is also among the vital initial response to infection. Chronic or prolonged inflammation is a threat to the tissues in the body. To protect itself, the body pads the different organs. The padding is created by accumulating more fat around the organs. And because the accumulated fat serves as a protective padding, any attempt at burning them (i.e., exercise and diet to lose weight) will prove to be almost impossible.

The body will not easily give up its protection, unless inflammation goes away. Cinnamon helps in this concern. This fragrant essential oil can inhibit the release of inflammatory molecules in the body. This is a very important step towards reduction of inflammation. Once inflammation subsides, the body will be more willing to shed the fats.

Other essential oils to try Aside from the discussed essential oils above, there are more essential oils out there worth trying. These essential oils are just as effective as the ones discussed above in promoting weight loss.

Fennel

Bergamot

Sandalwood

Celery seed

Cloves

Tangerine

Orange

Mandarin

Lemongrass

Ginger root

Spearmint

Eucalyptus

Patchouli

Cypress

Juniper berry

Laurel

Rosemary

Jasmine

Hyssop

Ototea

Rose geranium

Lavender

How to Use Essential Oils to lose weight

Safe use is just as important as choosing the right essential oil. Inhalation is the most common method of use. It is also the least risky. Some essential oils may cause allergic reactions when applied directly to the skin. Never ingest or add to food.

Topical use can be safe as long as the essential oil is properly diluted with carrier oil. Test for allergic reactions through a patch test before applying to larger skin areas. Avoid getting the skin applied with essential oil exposed to direct sunlight. This is most important when using citrus essential oils. Avoid direct sunlight from 12 to 18 hours after applying the oils to the skin.

Massage oil for fat reduction

Mix 5 drops each of cypress, lemon and grapefruit essential oil. Dilute with $\frac{1}{4}$ cup of almond oil. Massage over areas like the thighs, upper arms and over the belly.

Anti-cellulite rub

Mix 10 drops of grapefruit essential oil and 5 drops of rosemary essential oil. Add 2 drops each of ginger, peppermint and cypress essential oils. Dilute with carrier oil such as olive oil, jojoba or almond oil.

Rejuvenating bath

Prepare a warm bath. Add 5 drops each of ginger, sandalwood, grapefruit, lemon and orange essential oil.

Appetite suppressing diffusion

Combine 40 drops of mandarin essential oil to 20 drops of lemon oil, 12 drops of ginger oil and 12 drops of peppermint oil. Add a small amount of the oil blend to the diffuser.

Metabolism-boosting soak

Prepare a warm bath. Mix together 2 tablespoons jojoba oil, 10 drops each of rosemary and cypress oil, and 8 drops grapefruit essential oil. Add this oil blend to bath water.

Craving-curbing salve

Combine ½ cup of olive oil, 80 drops fennel essential oil, 40 drops bergamot oil and 24 drops patchouli essential oils. Use this to massage the abdomen.

Chapter 2 Using Essential Oils for Aromatherapy

Aromatherapy is most popularly known for using the scent of essential oils to promote relaxation and stress relief. Essential oil blends can also be used for relief from common ailments. These essential oils are also used to promote overall health and well-being.

Massage Oils

For massage or body oils, essential oils are always diluted with carrier oils. These are other herbal or vegetable oils such as coconut oil or jojoba oil. Dilution is important to avoid any negative reactions when using essential oils directly on the skin. While essential oils are generally safe, some may contain compounds that can be irritating to sensitive individuals.

Safe dilution guidelines include: *For oils meant for infants and young children:* Add 3-6 drops for every ounce of carrier oil to create 0.5 to 1% dilution that's generally safe for these young ones.

For oils meant for adult use: Several dilutions are used for various purposes. Common dilutions are: 2.5% dilution: add 15 drops of chosen essential oil for every ounce of carrier oil 3% dilution: add 20 drops of chosen essential oil for every ounce of carrier oil 5% dilution: add 30 drops of chosen essential oil for every ounce of carrier oil 10% dilution: add 60 drops of chosen essential oil for every ounce of carrier oil
Massage oils are generally used for the following conditions:
Anxiety/stress

Migraines

Headaches

Insomnia

Rheumatism & arthritis (sub-acute phase) Relief for acute or chronic pain
Chronic muscular or joint aches and pains Reduction of inflammation

Relief of muscle spasms

Immunity enhancement

Relaxing and soothing the nervous system Pregnancy and childbirth massage

Part of treatment of strains, sprains and other repetitive movement injuries

Facial lotions, creams and oils Essential oils are added to basic, unscented facial lotions and creams to enhance their effects. Facial oils can be made by blending essential oils and carrier (herbal/vegetable) oils.

The skin over the face is thinner and more sensitive than the skin over the rest of the body. Make sure to use mild oils (both essential and carrier) and dilute properly to avoid any negative reactions. Safe dilution rates are: *For adults with sensitive skin:* 0.5 to 1% dilution= Mix 3-6 drops of essential oil per ounce of carrier oil *For adults with normal and healthy skin:* 1-2.5% dilution= Mix 6-15 drops of essential oil per ounce of carrier oil Facial lotions, creams and oils are not just for use on the face. These can also be used in other skin areas for these purposes: Slow down skin aging

Promote wound healing

Reduction and improvement of scar appearance Balance production of sebum

Support and enhance proper immune cells function in the skin Improve local skin circulation

Promote skin detoxification

Improvement in skin tone

Soothe and soften skin

Promote skin hydration when used with cream or hydrosol/water

Baths For healthy, soothing and relaxing baths, essential oils are added to dispersing agents before added to warm bath water. Generally, aromatherapy baths are prepared by mixing 2 to 12 drops of essential oils to 1 teaspoon of whole milk, honey or vegetable (carrier) oil.

Aromatherapy baths are great for: Reducing anxiety/stress

Soothing physical or mental fatigue Alleviating muscular pains, tension and aches Enhancing circulation of lymph

Stimulating better blood circulation Reducing stiffness and pain

Improving health and skin tone

Supporting skin detoxification

Steam Inhalation This is one of the more popular aromatherapy methods for improving respiratory and immune function. Simply boil water and add 3 to 7 drops of essential oils. Some of the best ones to use for this include tea tree oil, eucalyptus oil, lemon oil, and thyme essential oil.

