



## Dr. Miller's Detox Tea™ Detailed Product Information

LurraLife is honored the join forces with Dr. Bill Miller to bring his original Holy Tea® formula to market as Dr. Miller's Detox Tea™. For more than twenty-five years and based on research and clinical use, tens of thousands of people around the world have been able to regain control of their lives thanks to this unique herbal tea. It is a special blend of safe, all-natural ingredients; it is rich in antioxidants, made from the highest quality herbs – tested and refined over time – and produces fast and effective results that no imitator has been able to copy.



All-natural Dr. Miller's Detox Tea is formulated to effectively and gently cleanse, detoxify, and restore balance to the whole body. As part of a process of a nutritional cleansing, it provides the body with the nutrients it needs to get back in balance and restore itself to its natural, healthy state. Regular use of this remarkable herbal tea blend has been found to impart many health benefits, including achieving optimum health and ideal body weight as well as better digestion, increased energy, and improved concentration.



Dr. Miller's Detox Tea works as a natural weight loss tea that can help you safely and rapidly shed excess pounds and improve your overall health – much more effectively than Chinese Green Tea. Our 100% organic, caffeine-free herbal tea provides the perfect kick-start to any weight loss plan. Plus, drinking 8 ounces twice daily has been shown to lead to significant weight loss.

Dr. Miller's Detox Tea also serves as a gentle yet powerful general health and healing tonic for common ailments. Our 100% organic herbal tea was designed to benefit those with sensitive systems; it includes known botanicals that help soothe both the upper and lower digestive tract. In addition, it provides your body with essential enzymes, which are often destroyed by modern food processing and pasteurization techniques.

*You too can look, feel, and perform your best!*

Get started today! Learn more and order Dr. Miller's Detox Tea™ at [www.lurralife.com](http://www.lurralife.com).

# Frequently Asked Questions

## What is Dr. Miller's Detox Tea?

It's a caffeine-free 100% organic herbal tea based on Dr. Bill Miller's original Holy Tea® organic herb blend PLUS four additional edible plant extracts for added effectiveness – based on more than twenty-five years of research and clinical use. It is made of a special blend of high-quality, all-natural ingredients hand-selected for their ability to bring the whole body back in to balance so it can restore itself to its natural, healthy state. This proven formula has been tested and refined over time – and produces fast and effective results that no imitator has been able to copy.



DR. MILLER, CREATOR OF  
THE ORIGINAL HOLY TEA

## Does it really work?

Definitely! For more than 25 years and based on research and clinical use, tens of thousands of people around the world have been able to regain control of their lives thanks to this unique herbal tea.

## What are the health benefits of using Dr. Miller's Detox Tea?

All-natural Dr. Miller's Detox Tea is formulated to effectively and gently cleanse, detoxify, and restore balance to the whole body. Regular use of has been found to impart many health benefits, including achieving optimum health and ideal body weight as well as better digestion, increased energy, and improved concentration.

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## Will it help me lose weight?

Dr. Miller's Detox Tea works as a natural weight loss tea that can help you safely and rapidly shed excess pounds. It is MUCH more effective than Chinese Green Tea. It is a perfect kick-start to any weight loss plan. Plus, drinking 8 ounces twice daily has been shown to lead to significant weight loss.

You can experience major health problems, including relentless weight gain and serious difficulty losing and maintaining weight loss when your body is burdened with toxic overload and being robbed of essential nutrients. All-too-often, this leads to a vicious cycle of persistent feelings of hunger, unrelenting cravings, poor food choices, and chronic overeating of high calorie, high fat but low nutritious foods and beverages...which, in turn, saps you of your energy and willpower to eat healthy and exercise.

What's more, excess weight around the abdomen or belly can be caused by impacted waste stuck to the inside wall of the colon and small intestine. When this is the case, no amount of exercise or dieting can shrink the size of your abdomen. Very few of us realize how much waste we are packing around with us in our intestines. From time to time, is it a good idea to rid your body of this buildup of toxins with a natural colon cleanse. Not only will you feel better, you will look better too!

## **How do I know if I'm experiencing toxic overload?**

If you are experiencing several of these symptoms, it may be evidence that you have a buildup of toxins in your system.

- Feeling tired or having trouble sleeping
- Trouble concentrating or staying focused
- Feelings of depression or irritability
- Frequent mood changes
- Chronic headaches
- Recurrent joint or back pain
- Allergies and/or food sensitivities
- Skin problems like acne, psoriasis, eczema
- Unpleasant body odor or bad breath
- Frequent gas, bloating, or indigestion
- Constipation or irregular bowel movements
- Lowered tolerance to fatty food
- Loss of appetite
- Weight gain and trouble losing weight
- Frequent colds or sinus congestion
- Breast soreness
- Frequent yeast infection

It is estimated that we are exposed to over 4000 different chemicals, toxins, and pollutants every single day. These harmful by-products – along with processed foods, nutrient poor diet, some modern medicines, and a stressful, busy lifestyle – can take a toll on the body. The good news is that by nutritional cleansing and detoxing, you can restore proper nutrient absorption, increase your metabolism and energy, and bolster your commitment to a healthy lifestyle.

