



SLIM TEA

HERBAL TEATOX

REVITALIZE* / DETOX* / CLEANSE*

.....
Blend of Natural Herbs + Botanicals

Green Tea EGCG Boosts Metabolism
Supports Digestion & Reduces Bloat*

14 TEA BAGS | 14 SERVINGS



Please check compatibility before purchasing.



Made from the highest quality 100% natural herbal ingredients, RapidFire™ SlimTea is a purifying, natural tea blend that helps stimulate healthy digestion and supports cleansing of the digestive tract. RapidFire™ SlimTea is smooth and slightly sweet with fresh ingredients such as licorice root, spearmint leaf, cinnamon and cocoa. This elite combination of detoxifying herbs may help reduce bloating, clean out the digestive system and may help to flatten the appearance of the abdomen. Once your digestive system is cleansed, absorption of nutrients and energy from food is enhanced, making you feel lighter, more energized and healthier. Having a well-functioning digestive system promotes energy and vitality, leading to better overall health.*

SUPPLEMENT FACTS

Serving Size: 1 Tea Bag (Makes 8 fl.oz.)
Servings Per Container: 14

Proprietary Blends of Herbs:	1,760 mg
Licorice Root	
Spearmint Leaf	
Cinnamon	
Dandelion Root	
Burdock Root	
Echinacea	
Chicory	
Cocoa	
Organic Yellow Dock Root	
Matcha Green Tea	
Green Tea EGCG	
Guarana	

Other Ingredients: Lemon Flavor, honey powder

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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For more tips and information visit:
RapidFireTea.net

Directions:

Bring water to a boil. Steep tea for 3-5 minutes.
Remove tea and enjoy hot or over ice.
Drink 1-3 cups per day.

- Keep out of reach of children.
- Store in a cool, dry place.
- Protect from heat, light and moisture.
- Do not purchase if seal is broken.

Green tea contains caffeine.

N10488



Taste Tips
Add honey or lemon



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- Cleanse
- Detox
- Burn Fat



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SLIM TEA

**NUTRITION
& BENEFITS**

7 VITAMINS

HIGH LEVEL OF ANTIOXIDANTS

9 MINERALS

PROMOTES OVERALL HEALTH



Promotes Fat Burning



May Improve Physical Performance



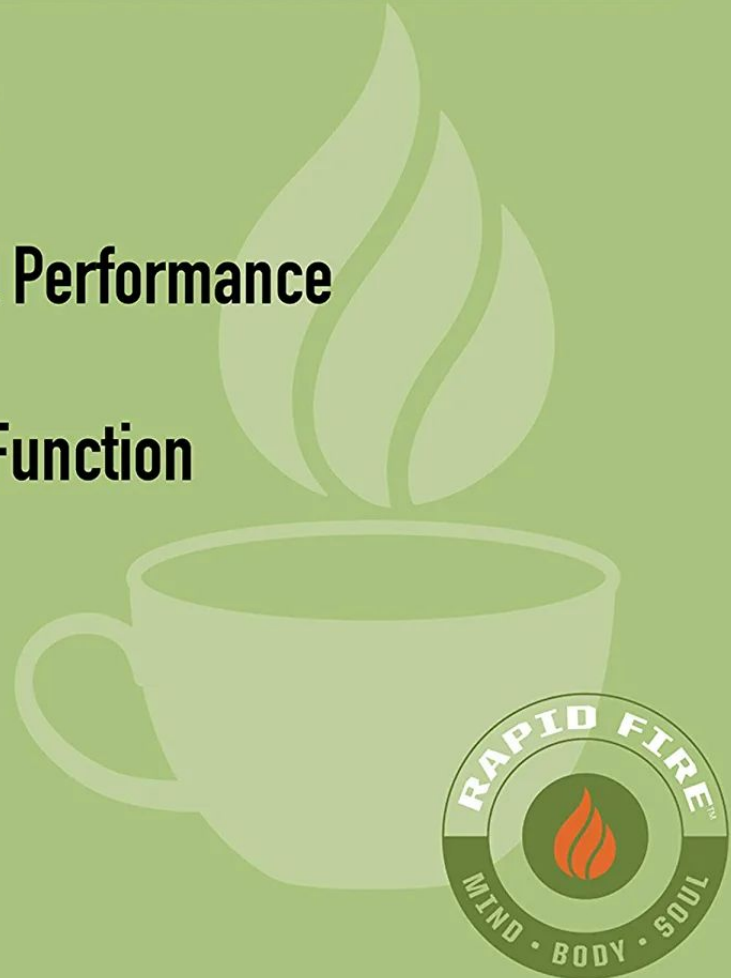
Helps Maintain Brain Function



Boosts Energy Levels



Supports Immunity



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Boost Metabolism!

- Contains green tea and matcha tea
- Promotes weight management
- May boost energy levels



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Promote Digestion!