Steam inhalation is used for:

Congestion in upper respiratory tract (cold or flu) Sinus infection or sinusitis

Enhancing respiratory function

Diffusion Diffusion spreads the aromatic and healing scents of the essential oils in the room. There is a commercially available diffuser that can be used. This method is used for these purposes: Environmental ambiance

Insomnia and other sleep disorders Anxiety / stress reduction Mood enhancement

Improve air quality

Improve alertness

Reduce airborne pathogens

Essential Oil Blends that Promote Mental Clarity *For improved memory and concentration:*

Mix 5 drops each of hyssop oil, rosemary, lemon and peppermint essential oils.

For increased mental alertness and quick “pick-me-upper: Mix 2 drops each of peppermint and wild orange essential oils.

For headache relief:

Mix equal amounts of rosemary, lavender, thyme, marjoram and peppermint. Add to a diffuser for better results.

Essential Oil Blends that Energizes *To increase energy levels*

Mix equal amounts of energizing earthy essential oils like ginger and frankincense oils with green herbal oils such as rosemary, peppermint and basil.

To invigorate the mind and body

Mix 4 drops of wild orange essential oil and 4 drops of peppermint oil. Inhale by placing a few drops of the blend to a handkerchief or to a diffuser.

To increase performance and vigor

Mix 2 drops each of grapefruit and peppermint essential oils.

To boost overall energy levels within you and the environment Mix 8 drops of grapefruit oil, 4 drops of lavender oil, 4 drops of lemon essential oil, and 2 drops of basil essential oil.

Essential Oil Blends that Lifts the Mood *For improved atmosphere during gatherings* Mix 3 drops each of lavender and bergamot essential oils with 2 drops of geranium essential oil.

For emotional healing

Combine 2 drops each of bergamot, wild orange, frankincense, and bergamot essential oils. Add this oil blend to a diffuser.

Essential Oil Blends that Support Immunity

To clear nasal passages and promote healthy immune response

Combine 2 drops each lemon, peppermint and lavender essential oils. Place this blend in a diffuser. This blend is best used during the summer and spring months.

To strengthen the respiratory function

Combine a drop each of rosemary, eucalyptus, peppermint, lemon and lime essential oil. Add this to a diffuser. This blend is very helpful in strengthening the respiratory system during flu and colds season.

To combat colds

Combine 20 drops of orange oil, 10 drops each of juniper berry, pine and eucalyptus essential oils. Add 6 drops each of ginger and rosewood oils. Lastly, add 4 drops of ginger essential oil. Add a few drops of this blend to a diffuser when feeling under the weather or when a cold bug is starting to hit.

To prevent colds and flu

Mix 5 drops of lavender oil, 5 drops of eucalyptus oil, 3 drops of ravensara, and 2 drops of bay laurel oils. Use this blend in a diffuser during the entire colds and flu season to prevent getting sick.

To relieve allergy symptoms

Blend 2 drops each of lavender, lemon and peppermint oils. Inhale through a handkerchief with a few drops of this blend or use with a diffuser.

Essential Oil Blends that Promote Sleep and Relaxation

For a relaxing atmosphere

Add 2 drops each marjoram, orange and lavender essential oils. Then add 1 drop of Roman chamomile and 1 drop of German chamomile. Add this blend to a diffuser.

For a soothing atmosphere

Blend 6 drops of lime oil, 6 drops of bergamot oil and 6 drops of grapefruit essential oil. Add 4 drops of ginger essential oil and 2 drops of sandalwood essential oil. Add this blend to a diffuser.

For winding down at the end of the day

Combine 10 drops of lavender essential oil and 2-3 drops each of palmarosa and rose geranium essential oil.

For sleep

Blend 1 drop of each of the following essential oil: ylang ylang, patchouli, lavender and bergamot. Place in a diffuser and use it near the bed to promote faster falling asleep.

Chapter 3 Using Essential Oils for Stress Relief

Stress relief is also among the top benefits of using essential oils. These are convenient relief measures because you can carry them anywhere. They come in small containers yet packed in strength and effectiveness. Using them is quick and easy. Just a few drops on a handkerchief or clothes and you can smell the stress-relieving aroma all day. You can add a few drops to a diffuser and keep your workplace, car or home smelling nice and relaxing at the same time. You can also use some essential oils for a more relaxing massage or a calming bath.

The scent and the molecules of essential oils can trigger the areas of the brain that control emotions. They promote the release of chemicals in the body that promote relaxation, better mood and calming energy. Essential oils for stress relief are categorized into 3:

Essential oils influencing the emotional component of stress

These essential oils promote calmness and relaxation in the body. This includes:

Roman chamomile oil for restlessness; promotes calmness

To use for stress relief, apply 2-4 drops of oil on the wrists and ankles. This will promote better energy flow in the body to fight stress. Add a few drops to a handkerchief and breathe it throughout the day. Place about 2-4 drops in a diffuser and make the workplace or home smell relaxing and calming.

Geranium for release of negative memories; has uplifting, relaxing effect

To use, dilute it with preferred carrier oil (jojoba, almond oil, olive oil, coconut oil, etc) at 50:50 ratio. Use 2 to 4 drops of the blend on the temples and abdomen. Add the same drops to a handkerchief or on your palms and inhale the invigorating scent. Add a few drops of this oil blend to a diffuser and make the home or workspace smell relaxing and uplifting.

Lavender for ease of stress, frustrations and anger

To use for stress relief, apply 2 to 4 drops to a handkerchief or diffuser to directly inhale its calming scent.

Marjoram, the “Happiness” herb; supportive function for healthy nervous system

Before using, dilute to a 50:50 concentration with preferred carrier oil. Then directly inhale by applying a few drops of the diluted oil blend to a diffuser or handkerchief.

Lemon balm for release of negative emotions from the heart

This is among the most expensive essential oils, next to rose essential oil. The cost of distillation is expensive because a lot of plant parts are used and only a tiny amount of essential oil can be obtained. About 3 tons of material from lemon balm plant only yields 1 pound of essential oil. The cost of the oil can reach to about \$15,000 per pound of pure (therapeutic grade) lemon balm oil. Per 5ml bottle would usually fetch anywhere from \$150-\$250.

