

Brett Elliott's  
Ultimate Herbal

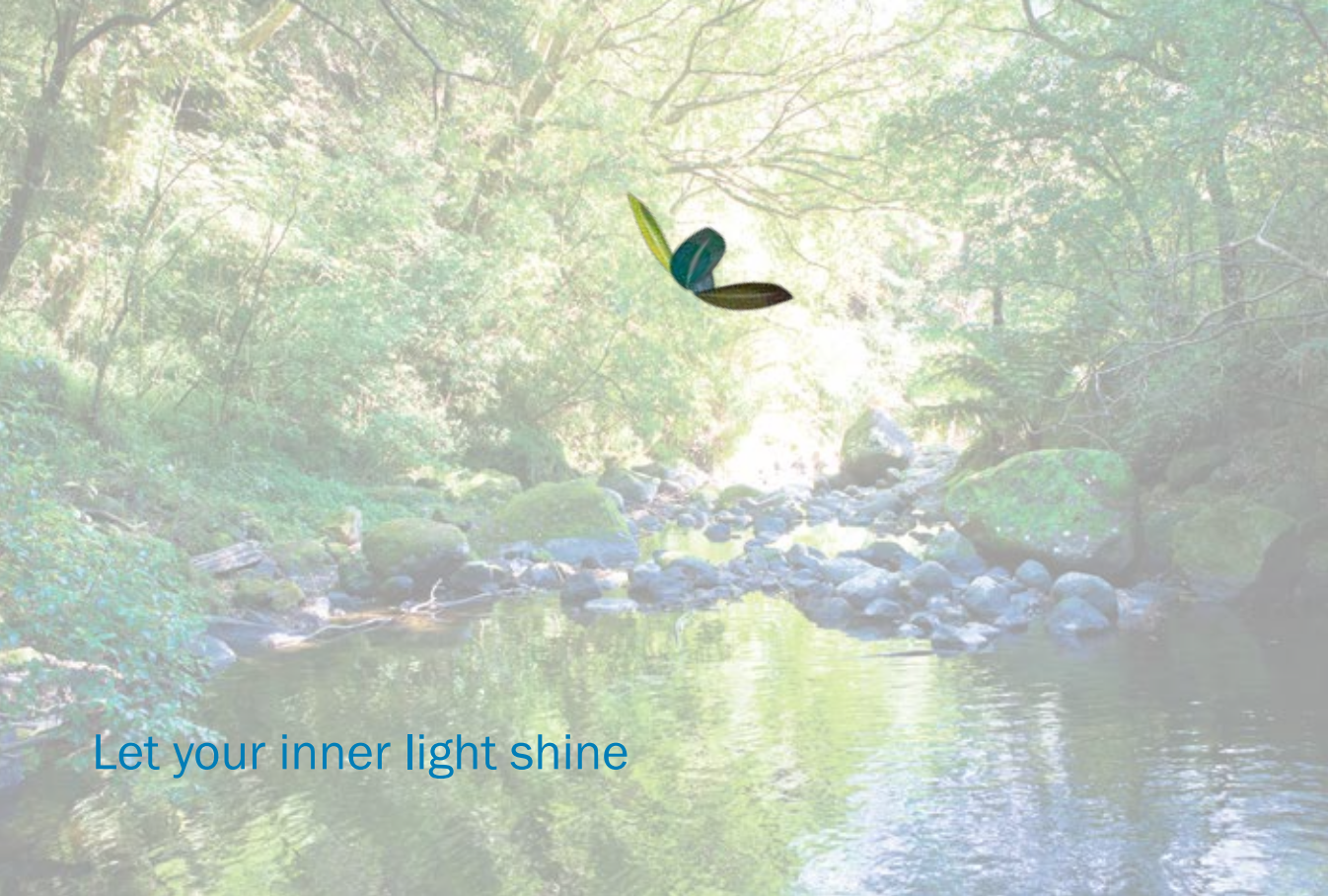
# DETOX

*User Guide and Recipe Book*



**iconherb**

Ultimate Herbal Health



Let your inner light shine

## INTRODUCTION

Nothing happens by chance, even though things may appear random. It's no accident that you have found this program. You have embarked on this phase of renewal and transformation for a specific purpose. If you have completed this program before, it's time for the next level in your process. Every year you complete a detox program another door opens, another layer of health unfolds and new discoveries are made. Welcome to a powerful new step of personal progress.

**My Ultimate Herbal DETOX** is made purely from herbal ingredients designed to clear your body of months, or even years of stored toxins. It has been known to remove up to 20 pounds of intestinal build up, improving both digestion and elimination. All of this can happen in only a few days, depending on your body's requirements. If you believe that you're in absolutely perfect health then you can use this program to prove this, by gauging the results.

Toxins come in many forms, both physical and energetic, and have many wide reaching negative effects on your body. By ridding your colon of build up and by supplying the super energy-rich foods recommended in our detox diet, you enable your body's healing powers to spark-up, promoting a new layer of vital force to be released into your life on all levels.



