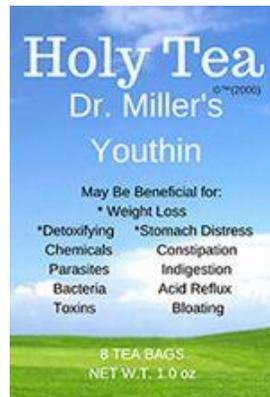


Dr. Miller's Holy Tea



https://www.doctormillerstea.com/Holy_Tea.html

- Restore balance to your digestive system
- Detoxify chemicals in your body
- See relief from allergies
- Restore mental clarity and enjoy increased energy
- Have healthy, soft, and younger-looking skin
- Lose weight, reduce belly fat and increase energy
- Gain relief from health issues like Crohn's, IBS, Colitis, and constipation
- Keep colon, kidneys, liver, and lungs healthy and clean

🍃 Dr. Miller's Holy Tea includes five powerful herbs in each cup of tea 🍃

Holy Thistle for indigestion

Persimmon leaves for digestion

Malva leaves for skin and respiratory issues

Marshmallow leaves help with digestion

Blessed Thistle to help fend off colds

Holy Tea comes in regular, Miracle Tea, or sometimes called Veloci Tea. Miracle Tea has a slightly different blend; however, it is not "proven" to work better than regular. In fact, several customers have reported they experience better results from regular tea. Our bodies respond differently to products and each individual must determine which tea is better. (The Youthin Plan is available with Holy Tea and Miracle Tea.)

Ingredients: Persimmon leaves, Malva leaves, Holy Thistle, Marshmallow leaves, Blessed Thistle

Directions for use: Drink 8oz of tea with breakfast (or lunch) and dinner. Optional: drink 4 oz. with snacks

Preparation: 1-Bring 2 cups of water to a boil and remove from heat 2-Place 2 of Dr. Miller's Holy Tea bags in the heated water, cover and steep at least 2 hours. 3-Pour into pitcher (gallon) and fill with water (use your favorite sweetener) *leaving Dr. Miller's Holy Tea bags in the pitcher till all the tea is gone. 4-Refrigerate and it's ready to drink. *You may drink it Hot or Cold. Dr. Miller's *Holy Tea* may be mixed with any of your favorite teas or beverages.

Hi Fiber Recipes

Smoothie: (blender required)

1 cucumber, 1 avocado ,1 cup spinach

Mix with coconut milk and/or grapefruit juice, and lime juice. Blend with ice.

Juice: (juicer required)

Cucumber, celery, cabbage , kale, parsley, green apple, lemon juice.

Kale Salad:

Wash and chop Kale into bite size pieces (Important to dry kale very well.)

Toss in large bowl with extra virgin oil (Just enough to barely wet lettuce.)

Add sea salt (you can always add more, so begin conservatively)

Add Kale to gallon ziploc bag, refrigerate for 3 hours.

Top with whatever you like, such as peppers, tomatoes, scallions.

This Kale will last for several days in the refrigerator.

Broccoli and bean salad

Empowering Women. Restoring Hope.