There are some that offer a much cheaper price, of about \$10 per 5 ml. In the world of essential oils, high quality oils produce the most benefits and the great ones are really expensive.

To use lemon balm oil for stress relief, use neat or undiluted. Directly inhale the scent by [lacing a few drops on a diffuser or handkerchief.

Other essential oils under this category include the following. How to use these are the same as the previously discussed essential oils for this category.

Vetiver for grounding effect

Bergamot for calmness; uplifting

Jasmine for relaxation; uplifting

Tangerine for calmness

Orange for joy and pace; elevates mind and body

Essential oils supporting the physical component of stress

These oils support physical components, such as muscle tension and soreness, joint pains, increased heart rate, increased blood pressure and the like. Because of their effect on improving the physical aspect affected by stress, these essential oils are also considered as tonics. These essential oils are:

Thyme

Use in a 20:80 dilution, where 1 part thyme essential oil is diluted to 4 parts vegetable oil. Use over sore or tensed muscles or inhale its scent to invigorate tired and stressed muscles.

Valerian

This oil has a woody and musty scent. To use, apply the oil directly on sore or tense muscles. Inhale via a diffuser or simply adding a few drops to a handkerchief.

Lavender

Apply directly to tired and stressed muscles. Inhale its scent to promote overall relaxation.

Patchouli

Use it undiluted or neat. Apply small amount on sore, tired muscles. Inhale the invigorating scent through diffusers or on a handkerchief.

Black pepper

Use in a 50:50 dilution. Apply on stiff or sore muscles. Inhaling the scent also helps to relax stressed muscles.

Essential oils affecting fear

Essentials oils that affect fear are those that ground the body, bringing it back into proper alignment with the mind. This keeps a person present, more aware of the moment or of present reality. To use these oils, follow the same guidelines as the other essential oils previously mentioned. These oils include:

Lemon (use at 50:50 dilution)

Lemon balm (use undiluted)

Vetiver (use undiluted)

Rose (expensive; use undiluted)

Ylang ylang (use neat or undiluted)

There is also the mental component of stress, which can also be influenced by

essential oils. These oils calm the mental chatter that adds to the daily stress. It also releases the negativities that weigh the mind and body down. It promotes mental clarity and helps in achieving greater mental focus. Essential oils for this component include:

Rosemary

Use at 50:50 dilution. Apply 2 to 4 drops to tense areas. Directly inhale by adding a small amount to diffusers or handkerchief.

Peppermint

Use in the same manner as rosemary essential oil.

Lemon

Use in the same manner as rosemary essential oil.

Cedar wood

Use it neat or undiluted. Apply to knotted, tense muscles, over the temples, wrists and/or ankles. Inhale by adding to diffusers or placing a few drops on a handkerchief.

Chapter 4 Using Essential Oils for Anti-Aging

Aging can be slowed down with the use of essential oils. Certain oils can bring back the youthful glow of the skin and make it feel softer and smoother. These oils are even more powerful than the ultra-expensive anti-aging serums available commercially. It may be DIY but its effect rivals those expensive serums.

Apricot kernel oil

This is among the top carrier oils used for blends meant for healing and rejuvenating the skin. Apricot kernel oil contains an abundant amount of omega-6 gamma linolenic acid. This promotes lots of desirable things when applied to the skin. It has a rejuvenating effect. It nourishes the skin and hydrates it. The vitamin A and E in this carrier oil promote regeneration of the skin cells, replacing old and dry ones. These also promote collagen production that keeps the skin elastic. Collagen reduces the appearance of wrinkles and fine lines.

The skin readily absorbs apricot kernel oil. It leaves a non-greasy feel, making it perfect to use on all skin types. It is safe and works great from oily skin to dry or sensitive skin type. This oil is also one of the most recommended natural oils to hydrate and heal very dry skin.

Sweet almond oil

This oil is rich in vitamins K and E. These vitamins promote skin cell regeneration and maintain elasticity. It also enhances better blood circulation to the skin. Blood brings oxygen and more nutrients to keep the skin healthy and younger looking. Blood also gives the necessary hydration to keep skin supple. Proper blood circulation also means waste from the skin cells are removed and brought to the proper organs for excretion.

Sweet almond oil has natural UV-blocking abilities. This can protect the skin from accelerated aging due to UV radiation (photoaging). This is the highly recommended oil for people who spend lots of times under the sun.

This oil has no odor. This makes it perfect as the carrier oil because it will not interfere with the scent of added essential oils. This is also perfect for people who do not like to wear essential oils with strong scents.

Sweet almond oil is lightly oil. It does not leave a very heavy greasy feel to the skin after application. Its consistency is almost the same as that of olive oil. It is easily and quickly absorbed by the skin.

Organic Virgin Coconut Oil

This oil is full of vitamin E, which is a very potent antioxidant. It protects the skin from oxidative damage caused by free radicals. Oxidative damage is among the major factors that cause premature or accelerated aging. It makes the skin dry, wrinkly and prone to more damage. The vitamin E in organic virgin coconut oil is excellent in preventing these. Because of this capability, this oil is among the leading carrier oils used for anti-aging serum.

Aside from the antioxidant vitamin E, coconut oil also contains a great amount of medium-chain triglycerides called lauric acid. This is a very healthy compound that can help delay the signs of skin aging. It also has potent anti-bacterial properties that are mild on the skin but tough against bacteria. Both vitamin E and lauric acid work together to promote skin healing while treating or preventing skin infections.

Anti-aging is not the only benefit from using coconut oil on the skin. It also helps in preventing or reducing the formation of cellulites. Coconut oil strengthens the skin's outer layer, the epidermis. This benefit also leads to fading of stretch marks and in eliminating a condition called keratosis pilaris.

Coconut oil has natural sunscreen properties. It protects the skin from damage when exposed to the harmful UV rays. It's all natural and 100% free from artificial compounds that can be damaging to the skin.

Avocado Oil

This oil is very thick compared to the previously discussed ones but is one of the healthiest. Avocado oil is rich in plant sterolins, compounds that boost the skin's collagen production. Collagen improves skin elasticity and makes it look supple and younger looking. Vitamin A and E are also abundant in avocado oil. These vitamins are among the best ones that promote better skin health and delay the appearance of signs of skin aging.