- Enhances nutrient absorption
- Shown to support supple skin
- Drink hot or cold



Please check compatibility before purchasing.



Detox Your Body!

- A purifying tea blend to support cleansing
- Natural herbal ingredients shown to reduce bloating
- Loaded with powerful antioxidants



Please check compatibility before purchasing.

Effective Detox and Cleanse: "Teatox" yourself with this 14 day jump-start pack of metabolism-boosting matcha tea
Natural Blend For Natural Results: Natural thermogenic blend supports internal cleansing and promotes better digestion
Promote Weight Loss and Reduce Bloating: Drink daily for improved digestion, heightened energy levels, and easier weight loss
Great Hot Or Cold: Enjoy this quality blend of 14 herbs and botanicals hot or on ice
Delicious and Nutritious: Smooth and slightly sweet tea with lemon, licorice root, cinnamon and cocoa
During the summer months products may arrive warm but Amazon stores and ships products in accordance with manufacturers' recommendations, when provided.
Report incorrect product information.
Note: Products with electrical plugs are designed for use in the US. Outlets and voltage differ internationally and this product may require an adapter or converter for use in your destination.
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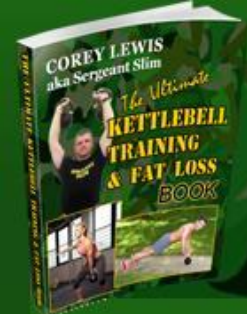
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Introduction

Is this finally the time you are going to say “Enough Is Enough”?

I am ready to start on a path to a healthier me, I’m NOT gonna make any more excuses and I am going to make a change by shedding some of those extra pounds...No matter what!!!

If it is then get ready to...

DROP THE FAT ACT AND CHANGE YOUR LIFE!

I’m simply amazed at what I see on the Saturday morning and late night infomercials. They tout these gadgets and gimmicks that promise easy weight loss. How many of us have seen these “ab gadgets” that we sit in and rock and the fat just seems to melt away?

Have you read the very small print at the bottom of the screen? Well it essentially tells you that you must implement some form of diet in order for it to be effective.

In this day and age it is easy to be tempted by promises of rapid weight loss that are given by certain weight loss programs, or offered as a result of “magic diet pills”, or other “miracle weight loss diets”. But honestly, it is a total load of B.S.

There are a few basic truths you should know before you decide on how you will proceed.

First, realize that there is **NO** miracle weight loss treatment.

While It is possible to lose significant weight by adhering to a highly restrictive or other popular fad diet, in reality the biggest problem with that is it is not sustainable long-term.



Besides the obvious negative side-effects to your health, I've come to realize that the word "diet" conjures up restrictions in my mind. When you look in the dictionary for diet here's one of the definitions: "a regimen of eating and drinking sparingly so as to reduce one's weight." It is no wonder diets don't work!

Studies have shown that the majority of people who are overweight and embark on a crash diet, that they regain the weight lost almost instantly. They are then in a much worse state of health than those who remain at their original overweight size.

Let's be candid with each other, losing weight hasn't changed since we've walked this earth on 2 legs. What's changed is the marketing of how to lose weight. In the end, you must have negative energy balance.

How do you achieve negative energy balance? First, you can decrease the amount of food you are eating each day. Secondly, you can increase the intensity of your workout sessions. And lastly, you can apply a combination of the first two. That's it.

With that being said... there is no miracle, only tried and tested nutritional and exercise advice, and this is what this book is all about.

The goal of this book is to cut through the BS that exists all over the Internet and to help you finally make a lifestyle change and help you finally achieve the goal weight you've decided is best for you.

Today is the day to make the decision to LOSE THE FAT AND CHANGE YOUR LIFE...FOREVER

Follow along with me on my blog at www.sergeantsslim.com/blog for tons of real weight loss tips.



Chapter 1: Why Do I Gain Weight?

With the rush of our everyday lives, the advancement of technology, along with the conveniences of fast food, it sure is hard to stay active and eat a healthy, balanced diet. But if you know how to do it, it can be done, even with a busy lifestyle.

In this first section of the book we are going to look at:

- ⤴ The main reasons why we gain weight
- ⤴ The people we need to talk to when we decide we are ready to lose the weight
- ⤴ Why keeping yourself on a schedule actually helps you to lose the weight
- ⤴ Weight loss secrets
- ⤴ Plus many other subjects that will help you to learn how to finally take the weight off and keep it off once and for all

The Major Causes of Weight Gain

We eat more calories than our body needs in a day, so the excess gets stored as fat. We all know this, but why is it that 63% of Americans are fat or overweight? Look at the size of the portions we eat today, they are enormous.

When we consume more food than we are burning, we are in positive energy balance. In essence we store the excess as fat. This can be a good thing, if we were cavemen and we know if we were not going to eat for 7 days, but for those of us who live in western society, this simply isn't the case.

