



DETOX

& Heal Your-Self

The ultimate healing platform for the most common health concerns of our time. Cleanse and purify your inner body so you can heal naturally.

By Brett Elliott, Medical Herbalist



BRETT ELLIOTT
Ultimate Herbal Health

Achieve physical, emotional and mental clarity, receive all of your potential energy and allow your true inner light to shine.

DETOX & Heal Your-Self

Third Edition

Discover how many tens of thousands of people have changed their lives by completing a proper herbal DETOX program. Treating yourself to an inner body cleanse while consuming nutrient-rich foods can bring renewed health, plus change your life for the better, in many delightful and sometimes unexpected ways.

“Health is a state of peace, found when the body, mind and spirit resonate in perfect harmony. You deserve to feel that peace”

By Brett Elliott, Medical Herbalist

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26 Fantail Drive, Maungatapu, Tauranga 3112 New Zealand

IMPORTANT

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This book represents the views of the author only and is not approved by the FDA, TGA or any other governing health authority.

No liability is taken for those people who choose to use this information to treat themselves, without expert advice.

ACKNOWLEDGMENTS

I would like to take this opportunity to thank my extended family, who have supported me and enabled me to continue to work on my life's passion. My inspiration has come from my own personal experiences and a realization that God has created absolutely everything for a purpose, including the plants.

I am grateful to God who has guided me along this path and I thank all those who have encouraged me over the years, but most of all I owe this work to my adorable wife Sarah, always a kind, loving partner.

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INTRODUCTION

In this book you are going to discover how you can change the trajectory and power of your life and achieve the following:

- *Double your energy levels*
- *Lose between 10-25lb (5-12kg), individual results vary*
- *Cleanse your colon, liver, brain, tissues and blood*
- *Reduce food cravings and other bad habits easily*
- *Balance your blood sugar and cholesterol*
- *Reduce the risk of heart disease, cancer and diabetes*
- *Reduce allergies, hay-fever, sinus and indigestion*
- *Potentially heal dozens of other health complaints*
- *Find renewed peace and vitality*
- *Look and feel younger*
- *Potentially add 10-20 quality years to your life*

If you are prepared to make some small changes in your life to achieve these results, then read this book. The rest is up to you.

You are probably aware that your intestines act to break down food, absorb nutrients and eliminate waste. However you may not know that your intestines maintain fluid and electrolyte balance, respond to your thoughts and actually have an emotional brain. This means that when you become stressed, your appetite changes, and this can lead to an unclean and partially blocked intestine. Poisons and metabolic toxins can begin to circulate in your body making you feel unwell and leading to literally dozens of common, annoying health complaints.

It's time to take control and deal with whatever it may be that blocks your path forward. This program will put you in command of your life and your health simultaneously.

IN A NUTSHELL :

***“What you are is a sum of the parts that make you.
If those parts are clean, pure, colorful and alive,
then so will you be.”***

SHOCKING FACTS

- 1. GLUTEN :** A mixture of flour and water was used as wallpaper glue for many years before modern paste became available. The binding and thickening effect of wheat and other gluten (glue) containing grains is widely known within the food industry. Pasta (paste), bread, biscuits, pastry and cakes contain gluten. Scientific studies prove that gluten protein adheres to the intestinal wall causing major problems, such as celiac disease.
- 2. RED MEAT :** Humans struggle to digest red meats because our digestive systems are ten times more alkaline than carnivores, which incidentally eat raw meat only. Cooked meat can take days to digest. Up to five pounds of undigested red meat can putrefy in our intestines, weakening our immune system and feeding poisons into the body.
- 3. PARASITES :** There are well over 100 different types of parasites and worms that can live in our bodies. Some are microscopic in size, while others can be seen with the naked eye. These organisms are prolific in our environment, can be found in the food we eat and possibly even inhaled. If you have a parasite infestation you may feel constantly agitated, tired, bloated, have swings of appetite, and especially crave sugar.
- 4. DEAD FOOD :** Processed and refined food products are virtually enzyme and nutrient dead. They do not provide you with the natural, living and life giving properties that real food should. Flavors, colors and artificial sweeteners found in processed, artificial, dead foods all contribute to your toxic load, and require enzymes to break down, depleting your energy reserves.
- 5. OTHER TOXINS :** Pharmaceuticals, alcohol, tobacco, coffee, sugar, food additives, environmental pollutants, household chemicals, mental and emotional stress, over-work and fatigue all compound to create a toxic overload in your system, eventually resulting in a deadly cocktail. Cancer, heart disease and diabetes can all stem from prolonged toxic overload of one form or another.

THE TOXIC OVERLOAD PICTURE?

General metabolic imbalances and acid formation give rise to aches and pains, stiffness, muscle fatigue and mineral imbalance, which can lead to bone and joint deterioration.

Your brain is interfered with by chemicals, clouding your thinking, causing headaches, blurry vision and mental fatigue.

Intestinal build-up and acid eventually affects the blood vessels, heart and lungs, asthma, high cholesterol, heart disfunction, chronic coughs and high blood pressure result.

Tissues become inflamed leading to skin conditions like itching, eczema, psoriasis, acne, fungal infections and many minor irritations.

The kidneys, liver, pancreas and gall bladder can all be affected, leading to gall stones, kidney stones, liver disease, chronic fatigue and diabetes.

Chemicals, toxins and acids are absorbed from the gut, overload the liver and begin to circulate through the entire body wreaking havoc on the immune system.

Use of poisonous pharmaceutical drugs along with the over consumption of processed food, refined wheat products, red meat, added sugar and food additives leads to a bloated acidic gut full of partially digested food.

Detrimental bacteria take control. Parasites, ulcers, colitis, constipation, irritable bowel, gas, bloating, candida, indigestion, diverticulitis and all manner of intestinal complaints may occur.

Toxic overload is the combined effect of continuous over consumption of processed dead foods, bound together by sticky refined wheat products, struggling with sluggish dead meat and combined with all the chemical additives used in factory processing, coloring, flavoring and preservatives. The human body was not designed to deal with any of this, and like a kitchen blender full of rocks the body begins to crack. After many years of build up, painful acidic symptoms begin to appear and eventually the disease processes begin.

This toxic overload scenario can be reversed very simply and you are about to find out how.

GET IT OUT NOW

Below is an example of a bowel movement, resulting from Brett Elliott's Ultimate Herbal DETOX. I know this can be shocking to see, but it's well worth knowing about.

Not everybody achieves this amount of clearance, but 10-25 pounds (5-12kg) is the average result in the first 10 days. You can imagine the wonderful clear feeling you gain by removing this, including reductions in the following: acne, allergies, arthritis, asthma, back pain, bloating, boils, candida, cholesterol, constipation, eczema, fatigue, intestinal gas, gout, headaches, heartburn, high



From a client at one of our Detox retreat centers.

blood pressure, indigestion, irritable bowel, lazy bowel, memory loss, mucous congestion, obesity, edema, palpitations, parasites, psoriasis, reflux, sinusitis, type 2 diabetes, weight gain and many more ailments. The incidence of cancer, diabetes and heart disease are our biggest concern as these kill 66% of the population alone. I believe these can be prevented, simply by removing any toxic build-up regularly.