With over 75,000 people having completed this program, I am confident that you will receive the treat of your life. I have made every effort to place this product at the top of its category, both in value for money and for the results achieved. The rest is up to your level of commitment.

My passion is to enable change for the better in millions of lives. I am honored and you are very special to be one of them, simply because you have made the decision to buy this product. This single act of commitment to improve your life will pay off, and the rewards may have a life-long ripple effect.

**I wish you health and happiness and may the many benefits offered by choosing a proper herbal detox unfold on your journey.**

*Many blessings, Brett Elliott*

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## THE DIGESTIVE TRACT

Your digestive system breaks down food, absorbs nutrients and eliminates waste. Your intestines maintain fluid and electrolyte balance, support lymphatics, and is where many B vitamins are manufactured. Beneficial micro-organisms populating the intestines serve many purposes in digestion as well as supporting the immune system.

When your colon becomes overloaded, unclean and congested, toxins are not eliminated efficiently and begin to circulate in the body. The feeling of toxicity is one of fatigue, fogginess, aggravation, irritation and inflammation. Peace becomes illusive.

It is important to make the connection between food and emotions. Mental and emotional stress leads to poor choices in what we consume resulting in over eating, drinking, smoking and then drugs (doctors prescribed or other). All of these things can be overcome with our detox program, if followed earnestly. Dig deep into our support material, books, videos and online with real intent and you will achieve your goals.



## SERVICING YOUR VEHICLE

I often refer to the human body as a vehicle, especially when describing the detox process. It is estimated that we walk about 1,000 miles with our body each year. We also eat about 1,000 meals per year. The food is combusted and mixed with the air we breathe to produce our metabolic energy. Waste products come from the combustion of foods in our intestines and also from our internal organs, which process the end products.

We have a carburetor - the stomach, combustion chambers both in our intestines and within our cells, circulating lubricants such as vitamins, minerals and enzymes. We have lungs for an air cleaner, kidneys as a fuel filter, skin for a radiator, and bowels for an exhaust. Can you imagine how your car would run if you supplied the wrong mixture of fuel, or if the filters and exhaust were clogged?

I know this sounds simplistic, but I have found that taking the simplistic view of our bodies is often the most effective way to promote healing. Treat your body-vehicle as if you would treat your motor-car. Keep it clean, lubricated and well serviced, then you will get good, trouble-free mileage.

Without this regular servicing, our bodies can eventually accumulate a putrid toxic mass in the lower intestines called fecal plaque (sometimes referred to as mucoid plaque). I personally like to call it "intestinal build-up". This build-up may initiate the following processes:

- an over-population of harmful micro-organisms
- reduced immune system function

- poor nutrient absorption
- damaged lining of the digestive tract, thus resulting in serious conditions such as: Celiac disease, Irritable Bowel Syndrome, chronic constipation, diverticulitis or even bowel cancer.

The herbal combinations in the Herbal Detox work to improve digestive secretions, such as bile and enzymes, maintain bowel transit time, and support metabolic rate. Your liver and kidneys are cleansed and their functions maintained.

## BETTER THAN FASTING

Although partial fasting is involved in the Herbal Detox, fasting alone cannot achieve these excellent results. Fasting can leave you feeling fatigued and toxic. This occurs because your bowels are not cleared by fasting and in fact can become dry, actually causing more compaction, and more toxin accumulation. Flushing of your body only occurs when special herbs are consumed in conjunction with fasting on specific foods. These herbs act to soften intestinal build-up and lift it away from the intestinal wall. The herbs and the foods eaten enable this putrid mass to be eliminated via bowel movements.

A high level of nutrition is also provided with the Herbal Detox diet, during the entire program. This ensures your energy stays high and toxin elimination is speedy. The shakes, juices and supplements keep hunger under control. The process of cleansing in a nutrient-rich environment allows rapid healing to occur at both organ and cellular levels.

## HOW THE HERBAL DETOX WORKS

The powerful herbal combinations include psyllium, wormwood, black walnut, fennel, ginger, cayenne, clove, cascara, chlorella, cilantro, milk thistle, slippery elm, peppermint, kiwifruit, licorice, aloe vera, chia seed, barley grass, bilberry, kelp, dandelion, goldenseal, Turkish rhubarb, papaya and pineapple.

During the Herbal Detox these herbs are taken in multiple capsule form and work to soften compacted fecal matter, strip away intestinal build-up, killing parasites and detrimental bacteria in the process. The healing food recommended during the course, and the wholesome herbs in the Herbal Detox ensure that your immune system, lungs, heart, brain, liver and kidneys are all cleansed and their functions stimulated.



## WHAT HAPPENS DURING THE HERBAL DETOX?

Over the first few days your bowel motions become more frequent and of larger volume. In the next few days, fecal impactions and build-up begin to be eliminated, causing odd shaped bowel motions of darker color. During the detox your energy usually increases; however for some people, energy may be low on day 4-7 of the 14-day program. Be prepared for this possibility.

