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Flat tummy tea cleanse reviews

Flat tummy tea is one of many herbal teatoxes on the market that claim to detoxify and reduce bloating (marketing speak for losing weight). There are dozens of social media influencers and celebrities promoting it, but don't let that make you loosen your control over your wallet yet. The last thing I checked, most influencers and celebrities are not research scientists with an understanding of biochemistry and physiology. In fact, many detoxifying teas, including flat tummy tea, are loaded with laxatives and diuretics that, in advance will cause weight loss on the scale, but this should not be confused for fat loss (which requires annoying healthy eating and exercise). So, what's the deal? Does flat belly tea work? Well, it all depends on your own subjective interpretation of the work. In this review, I put the product claims in the hot seat and check them through the lens of science so you can decide for yourself if this is something worth forking your money. Other teatox reviews on this site: [SkinnyFit Tea](#)[SkinnyTabs](#)[Skinny Teatox](#)[SkinnyMint](#) [TeatoxFit](#) [TeaIso](#) [Detox Tea](#) [Interactive Health Tools](#): Flat Tummy Tea products Flat Tummy Tea is an herbal tea that comes in a two-week or four-week program that includes its Activate and Clean Tea. For your subscription program, you get the Activate and Maintain teas. It activates the Tea According to Flat Tummy Tea website, activates the tea ingredients supposedly supports your metabolism, gives you an antioxidant energy kick and prepares your digestion to start the day with a natural maximum. Ingredients Activate Tea include: Mint LeafLemon Leaf BalmLicorice rootAlalónAlceroles (leaf)Fennel SeedGreen Tea LeafCarawayCardamom pods Cleanse Tea Cleanse supposedly works to help detoxify your intestinal tract free of built toxins and, according to Flat Tummy Co's website, its ingredients work together to help you get (and maintain) that tummy flat. Cleansing tea ingredients include: Senna (leaf)Peppermint (leaf)Cassia Chamaecrista (pods)Liquorice (root)Caraway (seed)Dandelion (root)Rhubarb (root) Before dissecting these marketing claims, it is important to understand what ingredients are and the effect they have on the body. List of Flat Mint Tea Ingredients For Simplicity Purposes, I've combined all the ingredients into a list and provide a brief For each: Mint leaf Mint leaf Mint leaves can be useful for digestive problems such as heartburn, nausea, and irritable bowel syndrome. Depending on the dose, you could effect on the body. Lemon balm leaf lemon balm is a mint family herb and has been used for digestive problems, including upset stomach, bloating, intestinal gas (flatulence), vomiting, and colic; for pain, including menstrual cramps, headache and toothache, and for some mental disorders. Dandelion dandelion leaves can exert a diuretic (makes you urinate) and laxative effect to increase bowel movements. It can also increase appetite. Cleavers (leaf) Cleavers, also written clivers, is used to increase urine flow to relieve fluid retention. Fennel Seed Fennel is used orally for various digestive problems including heartburn, intestinal gas, bloating, loss of appetite, and cramping in babies between othes. Green tea green tea leaf contains a small amount of caffeine that could give you a pep sensation in your step and help suppress appetite. Caraway Caraway is used for digestive problems including heartburn, bloating, gas, loss of appetite, and mild spasms of the stomach and intestines. Cardamom pods Cardamom exerts a laxative effect on the body and has been used for digestion problems including heartburn, intestinal spasms, irritable bowel syndrome (IBS), diarrhea, constipation, liver and gallbladder complaints, and loss of appetite. The active components of Senna (leaf) are called senodods that stimulate the intestine and cause a laxative effect. Cassia Chamaecrista Cassia Chamaecrista has a laxative effect on the body Licorice (root) Licorice can help people with irritable bowel syndrome by soothing inflamed tissue, helping to relax muscles, and exerting a mild laxative effect on the intestines. Rhubarb (root) Rhubarb exerts a laxative effect to relieve constipation, but care should be taken, as a high enough dose can induce diarrhea as a side effect. Rhubarb can also be helpful for a number of other gastrointestinal disorders such as heartburn and upset stomach. Flat Tummy Tea marketing review states now is the time to review product marketing claims through the lens of science. Each claim has been taken from Tummy's official Tea website. Claim 1: Cleaning Flat Tummy Co states that the products will clean your digestive system and that you should not have to run to the bathroom. Translation: Don't stray too far from a toilet. The product is loaded with laxatives and diuretics that are actually MEANT to make you use the bathroom more often. The truth is, you're not really cleaning your body anymore. of his normal skills using a so-called tea cleaning. Urination and defecation are normal and diuretic and laxative body processes that simply accelerate this process. You may see a reduction in scale weight, but this only fecal and water weight loss, rather than fat loss (in case you both), and the weight will return once you stop drinking tea. Claim 2: Detoxify Flat tummy Tea states that your cleansing tea helps detoxify your intestinal tract free of built toxins and that it has a mild cleansing effect that is an essential part of the detoxification process. These claims are false. As mentioned above, tea is loaded with diuretics and laxatives and will simply make you use the toilet more often. But to be clear, it's not detoxifying your body. The word detoxification in this context is essentially pointless bullsh*t. Check out this article on science-based medicine for a fascinating reading. My question to Flat Tummy Co is, specifically, that TOXINS is supposed to be being removed? Are we talking about hexavalent chromium? Drive? Mercury? I found nowhere on the website the specific lists that toxins supposedly accumulate in the body and are removed by this product. In short, don't be silly. Detox is a medical term that has been hijacked by sellers to scare or bullsh*t people in purchasing products. Claim3: Reducing the tea swelling of your flat belly states that your teas will reduce your swelling and help you kick that swollen, slow, blaaaaaah sensation. This is more pointless hand marketing because the word swelling is subjectively defined and means different things to different people. Does swelling mean you're carrying too much fat? Are you holding too much water? Nowhere on the website do you explicitly define what bloating means for the