## **What is nutritional cleansing and detoxing?**

The process of nutritional cleansing and detoxing removes environmental impurities and replenishes your body with the optimum balance of nutrients...thereby giving the body the fuel it needs to naturally return to optimum and maximum health, allowing you to achieve your ultimate health and lifestyle goals.

It is a natural remedy for rejuvenating the body. Although the cleansing or detox process can be done in several different ways, ideal methods are all-natural and do not add to the body's toxic burden. A natural cleanse or detox with safe, medicinal herbs can help your body get back in balance by cleansing out toxins, impurities, and other unwanted rubbish that has accumulated over time. Once restored to its natural, healthy state, your body will naturally continue to flush out toxins daily. Herbal cleansing and detoxification have long been used as natural, effective ways to restore balance to the body, achieve and maintain optimal health, and prevent disease.

## **What are the benefits of nutritional cleansing and detoxing?**

Cleansing and detoxification are integral parts of restoring balance to the body and keeping it operating optimally. Our body's natural detoxification systems (largely the digestive system, liver and kidneys) are constantly working to cleanse our bodies. But problems can occur due to system or organ failure or simply toxic overload. There are a wide range of reported benefits of nutritional cleansing and detoxing, including:

- Assistance in reaching and maintaining optimum weight
- Dramatic weight loss and reduction of the abdomen
- Improved digestion and bowel function
- Internal cleansing of liver, kidneys, colon, and blood cells
- Healthy levels of blood pressure and cholesterol
- Clearer, healthier, younger-looking skin
- More energy and better concentration
- Increased resistance to diseases
- Feeling energized and regaining optimum health

# All-Natural Botanicals

Dr. Miller's Detox Tea is a synergistic blend of safe, organic herbs and plant extracts hand-selected for their ability to bring the whole body back in to balance so it can restore itself to its natural, healthy state.

**Persimmon Leaf:** Persimmon Leaf tea is a staple in traditional Chinese medicine to treat sickness and ailments. Scientific research has shown that it promotes a healthy metabolism and can help alleviate digestive problems and dermatitis. Its long-term consumption has shown to reduce high blood pressure, coronary heart disease, high blood lipids, and fatty lipid cells.

**Holy Thistle:** A powerful antioxidant, Holy Thistle (also called Milk Thistle) has been used medicinally for over 2000 years to cleanse the body and as a remedy for a variety of ailments. Because of its anti-inflammatory effects and immune-boosting properties, the herb is used for stomach and digestive problems, can strengthen the heart, is good for the lungs and kidneys, and can alleviate chronic headaches.

**Malva Leaf:** One of the oldest medicinal plants in the world, the Malva plant has anti-inflammatory properties and has been used for centuries to relieve gastrointestinal, urinary tract, and respiratory system problems and discomfort.

**Marsh Mallow Leaf:** The Marsh Mallow herb has been used for centuries as a traditional medicine for its immune-boosting and mild anti-infective properties. It soothes and supports the stomach, intestines, and respiratory tract.

**Blessed Thistle:** Blessed Thistle (also called Spotted Thistle) has a long history as a medicinal herb and is used to alleviate gastrointestinal complaints. It also has anti-inflammatory and antioxidant properties.

**Papaya:** Papaya extract is commonly used to help aid digestion, boost immune function, and offer anti-aging benefits. It has powerful antioxidant and anti-inflammatory properties and promotes cardiovascular health.

**Ginger:** Due to its immune boosting properties, Ginger is a common herbal remedy for colds, flu, congestion, nausea, and headaches. It also has potent anti-inflammatory and alleviates digestive upsets.

**Chamomile:** A natural anti-inflammatory, Chamomile is a common herbal remedy to soothe chronic gastrointestinal problems. It is also effective in treating inflammation, muscle pain, spasms, and as a relaxant.

**Myrrh:** In traditional Chinese medicine, Myrrh is said to have special efficacy on the heart, liver, and spleen meridians. It has also been shown to have a positive effect on cholesterol levels.

**CAUTION:** Always consult with your healthcare practitioner before taking this or any health supplement, especially if you are taking prescription medications, under a doctor's medical care, at risk for or have any illness or health condition, pregnant or nursing, or under age 18.

These statements have not been evaluated by the U.S. Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease or medical condition. The information is provided for informational purposes. Results may vary. You may not experience the same benefits from using this product.

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