This is a time to relax and let your detoxification process unfold. Typically you will lose weight during the Herbal Detox as your body cleanses away excess build-up and fluids. Usually you will also lose a desire for unhealthy foods and sweets while enjoying the natural wholesome foods. These changes can be life-long for some people.

### **What foods am I allowed?**

Most vegetables and fruits, yoghurt, vegetable soups, fruit and vegetable juices, fruit and vegetable salads, avocados, cold pressed oils, (for example olive oil), herbal teas, natural spices and culinary herbs.

### **Can I continue to work or travel?**

Yes certainly, as long as you are not too far from a toilet. You could be passing bowel motions several times a day.

### **Am I allowed to have coffee, tobacco or alcohol?**

Doing the Herbal Detox is an ideal time to quit these habits. However if severe withdrawal symptoms occur, do not over-stress yourself, just cut back to the best of your ability. You will still benefit greatly from the Detox.

### **Will I feel uncomfortable in my body?**

You can experience temporary discomfort as lodged materials shift in your body, but normally this is relieved after the next bowel motion. If you feel bloated, peppermint tea gives great relief. You should not experience severe pain. If you do, stop the program and contact us for advice.

### **What if I feel sick on the program?**

Some people have experienced nausea, vomiting or diarrhea at the beginning of the program. If this occurs, it indicates a serious plaque or toxin build-up, or over-sensitivity to herbs. Stop the program immediately and start again very slowly. You are probably better to try the diet for 1-2 weeks before even beginning the program and then try the 1-month gentle plan.



### Should I alter my prescription drugs?

Keep taking any current medications and consult your doctor about any changes. Most digestive drugs should not be needed after this cleanse; see your doctor. Warfarin (Coumadin) is likely to be affected by the herbs, so visit your doctor if taking this medication.

## RESULTS

I cannot promise any cure. The idea behind herbal medicine is to cleanse and build. By providing a healthy, clean, nutrient-rich environment your body has a vastly increased potential to heal itself. Some common problems which have responded well to the Herbal Detox program include:

**Acne, allergies, arthritis, asthma, bloating, blood sugar problems, blood pressure, boils, candida, celiac disease, Crohn's disease, colitis, constipation, diverticulitis, eczema, edema, fatigue, gas, gout, headaches, heartburn, hemorrhoids, high cholesterol, indigestion, irritable bowel, lazy bowel, memory loss, mucus congestion, obesity, palpitations, parasites, psoriasis, reflux, sinusitis, skin rashes, stomach or peptic ulcers, toxemia, weight gain.**

## TOXIC MATTER

The reason why many conditions can respond so well to this detox is due to the release of toxic matter and the related stress energy. There is a domino healing effect, which can run through your entire body and its multiple organ systems. During the latter days of the program you may have large, unshapely, odd colored bowel motions. These may smell peculiar and can be very frequent.

This is the ultimate goal of the program, to remove built-up toxic matter from your body. You can often experience great pleasure from releasing this material and its toxic by products. It's time to get very clear about what you want, and to be determined with yourself, and maybe even with others in your immediate environment. Ultimate health is your right.

**Let's get this show on the road.**





## HOW TO USE THE PROGRAM

### THE FOUR STAGES

The Ultimate Herbal Detox kit contains 24 highly effective herbs, to be taken at different times over several days.

#### STAGE 1: PREPARATION

Over a period of three days you gradually eliminate all gluten, meats, processed food, legumes, nuts and grain products from your diet. This includes all junk food, breads, pasta, beans, cheese and any other refined, packaged, canned or preserved products.

#### STAGE 2: LEAD-IN

The herbs are taken at a lower dose to create a smooth transition into detox mode on the 7 day and 14 day programs. There is no lead in required on the 1 or 2 month programs. Once you get through these first few days your body can move into the ULTIMATE DETOX stage comfortably.

#### STAGE 3: ULTIMATE DETOX

You will be taking up to 40 capsules twice daily while following the strict diet and recipes provided. You eat a very pure, fresh whole-food diet. You should find that your bowel movements increase in urgency, size and frequency. Many people experience between 4 and 6 semi-solid bowel movements daily. Impactions (or plaque as it is often referred to) can start to appear.

#### STAGE 4: FOLLOW UP

The elimination diet in preparation is reversed and you can return to normal eating. A good course of probiotics is recommended along with a long-term approach to non-toxin-accumulating diet. The signs and symptoms of toxicity are made clear and easy to avoid in future.

**OVER THE NEXT FEW PAGES YOU WILL FIND AN OUTLINE OF THE FOUR STAGES.**

**PLEASE READ THEM FULLY BEFORE STARTING YOUR PROGRAM.**

## STAGE 1: PREPARATION

A good intestinal cleanse needs some decent preparation. I remind you that if you have any serious doubt about your health condition, it is recommended that you obtain your doctor's approval to undergo this herbal cleanse. Below is a list of dietary changes, which need to be followed for three to seven days before beginning the Herbal Detox. The main thing to remember is: eliminate meats, starches, processed foods and stick mainly to fresh fruits, vegetables and juices, smoothies, soups and yoghurt.