Avocado oil might prove too thick for sensitive or thin skin areas such as over the face. Use this oil only at night or when planning to spend the entire day at home. Applying it on the skin may leave a shiny, oily look.

Argan Oil

This oil is composed of about 80% fatty acids. Argan oil is wonderful to use to promote better skin hydration. These fatty acids also help in restoring the skin's elasticity and prevents the appearance of fine lines and wrinkles.

Rosehip seed Oil

This can be used as the carrier oil or as an auxiliary ingredient. Rosehip seed oil is best known for the highest concentration of natural vitamin A in any botanical oil. Vitamin A in rosehip seed oil is in the form of ATRA or all-trans retinoic acid.

ATRA is very effective in reducing how deep the wrinkles are and in fading fine lines. It is also among the top oils that promote recovery of damaged skin. ATRA boosts the rate of new skin cell growth to replace dry, damaged and old skin cells. It also boosts the production of collagen deep beneath the surface of the skin.

Essential fatty acids found in large quantities in rosehip seed oil include omega-6 linolenic acid and omega-6 linoleic acid. These essential fatty acids support and improve the skin's appearance, texture and elasticity.

Compared to most other botanical (essential) oils for skin care, rosehip seed oil is much lighter. This makes it an ideal oil to use without the greasy feel and look on the skin.

Carrot seed Oil

Rich in carotenoids, carrot seed oil has great antioxidant properties. This boosts the body's natural protective immune response against the harmful UV rays of the sun. This action promotes greater protection against sun damage. Carotenoids stimulate skin cell rejuvenation. These also support the detoxification process that clears the skin of any waste, dirt and toxins. These properties all contribute to the effectiveness of carrot seed oil in promoting skin health. With these properties, carrot seed oil can also help in the treatment of chronic skin problems like psoriasis and eczema.

Geranium Oil

This oil is very effective in reducing inflammatory skin conditions. It can lighten any age spots and helps to even out the skin tone. Geranium oil promotes better blood circulation under the skin surface. Better blood flow supports faster cell regeneration. This is very helpful in fading wrinkles, scars and other skin imperfections.

Sea Buckthorn Berry Oil

This oil is rich in vitamins that can effectively reverse the signs of aging. This oil hydrates and moisturizes dry skin. It is also used in treating acne. Applying sea buckhorn berry oil can reduce the visibility of skin problems such as eczema and hyperpigmentation.

Pomegranate Oil

Antioxidant content of pomegranate oil is very high. This oil is a great choice when fighting oxidative damage from free radicals that brings signs of skin aging such as wrinkles and age spots. The antioxidants can also slow down the process of skin aging. Pomegranate oil has ellagic and punicic acids that further nourishes the skin, enhances its elasticity and accelerates cell regeneration. This oil is also used to soothe damaged, dry, burned or irritated skin, such as those affected by psoriasis or eczema.

Neroli Oil

This oil is rich in compounds that have potent antiseptic, antibacterial and anti-inflammatory properties. Neroli oil has a soothing effect when applied over irritated or damaged skin. It helps with scar healing and improvement in blood circulation to the skin. It is also helpful in reducing fine lines and wrinkles and in fading stretch marks.

Cypress Oil

This oil has positive effects on blood circulation. This effect helps in reducing the appearance of broken capillaries and varicose veins under the surface of the skin. Cypress oil can also strengthen the skin.

Frankincense Oil

This oil stimulates the skin cells to regenerate faster. It also reduces scar, as well as wrinkles and fine lines. Applying frankincense oil tightens sagging skin, evens the skin tone and balances skin pH.

Lemon Oil

This oil is effective in lightening unsightly dark spots. It prevents and reduces fine lines and wrinkles.

Sandalwood Oil

Irritated and damaged experience soothing relief when sandalwood oil is applied. This oil also helps in fading scars, wrinkles and lines to achieve smooth skin.

Myrrh Oil

Younger-looking, healthy skin complexion can be achieved with daily application of myrrh oil. Skin also becomes smoother and stronger with this oil.

Rosemary Oil

Skin tightens when using rosemary oil. Wrinkles and lines are visibly reduced with this oil.

HOW TO USE THESE ESSENTIAL OILS FOR ANTI-AGING BENEFITS

Here are a few recipes to help you get the idea of how to use these essential oils and achieve their anti-aging effects.

Firming anti-aging skin serum

Mix 2 tablespoons each of sweet almond oil and rosehip seed oil. Add 10 drops of geranium oil and cypress oil and 7 drops of frankincense oil. Apply this serum in the morning and then at night to achieve firmer skin and even skin tone.

Super anti-aging skin serum

Mix ½ cup of apricot kernel oil with 10 drops each of rosehip seed oil, sandalwood oil and carrot seed oil. Then add 5 drops each of frankincense oil, rosemary oil, myrrh oil, lemon oil and geranium oil. Apply this blend at night after cleansing routine.

Antioxidant skin serum

Combine ½ cup of apricot kernel oil and 20 to 25 drops each of rosehip seed oil and carrot seed oil. Apply after cleansing the skin.

TIPS TO MIXING, STORING AND USING ANTI-AGING OIL BLENDS

Mixing Guidelines

Pour half of the indicated measurement of the carrier oil into a storage container, such as a small bottle. Add the other essential oils before topping off the container with the remainder of the carrier oil.

Always make sure to leave a little space from the top of the bottle. This space will allow the oils room to breathe.

Avoid forceful motions like rapid stirring or vigorous shaking. This will damage the oils' delicate organic compounds.

Storing guidelines

Use glass or ceramic tools when mixing oils. Plastics are good but never allow the oils and their blends to come in contact with metal. This can interfere with the health benefits of the oils.

Avoid exposing the oils and the blends to direct heat or sunlight. This can cause the oils to oxidize faster and easily spoil. Chemical compositions of the oils may also be altered by exposure to light. It's best to use amber colored bottles. The darker, the better.

Usage guidelines

A little goes a long way when using essential oil blends. Use only a few drops to get the desired results.