Picture emailed to us by a customer.

The odd shapes and rubbery consistency of the build up that comes out of some people indicates that it has been lodged in the body for a lengthy period of time. Smell is also an indication, since the nasty smell often disappears a few short days into the program.

It only takes one small poisonous area of build-up to affect the health of the entire body. Because the digestive system is the most complex and most delicate system in our entire body, the importance of keeping it clean and nourished should not be underestimated.

A thorough DETOX program should reduce many of those health concerns and help you to extract all the energy supplied by your food. Toxicity happens to almost everybody sooner or later. Meats do not digest easily and refined grains leave a sticky glutinous residue on your intestinal wall. A substantial backlog can gradually build up with our diets of modern processed food.



With continual intake of sugar (often hidden sugar), alcohol, hot drinks, fried foods, meats and dead over processed food, your intestinal organisms can lose control. Parasites often take hold and your immune system becomes overloaded. Eventually, over the years, you can accumulate a putrid toxic mass in the intestines, particularly in the areas of the small, transverse and sigmoid colons. Anything from 5-25 pounds or more can build up as a backlog.

Many doctors will scoff at the idea of colon cleansing, and surgeons will often say that they have never seen any intestinal plaque. This is because they always give patients massive doses of chemical laxatives before surgery and it's probably only the emergency ward that sees actual cases of acute bowel blockage.

Incidence and Prevalence :

Intestinal obstruction is found in 20% of individuals admitted to hospital with acute abdominal pain; of this number, 80% of the obstructions involve the small intestine.

In the USA alone the incidence of bowel obstruction leading to hospital admittance is 364,563 per year, 30,380 per month, 7,010 per week, 998 per day or 41 per hour. This nearly 1,000 people daily is a staggering number and proves that un-diagnosed toxic intestinal build-up could possibly be at the very root of our modern health crisis.

I have sometimes seen people experience between 20 and 30 pounds of impactions removed during the standard 10 days on my DETOX program. I will now outline how it works and why it is simply the quickest and easiest way to improve general health and extend your quality of life.

HOW TO DETOX PROPERLY

There are many different options available to you so I will explain what I believe is the best way. A proper herbal DETOX program will achieve measurable results; it's that simple. *Some of the options include:*

LIVER CLEANSING : A great idea, but unless the build up is removed from the intestines the liver is continually fed more toxins, defeating the purpose of a liver detox. It's a bit like changing the oil filter in your car, but not changing the oil itself.

HOMEOPATHIC DETOX : This works on your body vibrationally and may move heavy metals and stubborn chemicals from tissue. This method has merit, but it will work much better if the intestines, organs and blood have all been physically cleansed of solid build-up first.

FASTING WITHOUT FOOD : This definitely will allow your body the energy and space to release toxins. The problem with this method is that it does not remove intestinal impactions or provide nutritional support. Toxins simply recirculate, fatigue and dehydration can set in, leaving you feeling terrible afterwards.

COLONIC IRRIGATION : I highly recommend trying this out if you have not already. The only problem is that you miss the entire length of your small intestine, which is the longest part of your digestive system.

Herbal Detox and colonic therapy do make great partners however.

OTHER HERBAL DETOX PROGRAMS : Yes they will all help your body to some degree with elimination and detoxification. The key elements to look for are a strict diet plan, plus the herbal combinations must be natural, potent and at the optimum dosage. Avoid hard tablets, sugar syrups and meal replacements especially those with artificial color, flavor and sweetener, or fructose.

THE ULTIMATE HERBAL DETOX : This includes a strict, but enjoyable diet plan of whole, mostly raw, pure and natural unprocessed fruit and vegetables. It contains 24 natural dried herbal ingredients in capsule form. It gives high enough doses (up to 40 capsules daily) which means it can effectively remove intestinal impactions, kill parasites and stimulate the liver, kidneys and support healthy digestion. It has 7 day, 14 day, 1 or 2 month plan options to suit your individual requirements and lifestyle.

BRETT ELLIOTT'S ULTIMATE HERBAL DETOX

Let's quickly run through the most popular 14-day detox program.

Stage 1. LEAD-IN :

Over a period of four days you gradually eliminate all meats, processed food, legumes, nuts and grain products from your diet. This includes all breads, pasta, beans, cheese and any other refined, packaged, canned or preserved products. A book full of wonderful recipes is provided. If you find it difficult to adjust you can do this for up to a week softening the change before moving on to stage 2. The longer your preparation, the better your results. You will be taking a few herbal capsules during the lead-in to get your detox started.

Stage 2. ULTIMATE DETOX :

You will have 24 herbs in combination and take up to 40 capsules daily. I will discuss the herbs in detail later in this book. Take these herbs twice daily for 10 days while following the delicious diet and recipes provided. Transition into detox mode can sometimes mean passing through a short phase of headaches, nausea, agitation, fatigue, gas or bloating, but this should pass quickly as things begin to move.

You should soon find that your bowel movements increase in urgency, size and frequency. Many people experience between 4 and 6 semi-solid bowel movements daily. Around day 8, 9 and 10 is when the real rewards often begin to appear. Impactions (or plaque as it is often referred to) can start to appear. Of course not everybody has plaque, but most of us have some build up to remove. The body can then detoxify on many levels, including liver, kidney and lymphatic system.

Minor twinges and occasional bloating may be experienced, but none of this should be very uncomfortable or painful. If so, the program should be stopped for a day, then perhaps continued on a longer, more gentle plan. Once the 10 days of cleansing is completed you can proceed to Stage 3.

Stage 3. FOLLOW UP :

It is important to keep the healthy diet going as long as possible. A reverse detox diet is provided in the user guide, which involves a gradual process of returning to your normal diet. You will probably become much more aware of what is good for you and what is not. You may even feel an aversion to foods you previously enjoyed and decide that you no longer want to eat those particular foods.

Listen to your body and notice the feelings you have. They are important.

Immediately returning to a bad diet will not be received well by your body. People often improve long term eating habits after the Herbal DETOX and this can be life changing, especially if followed annually over a period of years. Maybe also try the two programs below.

The Ultimate Herbal SLIM program is a 30 day metabolic stabilizer with blood sugar controlling and colon cleansing effects. Perfect for after your DETOX.



Detox 'n Slim protein smoothie gives you another month of detox and metabolic support and can be used during both the detox and slim programs.

It contains over 40 herbs and is ideal for long term maintenance. A delicious daily super nutrient drink.

HOW TO DO THE DETOX

Whole, living, raw foods and specially designed herbal combinations work to improve digestive secretions, such as bile and enzymes, increase bowel transit time, and speed up your metabolism, alkalize your blood, reduce your appetite and provide enzymes. Your liver, heart, brain, intestines and kidneys are all supported and their functions stimulated.