### ELIMINATION DIET

#### **DAY 1:** *(or can be over 2 days)*

Eliminate all grains, sugars and starches, especially wheat products which contain gluten: bread, pasta, pastry, pies, baking, cakes, cookies/biscuits, crackers, snack bars, rice and rice products; any grain product in a package. Eliminate sweets, sweet foods, candy, chocolate. See list of foods to be eaten freely on this page.

#### **DAY 2:** *(or can be over next 2 days)*

Eliminate protein and meats, whilst still eliminating grains as above, now also eliminate all protein: avoid all meat, chicken, fish, eggs, cheese, beans, lentils, pulses, nuts and seeds.

**Exceptions:** unsweetened yoghurt and protein powders; you can eat these freely throughout the detox if you are tolerant to milk protein. For people who suffer from lactose intolerance, yoghurt is often appropriate because the culture has already

broken down this milk sugar. Most protein powders contain no lactose. Get organic yoghurt when possible; it provides easily digested protein and beneficial intestinal organisms.

#### **DAY 3:** *(or can be over next 2 or 3 days)*

Eliminate all other processed foods, including all packaged, refined, canned, preserved, artificially colored and flavored foods so that your diet is now as close to nature as possible. Continue avoiding the previously eliminated foods, while eating plenty of fresh vegetables and fruit.

**DO NOT EAT:** potatoes or bananas, they are too starchy for your detox and will slow it down.

### FOODS TO BE EATEN FREELY

- All fresh fruits and vegetables (except potato and banana)
- Cayenne, garlic and ginger
- Vegetable soups (homemade)
- Diluted fruit juices
- Vegetable juices
- Unsweetened yoghurt
- Herbal teas
- Raw vegetables
- Culinary herbs
- Pure water

### GETTING READY

An ideal kick-start to the Herbal Detox is half a teaspoon of Epsom Salt in water twice daily during the three days of preparation. You are now ready for the next stage. Take fruit for lunch and buy vegetables and fresh fruits for juicing. You can have extra yoghurt and olive oil to keep energy up.

**CHECK POINT:** Have you eliminated **ALL** starches, grains and sugars? **ALL** protein and meats? **ALL** processed foods? Eat mainly fresh fruits, vegetables and juices, soups and unsweetened yoghurt.

## DRINK PLENTY OF WATER

Once you have been on this diet for at least 3 days (preferably a week) you are ready to begin taking the herbs. From this point on you will need to follow the diet as strictly as you can.

**NOTE: Caffeine, Tobacco and Alcohol:** Caffeine is found in tea, coffee, chocolate and many soft drinks. When you stop taking caffeine, tobacco or alcohol your body may experience one or more of the following withdrawal symptoms - headaches, migraine, nausea, vomiting, low energy, or a general unwell feeling. I recommend that during the Herbal Detox, if it places extra unnecessary stress on your body, that you do not completely stop coffee, tobacco or alcohol (unless this is your desire). Just reduce to 1 or 2, 100ml servings per day. This will not interfere with the program's success.

**HOWEVER!!** This is a golden opportunity to “change your life” and quit a bad habit forever. The whole process of completing a herbal Detox makes quitting a habit so much easier.

## STAGE 2: LEAD-IN

Now you are ready to start taking your herbal capsules daily, while continuing the pure food diet.

I have tried to keep it as easy as possible while ensuring the best of results, but just follow your common sense when taking the remedies. Don't worry if you miss something, you can always take it later without causing any problem. Continue with your normal routine, including work (unless very physical). However, make physical exercise light to moderate and its best to reduce your gym workout temporarily.

During this lead-in stage you will be given a lower dose of the herbal capsules so your body can adjust to the detox diet along with the herbs. You may experience body-cleansing effects during this stage. Extra bowel motions, a headache or a little nausea, but don't worry, this is normal and will pass.

The 2-4 days of lead-in are to bring you slowly to the point where you are ready for the full dose of herbs to achieve your **Ultimate Herbal DETOX**.

## STAGE 3: ULTIMATE DETOX

Now you are ready to start taking your full dose of 8-80 herbal capsules daily, while continuing the pure food diet. I have tried to keep it as easy as possible while ensuring the best of results, but just follow your common sense when taking the remedies. *See dose plan options on pages 13-14.*

### Sound like too many capsules?

You can use the juices and smoothies to help swallow the capsules and there is an easy solution if you are finding the sheer number of capsules too many to stomach.

**SymIax:** It is easy to twist open the SymIax capsules and mix the powder into a glass of water or diluted juice. **Livafood:** Can also be opened and stirred into diluted juice or a smoothie. Opening the capsules of these two products reduces your capsule intake by half.

### Shakes and smoothies

Shakes and smoothies are a key part of this program because they are designed to encourage digestive function and maintain energy levels. Green smoothies are the ultimate drink/meal during the entire program. The more liquid and raw food the better your results will be.

### Detox symptoms

As your body removes solid build-up and begins to detox you will probably experience a few changes in your body. These can be a little disconcerting if you are not warned. All of these things are normal, but if they go beyond mild discomfort and into pain then back-off, slow down or even stop and start again on a more gentle plan.