Perform an allergy test before mixing the oil into any blend. Add a few drops of the oil at the back of the hand or behind the ears. Wait a few hours for any negative reactions like irritation, burning, pain, redness or itching.

Conclusion

I hope you enjoyed reading about my book on *Essential Oils: A Beginner's Guide To The Phenomenal Powers Of Essential Oils-Essential Oil Recipes For Weight Loss, Aromatherapy, Stress Relief And Anti-Aging*.

I hope this book was able to help you to understand how easy, enjoyable, and effective these oils can be.

The next step is to start and experiment with these different recipes and experience the health benefits attached to them.



Finally, if you enjoyed this book, then I'd like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It'd be greatly appreciated!

TEA CLEANSE CHALLENGE

*7 Day Tea Cleanse Reset To Lose 10 Pounds And Get That Flat Belly You 've
Always Wanted*

***Bonus Content Included With Free Report At Bottom
Plus More Free and Bargain Books at KindleBookSpot.com***

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Introduction

I want to thank you and congratulate you for downloading the book, “Tea Cleanse Challenge: 7 Day Tea Cleanse Reset to Lose 10 Pounds and Get That Flat Belly You’ve Always Wanted”.

This book contains proven steps and strategies on how to shed the extra pounds and live a healthier, happier lifestyle.

Why is it that when most people think of health and fitness, their first instinct is to feel discouraged and act as though the whole idea doesn’t exist? Sure we can’t all be fitness experts, but if you’re really serious about getting back into shape, there are techniques that can help you work for that body you’ve always wanted.

Whether it’s losing weight or having more energy, going on a tea cleanse is one of the most effective ways to get started on a healthier lifestyle.

While your body’s natural capacity to burn stored fat can slow down with age, that doesn’t mean that you should give up on your fitness goals. No matter what stage of life you’re in, there’s still so much you can do to improve your physical, mental, and physical wellbeing and reading this book is the first step to living the life you’ve always wanted.

This book is designed to teach you how to start living a healthier greener lifestyle by going on a tea cleanse. This isn’t meant to be a fad diet to help you lose weight fast, but it should encourage you to use tea detox to make healthier lifestyle choices, and reset your lifestyle in the process.

Who is this Book For?

- For people who are sick and tired of going on crash diets that just don't work.
- For people who want to use their energy to build strength.
- For people who want to make healthier food choices and get back to a normal eating routine.
-and many more!

So what are you waiting for? Start reading and make that change in your lifestyle today!

Thanks again for downloading this book, I hope you enjoy it!

Don't forget to check out one of my favourite diets at the bottom: **Learn the strategies I used to lose stubborn unwanted fat quickly with the 3 week diet.**

Go to the bottom for more info, and receive your free report and bonus content!

Before we start ... Bonus: Receive More Free Videos and Books By Me!

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Chapter 1 - How Detox Tea can Help You

Detoxification gained a nasty reputation these past years. While there are countless detox products that claim to be “the only weight loss solution”, we all know by now that liquid diets simply don’t work on their own. You may experience a sudden drop in your weight in the beginning, but usually that also means a drop in nutrients and energy. It may help you jumpstart your weight loss journey, but it also gets difficult to sustain along the way.

A tea detox, or teatox as most celebrities like to call it, is a much healthier approach to detoxifying your body. Instead of replacing full meals with a liquid drink, you only need to add a few cups of herbal tea to your already existing, nourishing diet. This means that you can still have all the fruits and vegetables you want even while you’re trying to cleanse your body of all the harmful toxins that are trapped in your bloodstream.

Because detox tea is so easy to incorporate into anyone’s lifestyle, it’s no wonder that countless celebrities now swear by its amazing effects. What is it about tea that makes it the best weight loss solution on the market today? Here’s how tea can help you get started on a healthier and happier way of life.

According to a 2013 study conducted by American researches, going on a tea drinking binge has a wide array of benefits that covers almost every area of the human body. From lowering your risk of stroke, to increasing mental performance, tea is packed with catechins that can help elevate your energy level even with less calorie consumption. This is probably the main reason why tea drinkers cope better both physically and emotionally when they make changes on their lifestyle.

High quality teas, both green and black, are rich in antioxidants that can help boost the body’s natural cleansing ability. Antioxidants play a crucial role in the detoxification process because it reduces oxidative stress levels significantly and gets rid of free radicals from the body. While drinking tea alone isn’t enough to get the job done, it can still make the process much easier for the body. It’s considered as harmless in comparison to many detox products designed to just mess up the body’s natural cycle.

Because there are teas specifically blended with additional ingredients like lemongrass, dandelion, and even milk thistle, you’re sure to get more benefits from doing a teatox than a traditional detox. You can choose the perfect tea

blend that will help you meet your specific health and fitness goals. If you're looking for a detoxifying drink that will alleviate stress on the liver, an herbal infusion with ginger for example, can clean your bloodstream more efficiently. It's just a matter of finding the right tea blend that will suit not just your mood or taste, but also complement your body system.

However, keep in mind that not all teatox teas are created equally. Some contain a very powerful detoxifying but dangerous ingredient called senna. Senna is an herbal laxative that stimulates the intestines to purge its contents. While this ingredient can be helpful on the body for a short amount of time, taking too much senna for too long can have devastating effects on the digestive system. It can cause electrolyte balance which if you're not careful, can lead to dehydration. If you feel constipated, taking senna tea for a few nights can be helpful but don't let it become your everyday cup.

So when's the best time to take your cup of tea? Health experts believe that you can take it whenever you feel like it, as long as you make the effort to drink more water throughout the day since most tea blends contain caffeine. However, for tea drinkers who can only stomach 1-2 cups of tea per day, it's best to take their first cup upon waking up, and the second one before preparing for bed. This way, they will get their dose of antioxidants without having to make any major changes in their daily routine.

Whatever teatox blend you choose, make sure that you eat a healthy diet with it. Going on a tea detox can only do so much without the help of a proper diet plan. If you want to detoxify your body, you need to make that life changing decision to cut out processed foods from your food plan. You need to feed your body with fruits, vegetables, and whole grains in order to enhance your digestive system's natural cycle. Once you start getting the hang of eating clean, detoxifying your system is going to be a breeze.