The whole process gives your body a holiday from its usual routine of constantly struggling to digest, break down and eliminate waste, which makes daily life a lot easier for your body. This allows more of your metabolic energy to be used for healing, tissue repair and organ maintenance.

In the next few pages we will discuss the food and herbs that are used in the Brett Elliott's Ultimate Herbal Detox.



FOOD FOR DETOX

Since modern food is a major source of our toxin build up, a return to raw, whole and unprocessed food is an important part of the DETOX program. You will get detailed recipes along with your program, but here is a short list of foods I suggest you can use while completing the herbal DETOX.

JUICES : Juice combinations could contain the following: apple, beetroot, capsicum (bell pepper), carrot, celery, grape, grapefruit, lemon, mango, orange, papaya, pear, pineapple, tomato, wheatgrass or barley grass. I recommend getting fresh organic produce and making your own juice, but if this is not practical then simply get the best juice you can buy which does not have added sugar. Freshly squeezed juice can be taken with some of the fiber scooped back in.

YOGHURT SMOOTHIES : This is a great way to start your day. Just take your favorite fruit (sorry no bananas as they are too starchy for this program) and fruit juice and add some organic plain yoghurt. Throw in a sachet of Brett's DETOX 'n SLIM protein powder for even more energy and blood sugar balance.





FRUIT SALADS : Try combining different fruit including oranges, lemons, pears, nectarines, plums, peaches, pineapple, kiwifruit, apples, mangoes, cherries, prunes, apricots, papaya, watermelon, all berries, (no bananas, too starchy).

VEGETABLE SALADS : These can include lettuce, cabbage, tomato, avocado, spring onion, basil, chives, beetroot, broccoli, bean sprouts, carrot, rocket, parsley, coriander (cilantro), cucumber, cauliflower, mushrooms, celery, capsicum (bell pepper) and any green leafy vegetable. Dress with garlic, yoghurt, lemon juice, cold pressed olive oil, apple cider vinegar and herbs.

LIGHTLY STEAMED OR STIR FRIED VEGETABLES : Any vegetables can be used, including pumpkin, parsnip, eggplant (aubergine), capsicum, zucchini (courgette, marrow), sweet potato, mushrooms, carrot, leek, broccoli, cauliflower, kale, silverbeet, spinach.

OTHER IDEAS : Vegetable soups can contain any of the above vegetables without flour, barley or split peas. Pumpkin or tomato soups are my favorite. Celery sticks with a little hummus, carrot sticks with guacamole (avocado and garlic dip); asparagus, cucumber or beetroot. Prunes, dates, figs, raisins, olives, gherkins or pickled onions are all OK in small amounts.

Heal Your-Self

The result of doing your first proper DETOX can be life changing. You can feel good and look great, just like a well serviced motor vehicle.



Symlax

To bulk and soften bowel movements, reduce hunger, provide soothing healing effect to the gut lining. Helps to balance blood sugar and glycaemic index of foods.

Colon-Aid

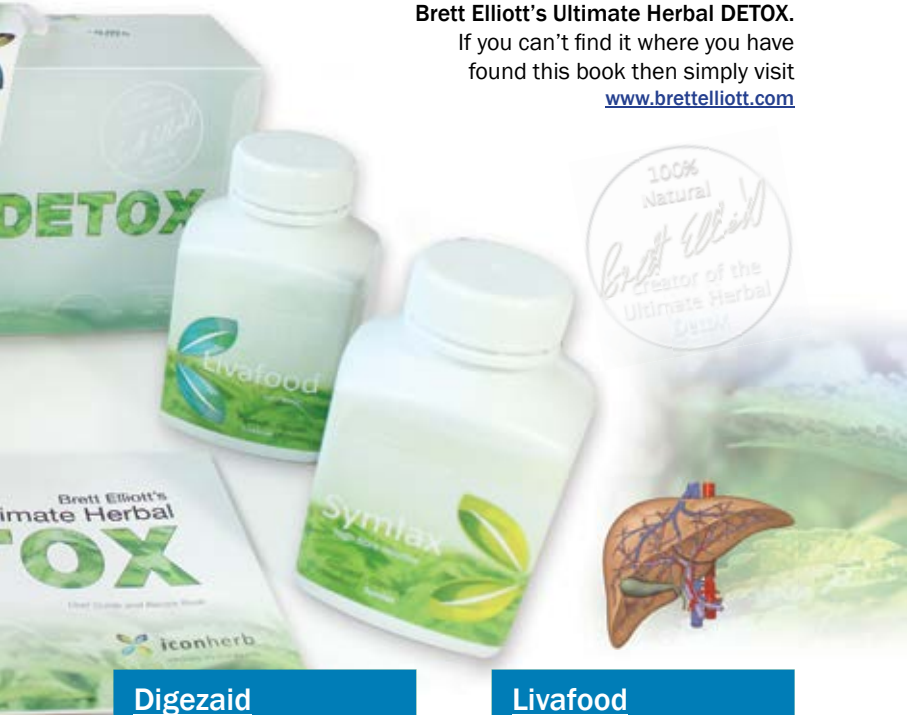
Stimulating herbs to encourage peristalsis, improving elimination of intestinal build-up. Includes anti-parasite herbs to balance intestinal habitat for positive bacteria.

Brett Elliott's Ultimate Herbal DETOX

The DETOX I have designed is called
Brett Elliott's Ultimate Herbal DETOX.

If you can't find it where you have
found this book then simply visit

www.brettelliott.com



Digezaid

High in natural digestive enzymes to improve protein breakdown.
Has soothing, relaxing effects on the intestines allowing a comfortable inner body cleanse.

Livafood

High in the king liver herbs like Milk thistle and dandelion. Improves liver detoxification and healthy cholesterol control.
High in superfoods and essential nutrients.



ABOUT BRETT ELLIOTT'S ULTIMATE DETOX HERBS

Herbs have been used for thousands of years for cleansing, nourishing and building a healthy body. Their use dates back to Egyptian times and beyond. There are twenty-four herbs used in four unique products in the Ultimate Herbal DETOX, which I have used in specific therapeutic amounts to achieve the proven results required. *We will now look at each of these herbs briefly.*

COLON-AID

The colon cleansing, parasite killer. Colon-Aid provides bulking fiber, soothing mucilage and digestive herbs to support healthy peristalsis and regular bowel elimination. It's great for improving colon health.

Wormwood, Black Walnut and Cloves help rid the colon of parasites. This parasite treatment is a vital part of the colon cleansing process.



WORMWOOD : Digestive bitter

As an appetite stimulant and enhancer of digestion, wormwood increases the secretion of digestive enzymes and bile from the liver.

It stimulates peristalsis. Wormwood is excellent for those with sluggish digestion, toxins and congestion in the bowel, liver problems and a general feeling of being run down. Well known for killing worms.