Symptoms include: headaches, nausea, bloating, gas, colic or intestinal cramp, sudden urge to eliminate, diarrhea or vomiting (should not last more than a day or so), fatigue, frustration, bad temper (that's OK, but try a punch bag).

### Remember three golden rules

1. Do not eat too much at once.
2. Chew your food extra well.
3. People with diabetes or candida, avoid too many sweet fruits and fruit juices.

Can still eat pears and apples in moderation.



## STAGE 4: FOLLOW UP

The follow up stage is very important and should not be under-estimated. The long term healing of many irritating disturbances can sometimes occur well after the actual detox stage is completed. Allowing your body more time to experience a peaceful toxin-free 'holiday' period is highly beneficial. How long would you like to be on holiday, 10 days or 6 weeks? I am sure your colon, liver, kidneys, heart and brain all feel the same way.

### Probiotics

The day after completing the capsules, seek out the best probiotic product you can find locally. It is best to choose a broad-spectrum probiotic formula with many billions of cells per capsule. There are several good probiotics on the market and new advanced strains appearing all the time so I suggest taking a product recommended by your local health professional, and follow this course for one month. If you don't want to spend extra money you can keep consuming plenty of live organic unsweetened yoghurt and avoid processed sugar during this following month.

### Reverse elimination diet

If you go back to the beginning of the program and look at Stage 1 (Preparation), you will see the elimination diet. The ideal way to come back onto normal food is to reverse this elimination diet. Better still is to reverse the elimination diet over 3 weeks if possible and introduce new foods each day, one or two at a

time. This way you can find out what foods make you feel clear and energized and what foods give you symptoms of toxicity or bloating. Be aware of feelings of agitation, irritation, hyperactivity, gas, bloating or pain after food, or skin irritations, dryness, redness, itching, sneezing, headaches or fatigue as these can all be signs to avoid certain foods.

### Food types

Although we recommend a whole-food (unprocessed), low starch (low glycaemic index) diet in general, along with adequate protein, there may be many more specific individual needs. I recommend looking into the "Blood Type Diet" for some broad food ideas. I also suggest checking out "Metabolic typing", "The Zone Diet" and "Macrobiotics". I do not suggest following any of these to the letter as they can become very complex, pedantic or fanatical. I also advocate a 80-90% vegetarian and largely raw food diet. Just take the parts that appeal to you and most of all, trust your feelings.

### General recommendations

- Avoid refined starchy carbohydrates like white flour and sugar, chips or fries, bread, cakes, biscuits, buns, pasta, pastry, etc.
- Avoid or minimize consumption of foods made with wheat (which contains gluten).
- Try to eat only whole foods (fresh fruits and vegetables) and completely avoid refined products. They have little nutrition and tend to bind and inhibit digestion.

- Move towards more vegetable foods and vegetable protein sources such as beans, lentils, dahl, tofu, hummus, chickpeas, corn and brown rice. This should ideally be the cornerstone of your diet. Base all your meals around

a good protein source. (Vegetarians are known to live 20% longer and have 20% more stamina than meat eaters).

- Eat light fruit and salad foods when moving fast, ie, at work or on the road. Save the heavier foods for when you have a chance to rest. Avoid eating under stress or in a rush.
- Include lots of herbs and spices in the diet. These are highly medicinal and are largely missing from most western diets. Herbs are very beneficial for long-term health. Try using allspice, basil, cayenne, coriander, chilli, curry, cumin, cinnamon, fennel, ginger, garlic, mixed herbs, oregano, paprika, thyme and turmeric.

**Maintenance:** Repeat the Herbal Detox once or twice per year for optimum health. Even after cleansing and maintaining a healthy diet, it can still be difficult to avoid some kind of build up. Ideally, for optimum health you should fast or just have juices for a day each month. In-fact one day a week of purifying foods is a good practice. I highly recommend this one-day of rest for your digestive system and to promote your inner peace.



## IT'S TIME TO CHOOSE YOUR PLAN AND GET STARTED

### DOSE PLAN OPTIONS

#### POWER CLEANSE (7 days)

For the very experienced, strong strong, super healthy person.

**WARNING:** This Power cleanse program can cause strong intestinal reactions and should not be attempted by those with a sensitive stomach or history of bowel complaints. If in doubt, consult your doctor.

**DAY 1 and 2** (40 capsules daily)

**On rising;** 5 capsules each of: Colon-aid, Digezaid, Livafood and Symrax.

**Repeat at Bedtime**

**DAYS 3-7** (80 capsules daily)

**On rising;** 10 capsules each of: Colon-aid, Digezaid, Livafood and Symrax.

**Repeat at Bedtime**

If you feel abdominal discomfort, simply miss 1 to 2 doses. Resume with less capsules per dose, or change to a gentler plan. If you normally have a sluggish bowel, or if you feel constipated during the program, try twisting open the Symrax capsules and stir into some extra water. You may also take a teaspoon of Epsom salts, once or twice in 24 hours. Drink plenty of water.