Chapter 2 - Green Tea Facts

Green tea has become all the rage these past years. Ever since medical studies have come out of their apparent weight loss effects, people from all over the world have been choosing green tea over the usual brew. However, while you may feel like you're getting healthier with every sip of green tea, you need to get the facts straight in order to take full advantage of the benefits. What is it exactly about this drink that is making people go crazy for it? Here are a few green tea facts that you definitely need to know.

Green tea can boost a sluggish metabolism Even as our metabolism slows down as we age, genetics also affects how our bodies use up calories and stored fat. If you're one of those who can't seem to burn fat as fast as you should, then including green tea into your daily diet may just be the perfect solution for you. Countless studies have proven that green tea can enhance your body's natural ability to burn up fat. Of course, you'll need to lessen your sugar intake and increase your vegetable consumption for maximum effect, but a cup of green tea every morning should be enough to fire up a sluggish metabolism.

Green tea can lower bad cholesterol levels Another amazing fact about green tea is that it can significantly lower cholesterol levels, particularly LDL or what we call bad cholesterol. Research shows that people who consume 4 cups of green tea or more daily are less likely to develop high LDL levels that have been linked to many forms of heart disease. If 4 cups seem like too much for you, then you can always opt to take green tea pills that are available in many health stores.

Green tea can stop some cancer in its tracks

Studies also prove that drinking freshly brewed green tea regularly can help reduce your risk of certain cancer that affects the prostate, ovarian, endometrial, and breast. Even on people who have already been diagnosed, drinking green tea can have a positive effect. Why? Because it contains exorbitant amounts of antioxidants that fight off free radicals. The more antioxidants you have in your body, the better your body will be able to cope with elements that attack it from within.

Green tea can lower your diabetes risk

While there still isn't much study on the effects of green tea on a person's sugar levels, drinking at least 2 cups each day can help reduce appetite and curb sugar cravings. In effect, drinking green tea can help you lessen your carbohydrate and sugar intake, which can then lower your risk of developing type 2 diabetes.

Green tea can enhance overall brain functions

Green tea doesn't just have a calming effect, but also a positive effect on brain functions. New research shows that drinking green tea is an easy way to enhance short-term recall and improve memory functions. Although further testing is recommended on the effects green tea can have on other brain functions, it shows great promise in possibly helping combat memory related diseases like Alzheimer's.

As you see, using green tea as your main tea detox agent has many other benefits other than keeping your waistline down. Try drinking an average of 3-10 cups each day if you want to reap the benefits. Again, you don't have to totally deprive yourself of food once you go on a tea detox. As long as you eat clean, you'll be able to see a drastic change in your weight, and your way of life in no time.

Chapter 3 - The One Day Cleanse

What many dieters fail to realize is that the word cleanse is really a verb, and not a noun. If you're not going to make that conscious decision to live a much healthier lifestyle, then all the effort is bound to go to waste. You should look at this detox as a means to help you reach a long-term goal, and not just a short-term fix. Even though this process is called the one day cleanse, it's designed to help you jumpstart what hopefully turns out to be a long-term journey. It's about making the right decisions in order to change all areas of your current lifestyle.

If you're new to the cleansing program, you first need to take a step back and really understand your motives for doing this. Are you doing a cleanse to fit into that wedding dress or are you getting into the program in order to be healthier? While there are technically no wrong or right motives for wanting to do a tea cleanse, there are however motives that will determine how you are able to handle it. You need to build your motives around long-term goals if you want to succeed in this journey.

You also need to be patient towards the entire process, especially if you want to avoid any drastic side effects that could happen when you recklessly rush through the tea cleanse. If you get on with it too fast, your body will overwork your organs and there's a chance that they will only give in. A hasty approach will lead you to bouts of nausea, breakouts, and even headaches so it's always best to allow your body to go through its natural course.

Short-term programs will only push the toxicity around and not properly get rid of it. The key is to allow your body to work at its own pace and follow a plan that will help you reach your long-term weight loss goals, even if that means you'll need to develop a strong sense of discipline along the way.

So how do we do this one day cleanse anyway? Since detoxifying is one of the most effective ways to get our bodies and minds back into top shape, it's important that we find the perfect balance between physical and mental well being. Remember that this one day is primarily designed to help you develop long term habits. It's sad that other cleanses only put importance on what numbers you should see on the scale after your cleanse, and not on how you should feel once you're done. This is why, aside from preparing physically, you should also prepare mentally.

So let's get started, shall we?

The first step is to stock up on fresh lemon juice. The lemon is considered as nature's medicine and is capable of healing and mending cells in your body. No wonder that when it comes to just about any cleanse, lemon plays a huge role in ensuring that the body still functions properly even with the external stress.

Boost your liver's detoxifying function by having a warm glass of lemon water first thing in the morning of your tea detox. Instead of waking your system up with a cup of Joe, drink lemon water to give a zap of energy, minus the dehydration. Squeeze half a lemon into a mug of warm water and turn this drink into your daily morning habit. Need a hint of sweetness? You can always add honey according to taste.

Next, prepare yourself a green smoothie that will give you all the vitamins and minerals your body will need to last through the day. Simply blitz ½ head of spinach, ½ head of romaine lettuce, 3 celery sticks, 1 pear, 1 banana, and 1 apple with 2 large glasses of water. Squeeze ½ of a lemon into the smoothie and mix well before drinking. Drinking this green smoothie to replace all your major meals throughout the day will not only cleanse your system, but also provide your body with the fiber and enzymes it needs to push the toxins out. Just because you're on a detox doesn't mean that you should deprive yourself of nature's goodness.

Replace your morning snack with a detox tea that will help you combat midday cravings and leave you feeling refreshed. To prepare the detox tea, simply steep a ginger tea teabag in a cup of freshly boiled water for 2-3 minutes, depending on how strong you want the ginger flavor to come through. Add a squeeze of lemon and a dash of cayenne powder before drinking. These 3 ingredients work together in breaking up the toxins in your body, and at the same time shielding your internal organs from any infections. It may be an acquired taste for some, but that can always be fixed with a quick drizzle of organic honey.