Wormwood - *Artemisia absinthium*



Cascara - *Rhamnus purshiana*

CASCARA : *Easy elimination*

Used for centuries because of its natural cleansing properties, cascara is one of the world's most popular herbs for encouraging healthy elimination, safely and naturally. Cascara nourishes and tones the sensitive tissues of the gastrointestinal tract helping improve peristalsis. This extremely bitter herb stimulates digestive secretions that help to improve digestive function.

BLACK WALNUT HULLS :

Kills parasites

Black Walnut is used in herbal medicine as an astringent healer, laxative and a vermifuge (kills worms). It is used to expel tapeworms and other internal and external parasites. The American Medical Ethnobotany Reference Dictionary claims that the juice from black walnut hull is effective against ringworm. Black walnut's anti-parasitic properties make it a perfect ingredient in your DETOX program.



Black Walnut Hulls
- *Juglans nigra*

FENNEL SEED : *Smooth digestion*

For centuries the seeds have been utilized to stimulate appetite and as a digestive aid to help with flatulence and indigestion. Fennel seeds often provide quick and effective relief from many digestive disturbances. They help to overcome gas, cramps, acid indigestion, and many other digestive tract maladies. They soothe the detoxification process.



Fennel Seed
- *Foeniculum vulgare*

TURKISH RHUBARB :

Digestive tonic

The root of Turkish rhubarb has been used traditionally to improve both digestion and loss of appetite. Rich in tannins that increase the flow of saliva and gastric secretions, it can be used as an astringent or stomach tonic at a low dosage to stop diarrhea. In army camps it was said to stop the deadly scourge of dysentery.



Turkish Rhubarb
- *Rheum palmatum*



Slippery Elm - *Ulmus rubra*

SLIPPERY ELM :

Soothing healer

Slippery elm bark contains bioflavonoids, calcium, mucilage, starch, tannins and vitamin E. The soluble fiber of slippery elm eases digestion and draws out impurities and toxins. Slippery elm's tonic, coating action soothes irritated tissues of the intestines, colon, urinary tract and stomach. Slippery elm helps to give a sensation of fullness and balance blood sugars.

CLOVES : *Pain and parasite killer*

In China it is reported that cloves were taken over the centuries for diarrhea, most liver, stomach and bowel ailments, and as a stimulant for the nerves. Cloves have been used to treat flatulence, nausea and vomiting. In tropical Asia cloves have been given to treat malaria, cholera, tuberculosis and scabies. Traditional uses in America include treating worms, viruses, candida and various bacterial and protozoan infections.



Cloves - *Syzygium aromaticum*

DIGEZAID

Soothing, healing digestive tonic. Digezaid contains herbs, which support comfortable, healthy digestion and maintain intestinal health. Helps reduce bloating, reflux, indigestion and intestinal discomfort.

Contains important digestive enzymes, papain and bromelain to help break down protein.



PEPPERMINT : *Anti-nausea*

Peppermint is a well-known remedy for helping reduce nausea, vomiting, indigestion, bloating and symptoms of irritable bowel syndrome. Peppermint relieves gut cramping and gently stimulates digestive secretions. Several studies have shown oil of peppermint to have a substantial spasmolytic (spasm stopping) effect on the smooth muscles of the gastrointestinal tract.



Peppermint
- *Mentha piperita*



Licorice Root
- *Glycyrrhiza glabra*

LICORICE ROOT :

Digestive tonic

Licorice has been found to prevent ulcer development and protect the intestinal mucosa from damage from drugs (like aspirin) and bile. The strong anti-inflammatory action of licorice also makes it useful for reflux. Licorice is included for its soothing effect on the digestive tract. It also protects the liver.



Ginger - *Zingiber officinale*

GINGER : *Anti-nausea*

Ginger is a soothing, warming digestive tonic. It can be great for easing indigestion. Ginger can very often relieve mild nausea and stomach cramps. The pungent component of ginger increases the activity of the digestive tract and is particularly helpful in digesting rich, fatty foods. Ginger helps to reduce inflammation.

CAYENNE : *Digestive stimulant*

When many people think of cayenne they think of burning pain. Of course, in high doses this is true. However in small amounts cayenne can actually have a relieving effect on pain and has traditionally been used to treat stomach ulcers due to antimicrobial properties. In the digestive system cayenne is also useful for improving digestion and absorption of nutrients.



Cayenne
- *Capsicum annum*

KIWIFRUIT : *Vitamin C + enzymes*

Research shows that kiwifruit is able to boost the natural defenses of the body, improve muscle performance and digestive health, plus reduce cell damage and inflammation. Kiwifruit is rich in the enzyme actinidin, is high in vitamin C and carotenoids, including beta-carotene, lutein and zeaxanthin. One study suggests that kiwifruit can increase the body's natural response triggers that are associated with conditions such as diabetes, arthritis, obesity, heart disease, and cancer. It truly is a powerful antioxidant-rich superfood.



Kiwifruit
- *Actinidia chinensis*

PINEAPPLE : *Digestive enzymes*

Pineapple has been used for centuries in Central and South America to treat indigestion and reduce inflammation. It contains the digestive enzyme complex called Bromelain. The exact chemical structure of all active components of bromelain are not yet fully understood, but its many actions include: protein digestion, reducing blood clotting, reducing inflammation and inhibiting tumor growth. Bromelain has been reported to heal gastric ulcers in scientific studies.



Pineapple
- *Ananas comosus*

PAPAYA : *Protein digester*

Papaya contains digestive enzymes in the form of at least four cysteine endopeptidases and other constituents including hydrolase inhibitors and lipase, which are widely used in pharmacy. Papaya also contains Papain (commonly used in the food industry as a meat tenderizer)



Papaya
- *Carica papaya*

It is the protein digesting ability of Papaya that makes it so useful during the herbal detox because it will help soften and remove any undigested residue from the colon.



SYMLAX

Bulking agent with healing fiber and prebiotics.

Symlax capsules create a sense of fullness, reducing appetite while helping generate softer bowel movements.

Symlax will encourage healthy intestinal flora and help balance blood sugar levels. The capsules can be emptied into water and stirred to give even greater bulking effects.

PSYLLIUM : *Bulking agent*

Psyllium seed husk is 34% insoluble fiber and 66% soluble fiber, providing an optimal division of both types. This gives both intestinal pre-biotic and stool bulking properties. The husks act as a sponge, absorbing water and waste material in the bowels. This helps to clear toxins, preventing them from staying too long in the colon. Psyllium husks are very safe and are used by millions of people throughout the world as a natural alternative to habit-forming laxatives. Research proves psylliums positive effect in lowering cholesterol and controlling blood sugar and diabetes.



Psyllium
- *Plantago psyllium*

CHIA SEED : *Superfood*

This amazing superfood contains 19 amino acids. Chia seeds are 23% protein, 34% omega 3 and 23% soluble fiber. They help to slow carbohydrate absorption, and if taken before meals will balance blood sugar responses to food. The gel created by the seeds, help to reduce reflux. In pre-Columbian times, the seeds were a major part of the Aztec and Mayan diet and were used as survival rations for the Aztec warriors. In one study at the University of Toronto, patients taking the seeds had a blood pressure drop of 10 points diastolic, and 5 points systolic after 3 months.