purposes of your marketing claims (as with detoxification). Let's get something straight here. If you're drinking this tea thinking it's a magic pill for fat loss, then you're going to be disappointed. You still have to put the burgers and chips, start eating more fruits and vegetables, and be more active if that's your goal. If you are waiting to reduce the weight of the water, the product will probably do that as it is a diuretic/laxative tea. Claim 4: Decrease clear water retention, any diuretic and laxative will help you reduce water retention. But instead of a diuretic/laxative tea, you can go to your local pharmacy and find something over-the-counter for a fraction of the price. This is more ambiguous gobbledeyook marketing than it really means nothing. What does Flat Tummy Co specifically mean to support your metabolism? Nowhere on the website do you define what this really means. This is similar to the nebula claim to reduce swelling where it can mean different things to different people. Claim 6: Helps maintain a healthy immune system This is a claim that engenders more questions. How exactly does the helps maintain a healthy immune system? What ingredients are we talking about? And specifically how interact with the immune system? What evidence supports it? Onus is in Flat Tummy Co to provide evidence that your tea does what it says on the label. If such evidence exists, I'd love to review it. Claim 7: Increase your energy To be clear, flat belly tea contains no calories and therefore does not provide any energy. Green tea contains some caffeine that can make you feel more alert, but this should not be confused with the energy provided by food. Claim 8: Give it an antioxidant energy kick This is a more ambiguous marketing bluster. What does it mean to kick you with antioxidant energy really? Antioxidants are often plant compounds, vitamins, or mineral complexes that have no caloric value and therefore do not provide energy. Claim 9: Keeping tea ingredients work together to help you get (and maintain) that flat belly as noted above, the teas are loaded with laxatives and diuretics that will make you use the toilet more often. This can help you reduce water weight, but this should not be confused with fat loss (which requires serious effort). Is flat belly tea safe? For the most part, Flat Tummy Tea and other similar products on the market will probably not hurt you if you use them as directed and for the short term. It is important to remember that nothing is risk-free and there is always potential for side effects in some people. If you insist on trying a detoxifying tea, then you need to learn about the possibility of side effects. The following list is not necessarily what will happen to you, but it is provided as a precaution so you know what to look for while you are taking it. Dehydration Cleanse tea, in particular, has a lot of diuretics and laxatives in it (senna leaves and a number of other laxative ingredients) that could lead to diarrhea and possibly dehydration, especially if you are consuming a lot of the bag and leaving the bag in the water longer than recommended. Be sure to check how often you run to the bathroom while using the product and stop using it if you experience diarrhea. Electrolyte imbalances and nutrient deficiencies After above, if you are experiencing diarrhea, this could lead to dehydration and contribute to a potentially dangerous electrolyte imbalance and nutrient deficiencies. If you have any concerns, stop using the product and go see your doctor. Low blood pressure Because the product is loaded with laxatives and diuretics that promote the loss of stool and fluids, this can lead to a reduction in blood pressure. If you have cardiovascular disease and are medications that lower your blood pressure, keep in mind that tea might have a compound effect that could further lower your blood pressure and make you susceptible to dizziness and fainting. Reducing the effectiveness of birth control Planning to get pregnant Soon? If not, then you need to be careful, as detoxifying teas have been subjected to scrutiny to reduce the effectiveness of contraceptives due to their laxative effect. Reducing bowel movements Detoxifying teas should only be used in the short term. Long-term use could result in your body getting used to the laxative that can lead to a reduction in intestinal motility (leading to intestinal paralysis, lazy bowel, and IBS) and make it tea-dependent for normal bowel movements. If you have problems with your bowel movements after using tea, you should consult your doctor for additional evaluation. Weight loss abuse Detoxifying teas promote weight loss through increased urine and stool excretion. Some consumers obsessed with fast-fix weight loss products may be at increased risk of abuse. If you are the parent of a teen with body image problems, you should pay special attention to your use of such products. Product Warnings Manufacturers provide standard swamp warnings for consumers, such as not using products if you are pregnant or breastfeeding. They also suggest that you consult your doctor before using products that we actually know most people don't. If you have any pre-existing medical conditions and are taking medications, then there is always the possibility of an interaction between medications and tea. Don't take any chances. Go to your doctor for a proper appointment. Despite all the grandiose marketing claims on its website, they include the disclaimer required by law that the products offered on the Site are not intended to diagnose, treat, cure or prevent any disease. This is derived from the Dietary Supplement Health and Education Act of 1994 which is actually a law sponsored by the supplement industry that basically allows it to be used as a human guinea pig. Supplements are unregulated and can be sold legally to the public without having to prove that the product is safe, effective, pure, or that what is on the label is what is on the product. If you want the straight line of this law, check out this article. Who makes flat belly tea? Despite its cute name, Flat Tummy Co is owned by the synergy CHC (Consumer Healthcare Company) corporate conglomerate which, according to its website, has a number of nutraceutical, cosmetic and beauty brands in its portfolio. Where's Flat Tummy Co? When I went to the website contact page and the terms and conditions page, I realized that they don't have a real address or phone number to get to them. But that's not fair if you want to talk a living human being. You are required to send an email to or fill out your contact form. If you need to reach a living human being, then you can try the following information: Synergy CHC Corp865 Spring StreetWestbrook, ME 04092Email: Phone: (615) 939-9004 939-9004 939-9004