Feeling famished by dinner time? Then it's time to prepare yourself a meal consisting of dark leafy greens and sliced vegetables. Dark leafy vegetables, together with some crunchy vegetables will give your body loads of fiber for the night ahead. You can even spice it up with some cayenne powder if you want to fire up your digestive system and get it burning more calories. While you're doing a cleanse, it would be best to stick to raw and organic vegetables so that you don't put too much pressure on your stomach when it's time to digest. Keep

your dinner light.

Eating meat will only derail you from your goals so at this point, it's best to avoid all temptations. Since it's only going to be for one day, you can do away with food items that contain any form of preservatives as well. You may also want to avoid tomatoes (because of its acidity) and avocados (because of its high fat content) on this day since these 2 food items can set you back from your total cleanse. If you want to have a speedy cleanse, you'll need to do a bit more research to see which seemingly harmless fruits and vegetables you'll need to avoid.

You've made it this far so don't commit the most common faux pas when going on a cleanse – eating anything with even the slightest hint of unhealthy fat. Look for cholesterol free alternatives like coconut oil. This source of medium chain fatty acid is packed with benefits such as protecting your body from bacterial attacks and supporting your thyroid's functions. However, for a successful cleanse, do make the effort to limit your oil intake, at least while you're doing this one day cleanse.

The one day cleanse isn't an overnight fix so don't expect to lose more than a couple of pounds once you're through. It's just a step in the right direction as you incorporate more tea detox drinks into your diet and put an end to your unhealthy eating choices. Make sure to ease yourself into this cleanse the best way you can and start taking responsibility over your decisions. After all, you know just how far you need to go. Follow these guidelines and you'll start to see the best version of yourself unfold in just a few short weeks.

Chapter 4 - Tea Detox Recipes to Try Today Tea detox drinks may seem exciting in the beginning but it can also get monotonous if you'll be drinking the same tea drink every day. Just because you want to lose weight badly doesn't mean that you should settle for the same tea drink every single day. If you want to explore the different tea detox drinks that can supply your body with all the antioxidants it needs while boosting your overall wellbeing, then here are some tea recipes that you need to try today.

Green Tea Smoothie What do you get when you mix green tea with kale and apple in one smoothie? A drink that is packed with antioxidants and phytonutrients. This smoothie isn't just tasty, but it also keeps your body in top shape in terms of daily nutrition. The yogurt provides a smooth and interesting taste to this fruit and veggie combo. Just one drink and you'll be feeling amazing for hours.

Fun and tasty ingredients:

- 1 cup of brewed green tea, chilled
- ½ red apple
- 1/3 cup baby kale
- 1 tablespoon Greek yogurt
- ½ tablespoon organic honey
- Ice (optional)

How to: Blend all the ingredients together until you get a thick smoothie consistency. If you want a creamy finish without the yogurt, you can try substituting with ½ cup of fresh avocado instead. This won't just give you added fiber, but it will also give you the potassium your body needs while on a tea detox.

Energy Boost Tea Shake Green tea is famous for being the other source of caffeine so if you need a quick perk me up in the morning, this is the perfect drink while you're on a tea detox. Having half the caffeine content of a regular cup of coffee, this energy boost shake is enough to wake you up, without going into a caffeine shock. Plus, the orange and banana combo is a great way to start off your mornings.

Fun and tasty ingredients:

- 1 teaspoon green tea matcha powder
- 1 cup coconut milk
- ½ orange, deseeded
- 1 medium banana
- ½ tablespoon organic honey
- Ice (optional)

How to: Blend all the ingredients until you get the consistency of a thick shake. If you feel it lacks body, you can add ½ of a banana into the mix. You can also add a tablespoon of protein powder if you want this drink to replace your first meal of the day. When taken daily, this shake should leave you feeling full and satisfied until lunch time.

Tropical Detox Smoothie Tropical fruits such as papaya and mango can really add to the flavor profile of this smoothie. Not only do they pack in some serious nutrients, their colors also make the drink very nice to look at. Aside from the antioxidants, ginger tea is a potent drink that will help boost your immunity against infections and diseases. Give this smoothie a whirl if you're looking for an exciting way to get your detox on.

Fun and tasty ingredients:

- 1 cup of brewed ginger tea, chilled
- 1 cup coconut milk
- ½ cup papaya, cubed
- ½ cup mango, cubed
- 1 medium banana
- Ice (optional)

How to: Blend all the ingredients until you get just the right creamy consistency. Feel free to change up the fruits depending on what's in season. Always choose fresh fruit every chance you get if you want to enjoy maximum nutrition.

Fruity Berry Tea Detox Smoothie Are you looking for a fresh and healthy alternative to your pre-workout energy drink? Whip up this dandelion and green tea smoothie and you're all set for your workout. The berries will give your body real energy to sustain you through whatever activity you enjoy doing. Make this your tasty daily exercise drink and you'll always look forward to working out.

Fun and tasty ingredients:

- 1 cup of brewed dandelion tea, chilled
- ½ teaspoon green tea matcha powder
- ¼ cup raspberries
- ¼ cup raspberries
- 1 tablespoon Greek yogurt
- Ice (optional)

How to: Blend all the ingredients until you get a thick creamy consistency. If you're conscious about the calorie count of green yogurt, you can always use a low fat substitute. Add a teaspoon of honey if this recipe is too tart for your taste.

Ginger Tea Spiced Tonic Who thought that mixing up ginger tea with some spices will result to a health tonic that will help you lose weight and enhance your immune system? This drink isn't just great after a big meal, but it also works wonders when flu season comes around. The only way to get your body back on track when it's being attacked is by flooding it with all the nutrients that it can handle. Doctor's orders!

Fun and tasty ingredients:

- 3 ginger tea teabags
- ¼ teaspoon organic cinnamon
- ¼ teaspoon turmeric
- 8 ounces near boiling purified water
- 1 tablespoon organic honey

How to: Steep the tea bags in a tea pot and add the spices and honey. Once the tea is ready, remove the tea bags and enjoy. Try experimenting with different spices if you're looking for an exotic brew. For a refreshing aftertaste, squeeze half a lemon into the pot before serving.