Chia Seed - *Salvia hispanica*

The high soluble fiber content in the seeds creates a gel in the intestine. The beneficial effects of these prebiotic soluble fibers (short chain carbohydrates) are fairly well known. Less well known are the healing effects of these fibers, which encourage the growth of beneficial bacteria and inhibit the growth of harmful bacteria. They do this largely by lowering the pH. Apart from improving digestive health, scientific research indicates that

prebiotics enhance the absorption of minerals such as calcium and magnesium, and provide a boost to the immune system.

ALOE VERA : *Healing agent*

The Aloe plant is a part of the lily family but it is Aloe barbadensis which is commonly called ALOE VERA. The gel from the leaves of Aloe Vera is potent and has as many as 75 nutrients, which promote good health.

It stimulates the growth of new healthy tissues with its unique ability to penetrate 7 layers deep into tissues.

The major ingredient in the internal gel of Aloe is 99% water.

The remaining 1% contains 200 different constituents; made up of a diverse mixture of antibiotics, pain inhibitors, cell growth stimulators, inflammation fighters, burns healers, capillary dilators, vasoconstrictor inhibitors and moisturizers along with the remarkable degree of penetration. It contains 6 antiseptic agents that can kill bacteria, viruses and fungi. Through chemical analysis this clear gel has been seen to contain amino acids, minerals, enzymes, proteins, polysaccharides and metabolic stimulants.

Thus Aloe possesses almost a complete drug store of medically useful ingredients along with pH the same as human skin. Its overall healing, nourishing and protecting effect on tissues makes it a great remedy for the intestine as well as the skin externally.

Aloe is used in the Herbal DETOX as a prebiotic and mild laxative with overall healing, nourishing and protecting effect on tissues.



Aloe Vera
- *Aloe barbadensis*



LIVAFOOD

Livafood is a nutrient-rich formulation, which supports liver function and heavy metal detoxification, plus provides a broad range of naturally occurring nutrients. Each capsule contains 700mg of Milk thistle seed, which is often called the king of liver herbs.

DANDELION : *Gall bladder tonic*

Dandelion root is a gallbladder tonic and nutritive. It is useful for improving digestion, supporting liver detoxification and improving gall bladder and liver function. It helps indigestion and helps relieve constipation. Dandelion root also contains inulin, which stimulates the growth of the beneficial gut bacteria and decreases detrimental microorganisms.

MILK THISTLE : *Liver tonic*

The king of liver protection herbs! Milk Thistle has been studied and shown to improve liver function dramatically, which helps the body rid toxins from the blood. Milk thistle has the unique ability to increase glutathione (a major antioxidant) levels, which are depleted during a detox program.

CHLORELLA : *Heavy metal detoxifier*

This fresh-water single celled algae contains Vitamins B1, B2, B3, B6, B12, C, D, E and K, folic acid, beta carotene, luteins, minerals, amino acids, S.O.D, soluble fiber and is very high in chlorophyll. It binds strongly to mercury and other heavy metals for elimination.



Dandelion
- *Taraxacum officinale*



Milk Thistle
- *Silybum marianum*



Chlorella
- *Chlorella Vulgaris*

GOLDENSEAL : *Digestive tonic*

The bitter and antiseptic properties of goldenseal make it a valuable medicinal herb. It is known for its liver stimulant, digestive antiseptic and tonic properties. It helps protect and nourish the entire digestive system and reduces bacterial, fungal and microbial infestation of the gut. It is one of my all time favorite herbs and an important addition to the DETOX program.



Goldenseal
- *Hydrastis canadensis*

CILANTRO : *Heavy metal detoxifier*

Commonly known as coriander, Chinese parsley, or cilantro in North America. It has been scientifically shown to protect against heavy (toxic) metals such as mercury, lead and aluminium. It assists heavy metal elimination by chelating, or binding to, these toxic metals, suppressing deposition and helping remove them from your body.



Cilantro
- *Coriandrum sativum*

KELP : *Multi-mineral*

Kelp is included as another super-food. It is a complete multi-mineral provider and helps balance energy levels and sugar cravings. It has the added benefit of boosting metabolism by supplying the thyroid with iodine.



Kelp - *Macrocystis pyrifera*

BARLEY GRASS : *Liver detoxifier*

Barley grass has one of the highest natural levels of the enzyme SOD (superoxide dismutase), which is a powerful antioxidant and anti-inflammatory agent supporting liver detoxification. It is rich in vitamins and minerals and is classed a super-food. Barley grass is alkalizing and is high in chlorophyll.



Barley Grass
- *Hordeum vulgare*

TESTIMONIALS

These testimonials are unedited and were received from actual users of the Ultimate Herbal DETOX. They have been submitted online by anonymous users, so we don't publish any names. You can view the latest testimonials at www.brettelliott.com



CHRONIC FATIGUE :

"I had been diagnosed with Chronic Fatigue and was at the worst stage where I'd had been in bed for 3 months. At that point in time all my body's energy was going into growing hair and fingernails. I decided to do Brett Elliott's Ultimate Herbal DETOX for 10 days. By the end of those 10 days I was up and about, on my feet. I know it was the Detox that started my recovery. I have since completed 2 Detoxes and am now onto Brett's Ultimate Herbal SLIM.

My husband has noticed such a change in me that he wants to do the SLIM as well. I'm really grateful for the opportunity to thank you personally for enabling me to make this amazing change in my life. I wish I could tell everybody about this product!"



CRAVINGS DECREASED :

"My Husband and I have been taking the Detox 'n Slim protein drink as a meal replacement with our busy lifestyle. We have found that our cravings have decreased, we have not felt hungry and best of all for me is that the bloating I felt in my stomach has been reduced dramatically. Thanks Brett, this is a wonderful product and we will continue this as part of our new eating regimen."



HEAPS BRIGHTER :

"Great explanations of program, ingredients, and simple to follow instructions. My mind and body felt so unclogged, and energetic. I was heaps brighter and found the food I was eating was much healthier and less processed.

I actually wish I could use it everyday! I also found that the fat deposits around my middle reduced and that in itself was a great feeling!"

SO MUCH GUNK :

"Dear Brett, I have just completed the 10 day detox and feel great & grounded plus more clarity in my life. On the 4th day I hate to admit, but I had to have 2 goes at flushing the toilet, as there was so much foreign gunk like I'd never seen before. Thanks again, now I have some direction in life. My Husband now wants to do it."