- **You're Not Getting Enough Sleep.** If you are dieting and exercising and still not losing weight, it might be time to address any sleep issues you may have. Two Canadian Obesity experts in the Canadian Medical Association Journal report that there is mounting evidence that suggests a



link between weight loss and sleep. In fact, the study found that people who go to bed late actually consume 400 to 500 more calories!

- **Your metabolic rate.** As we age, we lose about 10% of our metabolic rate every ten years after the age of 25. However, this can be stopped if you do kettlebell training as prescribed in this book. In essence when we have more lean muscle, our metabolic rate is increased because our bodies have to repair the muscle from the workout causing more muscle to be built. Whereas when we are sedentary, this doesn't occur and we get fatter!

- **You have poor eating habits.** In my research for this book, I discovered that people in the West are 30lbs heavier today than they were 100 years ago. What's even more interesting is they ate more fat! What they didn't eat was processed food. Jack Lallane said it best, "If man-made don't eat it."

You see sugars, starches, and most anything with flour is turning us into a society of obesity. In 2009 according to F.A.S.T.Foodfacts.com the fast food industry alone spent 4.2 billion dollars on advertising! No wonder we are fat. Many folks have found a [meal planner](#) to be useful to help guide them in the right direction.

- **Larger portion sizes.** We all know this. I'll use fast food chains as an example. The size of the soft drinks, and fries has increased from when I was a kid. Most people are simply eating too much. As mentioned in the previous paragraph, this [meal planner](#) can help you realize what a portion should look like.

- **Exercise or the lack thereof.** This is killing us as a western society. According to [designedtomove.org](#), for the first time today's kids are the first generation with a shorter life expectancy than their parents. The human body is designed to move. Regular exercise is essential to getting to and maintaining a healthy weight-and so is what you eat, how you eat and how much you eat. I invite you to follow along [Sergeant Slim](#) as he prepares to become the fittest man in the world.



Learn portion control. A simple rule of thumb here without weighing or measuring is to use your hand for measuring. Men-you need 2 portions of protein and ladies you need 1 portion. A portion would be the size of your palm.

For carbohydrates, both men and women should select a portion that is the size of your fist. Lastly, fats, like mixed nuts, walnuts, etc, think the size of your thumb.

For men you should eat protein the same size as your palm. This is usually a huge factor for most people, and they do not realize how much they are actually eating. A portion of food the size of your fist is generally all that should be eaten at one time, because that is the size of your stomach as well.

Stop eating when you are 80% full. This is a technique that I employ 90% of the time, and it obviously will help you consume less food. Think portion control here, as what better way to control what you are putting into your mouth than eating less food each meal. This will equal a lot of weight loss over the course of a year.

Try slowing down your eating and don't eat in the car, standing, or walking. The only time you should eat is at a table. The reason for eating slow is that your brain receives a signal to tell you when you are full.

When you are eating fast, the signal is not received by the brain and you tend to over eat as you are not "full". I understand that you get busy, when you are busy a healthy [meal replacement](#) may help you achieve a healthy body weight.

Another thing to watch of course is your intake of fatty and sugary foods. We all need nutrients, including healthy fats, to keep us balanced, but eating a lot of junk food and sugary drinks will attribute greatly to us gaining more weight. Processed foods don't generally have a lot of nutrients in them, or any at all, and they are high in salt, sugar, and unhealthy fats.



People tend to use their busy lifestyles as an excuse to gain weight. This is where you really need to plan ahead to avoid any traps that will cause you to make poor nutrition choices. As a famous bodybuilder once said, "Tupperware is a key piece of equipment when training." I couldn't agree more.

With a [meal planner](#) like the one in the link, you can prepare your meals for the week, and receive a shopping list for everything that you need for all of your meals. Then use the Tupperware and prepare those meals on Sunday, freeze them, and take them out each morning for the day. No thinking involved, as you already know what you are eating for the day.

Now breakfast can be a tough one to get in, so rather than make a poor choice or not eating at all, I recommend a [meal replacement](#) to keep you on track.

Should I Go On A Diet?

The short answer is absolutely not. They don't work for the long-term. As we've already discussed, with heavy marketing of the latest "diet fad", it's hard to not get caught up in all of the hype. This is exactly what Corey Lewis discusses in his book [Sergeant Slim's Weapons of Mass Reduction](#). Instead of diet, think lifestyle change, because this will develop a lifetime of healthy eating and exercise habits rather than the short term diet fix.

Do you like cutting out entire food groups such as carbohydrates or drinking weight loss shake after weight loss shake that simply do not taste very good and do not fill you up?

It seems like most folks will start a diet around some life events like a wedding, a high school or family reunion, or the big one-New Year's Resolution.

If that is your only goal, I would encourage you to do your homework and consider [Sergeant Slim's Weapons of Mass Reduction](#) which is more of a common sense approach to achieving a healthy weight. At least when

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