Green Frappe Want to indulge yourself with a drink that will make you feel like you're sipping at your leisure in a high end coffee shop? Then whip up this green frappe and get your daily dose of rich green tea flavor, without the tedious process of brewing tea bags and waiting for your drink to cool down. The matcha powder is packed with the same health benefits, minus the prep time.

Fun and tasty ingredients:

- 1 teaspoon green tea matcha powder
- ½ tablespoon organic honey
- 1 cup coconut milk
- Ice (optional)

Blend all the ingredients until you get a creamy frothy drink. Since you'll only be using a few key ingredients, you can enjoy the richness of this drink at just about any time that you please. The green frappe is best enjoyed alone in the hot summer months or with friends as you talk about your amazing weight loss journey so far.

Awesome Start Tea Juice Green tea gets a fruity punch from 3 highly nutritious fruits. The pineapple adds fiber while the pear lends the sweetness, and the papaya? Well it gives this drink a unique flavor profile while adding loads of vitamin C. Whip up this drink when you're feeling weak or feverish and you'll be back on your feet in no time. Talk about getting maximum protection from damage caused by free radicals.

Fun and tasty ingredients:

- 1 cup of brewed green tea, chilled
- ½ cup pineapple chunks
- ½ cup pear, cubed
- ½ cup papaya, cubed

How to: Blend all the ingredients until you get a juice. Make sure to blend until all chunks of fruit have been liquidized. It may take a while to reach that consistency so if you're pressed for time, you can use a strainer to take away the chunky bits before you enjoy your drink.

Chapter 5 - The 7 Day Flat Tummy Weight Loss Plan

Is it really possible to get a flatter tummy in just 7 days? While it may seem impossible to sustain a tea detox for the long term, getting your act together in 7 days can have a huge effect on your body. Try not to think of these 7 days as a quick fix to a problem, but rather as a transition stage that will help you make better food choices and healthier lifestyle decisions. You can talk about detoxifying all you want but the truth is, without a concrete plan, you won't get the results that you want.

This is why this plan is designed to make that transition towards a healthier you much more bearable. It's about introducing gradual changes so that your body doesn't fall into shock. All you need to do is follow this plan to the tee and you'll be seeing a new you in 7 short days.

Monday

The best way to start off your detox is by getting into the habit of drinking more water. The body often confuses thirst with hunger so if you always feel hungry, then that's your body saying you're not drinking enough water. Staying hydrated is a key element in detoxifying and it's also a safe and effective way to boost your energy, especially when you're minimizing your calorie intake. Drink one glass of water before mealtime and another glass right after. This way you'll feel satisfied even without additional food intake.

Tuesday

Once your body is properly hydrated, the next step is to start the tea detox. Doing the 1 day cleanse that you've read in the earlier chapter should be much easier to do on the second day since you've in effect, minimized your food intake with all the water you drank. This is also the perfect time to stop yourself from indulging on liquid calories. Tuesday is the day you rethink your drink choices in everyday life. Soft drinks, fruit juices, and alcohol are loaded with sugar that you wouldn't want in your system anyway so make it your personal goal to quit the habit on this day.

Wednesday

Make mealtime an occasion even if you'll only be eating fruits and vegetables on this day. Your body may not be well equipped to handle digesting protein and fats after doing the 1 day fast so try not to get too excited. Stick to steamed and lightly seasoned vegetables to get your fill for the day. Fruits are great if you find yourself craving for something sweet. Don't let the tea detox leave you feeling deprived, instead get excited about eating right. And no matter how busy you get, it's important that you set aside time when you can just sit back, relax, and enjoy your meal. When you keep on rushing your meals, you're more likely to overeat because you don't take the time to actually chew your food and allow the body to feel full on its own.

Thursday

Do you have a snacking habit? Then dedicate this day to get rid of that “treat” mentality. Just because you feel stressed or you worked out a bit, it does not give you an excuse to indulge on all your favorite treats like chocolates and chips. These treats are often loaded with calories and fat so rewarding yourself with all the tasty treats you can think of only validates the idea in your head that it’s okay to eat them. Look for healthier alternatives like fruits and nuts if you want to satisfy your sweet and salty cravings.

Friday

Friday is about developing new habits to correspond your healthier lifestyle. This includes correcting your sleeping habits and getting into your exercise groove. Studies show that people who don't get enough sleep are more likely to overeat so if you want to stop the cravings, you need to increase your snooze time. Try going to bed at a set time and avoid playing with your gadgets during bedtime. That should be enough to set the mood for some quality sleep. While not everyone gets excited by the idea of exercising, you need to find a way to psyche yourself for it. Start by taking a morning or night walk, or if you're feeling adventurous, you can try doing a 10 minute HIIT beginner exercise sequence. The point is to start somewhere and turn it into a daily habit.

Saturday

If you've followed the schedule, by now you should be feeling a bit healthier and a little less famished. Celebrate the weekend by eating well balanced meals. Your meals should contain healthy servings of carbs, protein, and healthy fats. Settle for any less and you're bound to feel hungry in a couple of hours. Satisfy your craving for meat and fat by having a healthy serving of white fish in a light olive oil sauce.

Sundays

Get into the habit of planning your meals from this day on so that you have all your nutritional needs covered. Schedule your mealtimes so that you don't skip meals. Skipping meals won't help you lose weight, if anything; it will only make you hungrier for your next meal. And when your body starts to feel deprived, you'll tend to eat more to make up for the meal you skipped.

Start a routine that will enable you to eat your main meals at the same time every day. You can also include small healthy snacks in the afternoon if you need something to keep your energy levels up, and don't forget to finish your meal with a cup of your favorite detox tea.

Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to get a better insight on how you can use the tea cleanse to get the body and lifestyle that you've always wanted. With the right information and mindset, it's never too late to regain your physical health and improve your quality of life. By understanding fully how a tea detox works and how it can improve your life, you'll be back in shape in no time.

It may not be easy to give up on your old habits altogether, but know that it is possible. As long as you create an action plan that will help you start on the right track, anything is possible.

Make sure to apply what you have learned from this book immediately. You don't have to make drastic change. You just need to do something to jumpstart the process, and doing a healthy tea detox should be enough to help you get that flat tummy you've always wanted.



Finally, if you enjoyed this book, then I'd like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It'd be greatly appreciated!

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