CHOLESTEROL TEST :

"My husband who has high cholesterol that he was due to go on medication for, went in for another cholesterol test after finishing the 10 day detox. We have just received a phone call from the nurse stating that his results were amazing and what had he done. He now no longer needs medication for high cholesterol as he is back in the safe range and only has to have yearly check ups. He now has a healthy weight, is sleeping through the night and no longer craves unhealthy food. I have also had great results. I no longer have IBS symptoms, I feel alert, energized and am also lighter. I urge anyone who is thinking of doing this to take the plunge and stick with it as its only 10 days out of your life and the results have been life changing for us. Get inventive with the food. I created an aioli out of yoghurt, garlic, lemon juice and olive oil which was lovely on salads and veggies. There's nothing much that I would improve. It's quite hard around day 3 to 4 and you just have to hang on in there."

SKIN AND HAIR :

"I loved doing the detox. I felt like I needed to do it for a very long time. I waited for my partner to go away on business to do the detox because I thought it would be easier when I was on my own. I was ready for it! It was so much easier than I expected. I am a huge meat eater and am one of those people who get cranky if I don't eat when I need to. Therefore, I was worried I would have low energy and crave food I couldn't eat. This was so far from the truth. I had higher energy and loved the food I was eating. I got really creative with the meals. By the 5th day I already noticed a difference in how soft and healthy my hair and skin were. I just felt great during the whole process. I have now switched to choosing healthier options in my eating since the detox. My partner even loves some of my new veggie dishes! We're getting married next year and I plan on doing the detox a month or so before the wedding. I think I've convinced my partner to do it with me next time!"



CLARITY OF MIND, LOST CRAVINGS :

“Easy to use. Amazing results in very short time. No adverse effects with the recommended elimination process just prior to starting. Lost my cravings ie: my love of morning coffee, wine & nibbles. Other benefits: gaining a balance in my eating habits, I can fit the clothes that had become way too tight and uncomfortable, my skin is looking great. This product came highly recommended to me. I was feeling tired, lacking clarity of mind and feeling overwhelmed with stressful matters. A very comfortable and enjoyable transition into the way of eating, more energy, clarity of mind, taking action on the weighty matters I had at hand. Thanks for a great product.”



LOST JUST OVER 4KG :

“My husband and I both did a 10 day detox using Brett Elliott’s Ultimate Herbal Detox. It was surprisingly easy to do and the salad ideas in the recipe book were very tasty. I was also amazed at how energised I was while on the detox and I put this down to the tablets we were taking. After 10 days I had lost just over 4kg and thought that I would probably put it all back on pretty quickly, but I didn’t. We also used the Detox ‘n Slim protein smoothie, which we love. I still have the odd one now. It was a little difficult for me at the start taking 20 capsules morning and night but I soon got used to it. The best thing about this product is that it’s easy. You get everything you need in the kit. The philosophy behind the product is also very interesting and is a perspective that was new to me.”



I’M CERTAINLY CONVINCED :

“Although I didn’t need to reduce my weight, I had come down with some unusual bowel problems after coming back from my tropical holiday. I was not responding to other methods & was reluctant to continue on with conventional medications. Just by chance I saw Brett Elliott’s product on TV. I had never heard of him nor his product at the time. But, as I was steadily getting more confused with trying to settle my problems, I decided I would give it a go. It was winter 2011, not the best time to do such a cleanse, but I couldn’t wait. I followed each instruction thoroughly. The booklet was very well written and clear to follow. I opted for the longer plan so I could have brown rice. I love my bread & this would be the first time in 30 years that I had taken myself off this carbohydrate.

To my surprise I could live without it at the time & never craved the smell of toast my partner was having. Within the first few days my body was responding well. And my energy levels were improving. Doing the three week plan was much longer, but for me was the better option. It certainly worked to get my body settled again. My only hiccup was people concerned I was looking thin. I took my food with me when socializing as I was determined to give it my best. After 6 months all is good now, I decided to use the introductory Detox & Slim sachets. They should be retitled, as they are a wonderful yummy energy drink. So for those who are not over weight, don't be put off to try these products. We are what we eat. But we also need to clean out those long-term congestions that weaken the system. I'm certainly convinced & have recommended people try."

MAINTAINING THE WEIGHT LOSS AND FEELING GOOD :

"I thoroughly enjoyed the 10 day detox. I now have a healthy weight and felt amazing at the end of it! I chose to give it my all and made all my meals from fresh ingredients, which is now an ongoing habit. Homemade juices, smoothies, soups and salads are an everyday occurrence and I continue with the Detox and Slim sachets to keep me feeling good and on track. I was mentally prepared for it and enjoyed the detoxing process. I came back from holiday and wanted to lose a few kilos to get back to my ideal weight for training. With all the fresh produce and in combination with the pills I reached my ideal weight over the whole detox period. It's been over 6 weeks since I finished and I am still maintaining the weight loss and feeling good!"

THE HUNGER WENT AWAY :

"Having everything in one pack was great, all the information was very clear and easy to understand. The menu examples were a great help. My husband and I did the detox together and did a four-day prep before starting to take the capsules. During the prep days I did feel hungry but once we started taking the capsules and making smoothies and juices the hunger went away. We got creative with veggies and were pleasantly surprised at how delicious a plate of veggies could be with a mix of spices. We are not big meat eaters anyway so cutting out meat wasn't that big a deal for us. I didn't think I was so dependent on bread and cheese, so again the first few days without it were hard. We drank plenty of water and herbal teas and since finishing the detox I haven't really returned to drinking tea or coffee much at all, in-fact I think in the past couple of weeks I've only had 2-3 cups in total."



The mucoid plaque thing started happening and we were 'going' very regularly!! I had the odd times of bloating but nothing unbearable. Overall I feel really good after the detox. My hair and skin feels lovely. I am waking up in the morning now with more energy, instead of having the first thought pop into my head of "I can't wait to get back into bed to sleep!" A few days after the detox we went to a function where I must admit I over indulged in rich food and wine, it made me feel very sluggish in the days following. I am definitely eating less now and holding back from stodgy carbs and processed foods."

LOOKING YOUNGER :

"I was able to eat substantially on seasonal fresh summer fruit and vegetables, and create and discover flavour and satisfaction with meals all made with natural fresh ingredients. By day 2 I felt so much better that it was an incentive to keep going, knowing that it would only get better. I felt less weighed down. Outcome was a more positive mind, sleeping better, weight benefited, beautiful glowing skin, looking younger. This detox has set me back on the right path. First 2 days during preparation I experienced terrible headaches, nausea, and vomiting due to caffeine withdrawals. By the third day the nausea had reduced, and once I'd started the detox 3 days later the head aches had gone away. Also I had to take medication in the evenings, and was unsure if I had waited enough time before taking the detox pills and the medication. I had been under enormous stress and great personal loss, and was not recovering well from the grief.

I was becoming depressed and was starting to gain weight. Although I ate healthy food, I didn't feel I was digesting it well. This detox has helped with depression and the weight gain. I'm feeling very positive, and my head is clear. I love discovering that I could be satisfied eating only fresh natural products. Didn't miss the wine or coffee, which I thought I would."