#### DEEP CLEANSE (14 days)

For the average healthy person who wants improved energy levels, to lose some weight or to alleviate minor irritations.

**DAYS 1-4** (20 capsules daily)

**On rising;** 5 capsules each of: Colon-aid, Digezaid, Livafood and Symrax.

**DAYS 5-14** (40 capsules daily)

**On rising;** 5 capsules each of: Colon-aid, Digezaid, Livafood and Symrax.

**Repeat at Bedtime**

#### GENTLE CLEANSE (1 month)

For the generally unwell, those with chronic health conditions, the elderly or morbidly obese.

**DAYS 1-30** (16 capsules daily)

**On rising;** 2 capsules each of: Colon-aid, Digezaid, Livafood and Symrax.

**Repeat at Bedtime**



## MAINTENANCE PLAN (2 months)

For long-term use to gently encourage regularity, balance metabolism and improve digestion.

**DAYS 1-60** (8 capsules daily)

**At bedtime;** 2 capsules each of: Colon-aid, Digezaid, Livafood and Symrax.

## SWITCHING PLANS

Choosing the ideal plan can be a bit of guesswork, so if you start your program and find the results too strong or too weak for your liking, you can always switch to another plan along the way.

There is no hard and fast rule about sticking to one particular plan, so follow your instincts. It may be that your capsules run out sooner or later than anticipated because you changed plans, but that's fine. So long as you get the results you desire.

### Please note:

★ Some particular foods and recipes can only be eaten on the Gentle or Maintenance plans. These foods and recipes are marked with a star, both in the recipe section and shopping list.

All other foods can be eaten freely on all plans. If any severe discomfort or pain occurs during this program, cease taking the remedies altogether and consult your practitioner. Maybe try one of the gentler plans.

## SHOPPING LIST - ORGANIC WHERE POSSIBLE

Almond or rice milk

Almonds ★ *(1 & 2 month plans only)*

Apples

Apple cider vinegar

Apricots

Asparagus

Avocado

Bananas ★ *(1 & 2 month plans only)*

Beetroot

Blueberries & blackberries

Broccoli and Cauliflower

Brown rice ★ *(1 & 2 month plans only)*

Cabbage red/white

Capsicum (bell pepper)

Carrots

Celery

Chia seeds

Cherries

Coconut milk

Coconut oil and dessicated coconut

Coconut milk

Corn on the cob

Courgettes (Zucchini)

Cream

Cucumber

Dahl ★ *(1 & 2 month plans only)*

Dates & figs

Eggplant

Feta ★ *(1 & 2 month plans only)*

Fish sauce

Fresh fish ★ *(1 & 2 month plans only)*

Grapes

Honey

Kiwifruit

Kumara (sweet potato)

Lemons and limes

Leeks

Lettuce

Mango and passionfruit

Milk, organic farm gate

Miso, from health food stores

Mung beans or alfalfa, sprouted

Mushrooms, any type

Olive oil, cold pressed, extra virgin

Onions

Oranges and squeezed orange juice

Parsnip

Peas

Peaches

Pears

Pickled onions and olives

Pineapple

Prunes

Pumpkin for soup

Quinoa ★ *(1 & 2 month plans only)*

Raisins

Raspberries

Soy sauce

### Spices & herbs including:

basil, cayenne pepper, chilli flakes, cilantro, cinnamon, cloves, cumin, curry powder, garlic, ginger, lemongrass, kaffir, mixed herbs, oregano, paprika, parsley, thyme, turmeric.

Spinach & silverbeet

Spring onions

Strawberries

Sundried tomatoes

Tamarillo (Tree tomato)

Tofu ★ *(1 & 2 month plans only)*

Tomatoes and tomato juice

Yoghurt, unsweetened

Watermelon or Rockmelon

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## RECIPE SECTION





*Green smoothie.*

### FRESH JUICE

Make your own fresh juice or smoothy simply by squeezing or blending fresh fruit or veggies. This is a powerful way to start your days during the detox program. Try orange, grapefruit, lemon, pineapple, nectarine, kiwifruit, grape, apple, carrot, celery, tomato, watermelon or even spinach.

You can add any of the following ingredients if you have them handy. Chia seeds, spirulina, barley or wheat grass and goji berries. Use a high speed blender to make whole juice and retain all the fibre, which lowers the glycemic index.

### GREEN SMOOTHIE

**Ingredients:** 2 Silverbeet leaves, 6 spinach leaves, 1 x apple, 1 ring of pineapple, 1 dstsp of coconut oil, 6 cubes of ice, 2 stevia leaves or 1 stevia tablet, 250ml of water.

**Method:** Add all ingredients to blender putting the heaviest items, pineapple and ice on the top. Blend until smooth and creamy. Serves 2.

## BERRY SMOOTHIE

**Ingredients:** 2 Bananas, 2 dessertspoons of yoghurt, 2 dessertspoons of plain protein powder (or a sachet of detox 'n slim), about 20-30 grapes, 2-3 bunches (use frozen raspberries, blackberries and add a tamarillo if you like), 1-2 stevia tablets (or honey to taste), 200ml milk (rice or almond milk), 200ml organic grape juice.

**Method:** Blend until smooth and creamy.  
This is delicious and massively healthy. Serves 4.

## COCONUT, APPLE, DATES WHIP

*(Make in blender)*

**Ingredients:** 1 large apple, 6 dates, 2 dstsp coconut.

**Method:** Chop apple into quarters. Add to blender along with dates, coconut and ½ cup of water. Blend using the pulse function until apple is just minced and you get a nice thick lumpy paste. Serve with plain unsweetened yoghurt and cinnamon.

## STEWED APPLE & YOGHURT

This is one of the oldest breakfasts in the book. Simply slice an apple with or without the skin and simmer in 1cm of water until soft. Mash until smooth or just how you like it. Place in a bowl and pour over a cup of plain unsweetened yoghurt and sprinkle with cinnamon. The perfect detox breakfast.

Visit [youtube.com/theherbalists](https://www.youtube.com/theherbalists) for lots more smoothies.

## SALADS

### GREEN, MUSHROOM & TOMATO SALAD

**Ingredients:** 6 cloves of garlic, plain acidophilus yoghurt, lemon, olive oil, oregano, 3 large flat mushrooms, 400gm salad greens, 1 avocado, 2 tomatoes, 6 sundried tomatoes, 12 x olives.

**Method:** Finely chop garlic, place into small bowl then add about 1 cup of yoghurt and the juice of lemon with 2 tbsp olive oil and a sprinkle of oregano. Whisk these together to make the dressing. Chop the mushrooms into wedge and sauté in hot olive oil. Throw salad greens into salad bowl.

Dice avocado, slice tomato and add to greens along with the mushrooms. Add a dozen olives and chopped sundried tomatoes. Add all the dressing and stir gently together.

*To see this on youtube search "Detox diet recipe, Brett Elliott's Ultimate Herbal DETOX recipe - Green salad".*

*Kumura, capsicum, leafy salad with aioli dressing.*



## BEETROOT, CELERY & CHIVES SALAD

**Ingredients:** 2-3 whole beetroot, ½ a head of celery, handful of fresh chives.

**Method:** Peel and steam beetroot until a little soft but still firm. Allow to cool, then chop into bite-sized wedges. Chop celery into small pieces and stir into beetroot along with finely chopped chives. Dress with fresh lemon juice or red vinaigrette.

## KUMURA, CAPSICUM, LEAFY SALAD

**Ingredients:** Cooked kumara (sweet potato), chopped into mouth-size pieces, salad greens, chopped red capsicum, Feta cheese ★.

**Method:** Blend all together. The kumara and feta give substance to an otherwise light and leafy salad. Cottage cheese or ricotta may be substituted for feta. Dress with homemade aioli.

**Aioli Dressing:** Peel 6 cloves of garlic. Add these into blender or grinder along with 1 cup of yoghurt, ½ cup extra virgin olive oil, ½ peeled lemon, 1 tbsp of apple cider vinegar, 1 dsp wholegrain mustard. Blend until smooth.

## CAULIFLOWER MASH

**Ingredients:** 1 head of cauliflower (large as possible, people really like this dish), 3 cloves garlic, a few tablespoons of full fat milk and/or plain yoghurt. (If you have a source of raw, organic milk that's great.), knob of butter, pepper and unrefined salt to taste, paprika, spring onion or herbs to garnish.

**Method:** Cut cauliflower into florets. Steam or boil with chopped garlic until tender. Drain, place in blender with the milk/yoghurt mixture and the butter. Add salt and pepper, then blend until smooth. Serve with a sprinkle of paprika, spring onion or herbs.



## BEETROOT SALAD

**Ingredients;** 3 large beetroots, 100gm (large handful) mung bean sprouts, 1 large carrot (shredded), juice of 2 lemons, chopped rocket, parsley or coriander (cilantro) leaves, olive oil & unrefined salt.

**Method:** Scrub and boil the beetroot until still a little crunchy. Dice into cubes. Add and combine all the other ingredients.



*Avocado, broccoli & cucumber salad.*

## AVOCADO, BROCCOLI & CUCUMBER SALAD

**Ingredients;** 1 large or 2 small avocados, 1 head of broccoli, 1 garden cucumber, olive oil, fresh basil.

**Method:** Chop broccoli into small bite sized florets and steam or blanch until a little soft but still crunchy. Chop cucumber and avocado into bite-sized pieces and stir into a bowl with broccoli. Finley chop a handful of fresh basil and sprinkle into salad with a drizzle of extra virgin olive oil or homemade aioli.

## PINEAPPLE, GINGER & CUCUMBER SALAD

**Ingredients:** Pineapple, 1 medium red onion, 2 cucumbers, 3 tbsp honey, 1 tsp chili flakes, 5 tbsp cider vinegar, 1 tbsp fresh cilantro, 1 tbsp fresh grated ginger.