IDEAL WEIGHT ACHIEVED :

"I'm in my mid 50's and its been a long time since I've felt this good. I've taken another "X" out of my shirts and pulled my belt in 2 notches... Not sure on the exact amount of weight I lost because I think watching the dial on the scales plays with your mind, but I have reached my ideal weight. I no longer feel overly hungry all the time and it doesn't take much to feel I've had enough to eat. I've recommended it to others as it was recommended to me. The analysis outlined in the instruction DVD and booklets were honest and pretty much on the mark."



HELPED GET ME OUT OF A FOOD RUT :

“Clear easy to follow instructions in the booklet. Ten days is just the right amount of time, feel like I want the benefits to keep on going. Clear skin, clear eyes, increased energy (no afternoon energy zap), increased bowel and urine motions, heightened extra sensory perception, balanced emotions, deeper sleep, healthier eating pattern and awareness of food. The detox product helped get me out of a food rut, made me think outside the box for food ideas and kick started a healthier eating regimen. The accompanying booklet is clearly written with easy to follow instructions and some useful recipes.

I used the product as instructed taking a week to eliminate foods prior to using the herbs. I did miss eating fish and eggs, and will now always make roast kumara (sweet potato) chunks to accompany soup, instead of bread, as well as experimenting with cold soups for summer. I did find the capsules a bit tedious, even with including the Liver herbs in a smoothie - but knowing it was only 10 days out of my life and the benefits far outweighed a few capsules twice a day was a good focus to help them slide down.”



ACNE, BLOATING, CONSTIPATION AND WEIGHT GONE :

“Since I can remember I have had acne on my face and back and have put it down to puberty/hormones. My energy levels have never been very high so I just accepted it and carried on. In the last 4-5 years I have suffered from chronic bloating and constant flatulence and regular headaches. My bowel movements were not as good as I would have liked (3-4 times a week) but at least I was going. Even though I exercised regularly I wasn't able to lose any fat and eventually gave up.

About 6 months ago I became ill and after a blood test I wasn't surprised I got sick. All my vitamins were below the normal and cholesterol was high at 6.2.

A few bottles of pills later I was feeling better and the blood test reflected that. The cholesterol decreased to 6.0. I went in search of a detox to attempt to at least lower my cholesterol level, I was no longer willing to accept the “its genetic” comment as an excuse to make no change.



I had previously tried a number of different “detox” products and none of them made any bit of difference.

I also did a colon cleanse, it did make me feel slightly better but still not 100% and it made no change to the cholesterol. I came across Brett Elliott’s Ultimate Herbal Detox and I thought it would be another waste of my time product that will do nothing for me but was considering giving it a go. In a casual chat with a friend I mentioned I was looking into doing a detox and was going to go to have a consult with a herbalist and she straight away recommended Brett Elliott’s Detox (her aunt had done it and it worked). So I didn’t waste any more time and placed my order (product arrived within 3 days) and started preparing myself for the detox.

Being reasonably dependent on coffee, I decided that it should be the first thing I give up (harder than I thought) and continued cutting out things every day. I couldn’t wait to start the detox. By the end of day one I didn’t feel any different, still felt heaviness and bloating and headaches so I was no longer as excited (yes I was expecting a miracle). Day 2 however was a completely different experience. I could actually feel my digestive system working (struggling but working). Bowel movements became existent and NO MORE HEADACHES. By Day 4 I was making a few more trips to the toilet and this, as disgusting as it may sound, I was enjoying (the look of the stuff wasn’t pleasant). The bloating disappeared; no more heaviness in my stomach and the acne was getting better. Having been a carnivore and carb lover all my life it was fun looking for healthy recipes and creating meals that I could enjoy without the processed carbs and meats and never felt hungry or like I was depriving my body of anything (it’s usually how “diets” made me feel). On day 10 I weighed myself and the excess was gone.

A month later (including the silly season): Acne gone, bloating has not returned, energy level HIGH (didn’t know I could feel this fantastic), weight steadily healthy, and cholesterol level 3.7. I no longer feel like I need to eat bread, no longer have cravings for sweets and have bowel movement 3-4 times daily. I feel very clean inside and out. Can’t wait til the next detox.”

THE NEXT LEVEL

Toxins come in many forms. Everything from drugs, alcohol, cigarettes and pollution such as exhaust fumes, plus chemical food additives, pesticides and fertilizers through to less commonly thought of toxins such as noise, degrading media, negative emotions and thoughts. A toxin is defined as any substance, that when present in excess levels, actually interferes with healthy cell and organ functions, usually by disrupting internal communications. Anything in excess can become toxic, but some things can be toxic at very low levels, like arsenic for example.

We have all had interference with our radio, cell-phone or television signal. This is very similar to how a toxin affects your body both biologically/physically and emotionally/mentally. Static interference, poor reception, bad sound, unclear picture and even a complete loss of signal can occur within you. Your cells, glands and organs communicate using a subtle electromagnetic impulse and need constant direction from control centers in your brain. Toxins interfere with these signals disrupting the body's vital internal communication systems.

Toxic attitudes

In order to achieve an effective detox that brings profound changes in health and happiness, you will need to consider all types of toxins. Your body has to process everything it ingests and this includes physically, emotionally and mentally. Over the years you accumulate toxins, not just within your body tissues, but also within your nervous system, cell and organ memories. In other words, until you have processed and released the memory of poison thoughts or emotions they will remain within you and continue to exert their toxic effects. You can literally make yourself sick or healthy simply by adjusting your beliefs and attitudes.

Have you ever wondered why some days you just wake up feeling different to other days? Those unexplained feelings of stress, fatigue, frustration, anger or sadness, can all come from thoughts and memories, which are no different to any other toxin. With some space and time devoted to detoxification you can clear these energy toxins from your system along with the physical build up. Forgive, forget, let go, cry, laugh, sing, dance, punch a bag, breathe, meditate, rest and heal.

HEALING

I highly recommend making the commitment to a multi-level detox program, firstly, to remove the build up of physical toxins from your body, secondly, to help trigger the release of emotional energy, anger, bitterness, sadness and grief, plus conquer cravings, addictions and fears, to purify and nourish your soul.

Feeding your soul

During my herbal DETOX you can flush out your intestines of several pounds of undigested build-up. This is done with our specific herbs while eating a delicious diet of pure foods, including fresh fruits and vegetables and plenty of fluids. The result is an increase in energy and a feeling of being light, clear and fresh. This is a great opportunity to become aware of the emotional connection with food and transform this into an emotional reconnection with your inner self. During the DETOX you commit to a change in eating habits, so why not also make a commitment to changing negative emotional patterns into positive ones. You can now choose to eat to “feed your soul” rather than eat to “smother your feelings”. This change causes a shift in emotional eating habits and encourages a deeper connection with nature. Instead of using food to bury our negative emotions we actually use food to support positive emotions. Consider how you feel before and after you eat food and how this affects you emotionally. This dietary revelation is one of the greatest long-term benefits and is a highlight of my Ultimate Herbal DETOX program. Herbs encourage healing on all levels.

Time out

Moving pounds of toxic matter from your body can leave you feeling elated and change your attitude towards food completely.

Some of the other toxins such as noise and negative media can be deliberately avoided, but how do we avoid negative emotions and toxic thoughts? The power of “free will” and the right of choice come into play here. Maybe turn the other cheek or walk away, since you do have the power to choose and think or react differently. You will feel emotionally and mentally stronger during your DETOX and you may like to take some time to yourself. Choosing time out from noise, offensive media and sometimes, avoiding certain “negative people” can be of huge benefit during this detox process. Nothing helps your body recover its full measure of life like a good detox, enabling clear messages from your higher subconscious self, your spirit and ultimately GOD.



Mind over matter

Cellular communication is something a proper detox should address. The first step in any healing process is a change in attitude. The resulting shift in the body's energy field can literally allow physical healing to take place. Fear, worry, anger and frustration can make you sick, as opposed to faith, courage, love and peace, which empower you and evoke healing.

In order for a change to take place in any organ, gland or tissue one must first make a shift in one's energy field (the field of spirit and thought), which constructs and animates the body. This will affect physical functions right down to the cellular level.

The following fascinating discovery gives us an insight into exactly how powerful, improving internal cellular communications can be.

Quote: "Genes (DNA) do not control our biology. Instead, DNA is controlled by signals from outside the cell, including the energetic messages emanating from our positive and negative thoughts."

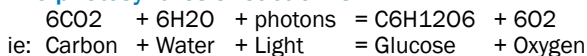
Reference: Dr. Bruce Lipton PHD, former medical professor (University of Wisconsin) and research scientist (Stanford University School of Medicine). From his book *The-Biology-Belief-Unleashing-Consciousness*, Amazon.com

CONCLUSION: "People often see the faults in their parents and choose to adjust/improve on the behavioural patterns of their genetic inheritance. This is an example of the above theory in action."

THE BENEFITS OF LIVE FOOD

The light from our sun is another source of energy that is provided to us more abundantly by completing a detox, because light is particularly found in the detox foods. There is a huge amount of potential energy available by grasping this concept, so I thought we should look at it briefly, starting with photosynthesis.

The photosynthesis reaction is:



In the first stage, light-dependent reactions or photosynthetic reactions (also called Light Reactions) **capture** the light energy within Chlorophyll and use it to make high-energy molecules. These are then converted into simple carbohydrates (glucose) during the Calvin cycle which does not require any further light.

Where has the light gone?

According to simple laws of physics, energy never disappears from our universe, it simply transfers from one form into another. This means the light energy from the sun has been trapped by chlorophyll and then stored within the simple plant sugar called glucose.

More than light

Light not only consists of the very narrow spectrum of visible light, but is much wider than that. There is infrared, ultra-violet, x-rays, microwave, gamma radiation, and ultimately, life-force itself. Things of a spiritual nature are also referred to as light. We know that S.A.D.

(Seasonal Affective Disorder) is real. People get depressed in dark seasons due to lack of light. This is because they produce less serotonin. Feel-good hormones are

produced in response to light via the pineal gland, making you feel more positive, happy and energized when the sun is out. Light is a form of food. Love is light. Knowledge and truth are light.



LIFE FORCE

In-fact your body has an electromagnetic field and you have the power to tap into energy directly from the sun. Not just visible light, but also the subtler invisible electromagnetic light and life-force. People who meditate have proven to display increased energy levels and this is probably because they open themselves up to receiving this invisible life force. OK, so light is captured by photosynthesis, and this captured light must be released again during the cellular metabolism of sugar and fat. What does this mean when it comes to your diet?

In a nutshell “eat bright food”. If food has a lot of natural color then it has a lot of light and will give you a lot of life energy. Ripe fruit, green, red and yellow vegetables are all powerful light sources and can give you almost instant energy. The living fruit picked directly off the tree will give you the most life force possible. There is surely nothing natural on earth that could compare with fresh fruit and vegetables for fast and sustained energy.

Raw food

Raw fresh, fruit and vegetables are foods made of God. These contain pure light, life-force and healing properties galore. Then why do we often not feel like eating raw vegetables when we are feeling negative or under stress? The main reason is because by eating live food and introducing this healing energy to our body, we activate the positive detox process. By triggering detox we push out toxins and these include emotional and mental toxins. Maybe we don't have time for this? We can try instead to bury our negative emotions under dead food, junk food, addictions, drugs or alcohol. One day those negative emotions and thoughts will surely make us sick.

Balance

By clearing both the physical and emotional channels my herbal DETOX program opens the doorways of communication to your higher being, allowing intuition to be more easily heard. Inner peace results when the toxic clouds are removed, thus allowing your spiritual light to shine. The cells in your body respond to this inner light as though it was the conductor of a great orchestra taking full control of bodily functions. Homeostasis (balance) occurs within the body when clarity is restored and trillions of cells receive their information clearly from your spirit via the mind and central nervous system. Your peace-giving inner light can then shine from a position of power, and balance is restored.

ULTIMATE DETOX

With buried energy and toxins, sickness and pain gradually begins, and then one day the lid blows off, regardless of our attempts to cover up, resulting in anger, tears and stress over-reactions. If we detox regularly, even continuously, we keep the energy channels open and a steady ongoing healing process takes place. This allows your body to break down daily toxins and feel positive, invigorated and emotionally healed at the same time. People who eat raw food or vegetarian diets report vastly higher energy levels and general health and happiness. During Brett Elliott's Detox program you should consume as much of your food as possible in live, raw form; 75%-85% is encouraged.

Rest, relaxation, meditation, sunshine, fresh air, love, intimacy, good music and spiritual investigation will open your doors of healing further. It's the wonderful combination of cleansing herbs, living food and the increase in internal light, which can trigger a personal healing process lasting a lifetime.

With a commitment to incremental change, and an open mind, anything can heal. I personally wish you well on this eternal journey.

Many Blessings. Brett Elliott

ABOUT THE AUTHOR



Brett Elliott Shares his Health Secrets

In the early 90's I began searching for answers to my own health issues. After years of intense study and experimentation I found herbal medicine and colon cleansing gave me amazing results.

You have my personal 100% money back guarantee that the Ultimate Herbal health program will give you many blessings of health.

[Terms and conditions apply](#)

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Ultimate Herbal Health Limited, 26 Fantail Drive,
Maungatapu, Tauranga, 3112, New Zealand
Ph +647-5442863 or 0800 555 556
Website: <http://www.brettelliott.com>

Connect with Brett Elliott on





“What you are is the sum of the parts that make you.
If those parts are clean, pure, colorful and alive, so will you be.”

Brett Elliott



BRETT ELLIOTT
Ultimate Herbal Health



Health is a state of peace, found when the body, mind and spirit resonate in perfect harmony. You deserve to feel that peace.

A proper DETOX should remove all solid build-up from the body. During this cleansing process, toxic emotional and mental complexes can also be shaken free, bringing renewed life and clarity to the body, mind and spirit simultaneously.

www.brettelliott.com

for more information about Brett Elliott's products.