**Method:** Peel pineapple and cut in half; remove the core and cut in half again. Slice into 5mm thin pieces. Peel onion, cut in half and slice thin. Cut cucumbers in half and use a spoon to remove the core with the seeds, then cut in half again and thinly slice in 5mm pieces. Place ingredients in a bowl. Mix remaining ingredients together and toss with pineapple, onion and cucumbers.

## THAI SPICY CARROT, APPLE & RAISIN SALAD (HOT)

**Ingredients:** 6 cloves of garlic, 2 tablespoons chilli flakes, 1 tablespoon honey, 2 tablespoons olive oil, 1 tablespoon lime juice, 1 tablespoon Fish Sauce, 4 large carrots, 1 crisp red apple, ½ cup of raisins, ¼ cup chopped cilantro leaves.

**Method:** Shred carrots, dice apple and mix with raisins, finely chopped garlic, cilantro and chilli flakes.  
Blend olive oil, honey, fish sauce and lime juice until smooth and pour over salad.

## CURRY CORN SALAD

**Ingredients:** 2 spring onions, 4 cobs of corn, 2 stalks of celery, 2 medium tomatoes, 1 large avocado, ¼ cup cider vinegar, ¼ cup olive oil, 2-3 teaspoons of curry powder, ½ tsp raw salt.

**Method:** Grill corn on high setting for 5-6 minutes rotating until slightly charred. Slice kernels from the cob and combine with sliced onions, celery, tomatoes and avocado. Blend olive oil, vinegar, curry power and salt and pour over salad greens.



*Thai spicy carrot, apple & raisin salad.*

## STIRFRYS

### CHINESE STYLE SWEET & SOUR VEGETABLES

**Ingredients:** Vegetables: 1 large onion, 6 cloves of garlic, 2 carrots, 2 capsicums, a small head of broccoli, 6 flat mushrooms, a good handful of spinach greens.

Sauce: ½ cup tomato paste, 2 tbsp fresh ginger, 1 small lemon, 1 tsp paprika, 1 tsp turmeric, 2 dstp honey, 1 tsp cayenne, 1 dstp soy sauce.

**Method:** First of all mix the sauce, by melting the honey in hot water. Place dry ingredients into a bowl and mix, while adding soy sauce, lemon juice and melted honey. Combine with tomato paste and fresh ginger.

Then chop all vegetables into bite size pieces as you desire. Slice and stir fry the mushrooms first and place to one side. Sauté in olive oil the onions, garlic for 2 minutes, then add the carrots, broccoli until half cooked and still crunchy. Add the spinach greens, mushrooms and sauce and allow to come to a gentle simmer to 2 minutes. Serve fresh with a sprinkling of fresh cilantro.





*Chinese style sweet & sour vegetables.*

## THAI STYLE BROCCOLI & MUSHROOM

**Ingredients:** 1 large carrot, 1 small head of broccoli, a dozen cherry tomatoes, a generous handful of shiitake mushrooms, 1 green and 1 red capsicum, stalk of lemongrass, 3 kaffir lime leaves, 2 tbsp fish sauce, 1-2 small red chillies or  $\frac{1}{2}$  tsp chili flakes, 3 cloves garlic,  $\frac{1}{2}$  can coconut milk,  $\frac{1}{3}$  cup fresh coriander leaves, 1 tsp honey, juice of 1 lime.

**Method:** Chop carrot, broccoli, mushrooms and capsicum into bite sized pieces. Finely chop or mince lemon grass, kaffir, chili, garlic and coriander. Heat wok or pan and add oil. Add garlic, chilli, and stir for 2 minutes. Add carrot, broccoli and  $\frac{1}{2}$  cup of water. Cover and simmer for 2-3 minutes.

Add mushrooms, tomatoes and stir fry for 2-3 minutes. Lastly, add lemon grass, kaffir, coconut milk and remainder of ingredients stirring continuously. Allow to simmer and sit for 5 minutes before serving.



## INDIAN STYLE ZUCCHINI & CAULIFLOWER CURRY

**Ingredients:** 1 ½ tablespoons extra virgin olive oil, ½ teaspoon cumin seeds (optional), ½ large red onion (diced), 2 garlic cloves (minced), 2 teaspoons hot curry powder, 1 x 440gm can of diced tomatoes. 3 tbsp of tomato paste, 2 average zucchinis, 1 heaped cup of cauliflower florets, 1 carrot, ½ cup coconut milk, chopped cilantro.

**Method:** Puree the tomatoes with a can of water and tomato paste. Heat oil in pan or wok. Add cumin seeds. When they sizzle, add chopped onion and cook until lightly browned. Add minced garlic and curry powder and stir for 30 seconds. Pour in pureed tomatoes, coconut milk and salt and bring to a boil. Reduce heat to medium, cover and simmer for about 10 minutes or till the sauce thickens a little. Add chopped zucchini, cauliflower and carrot and simmer until zucchini is soft. Serve with cilantro (and brown rice if doing the 1 or 2 month program).



*Indian style zucchini & cauliflower curry.*



## SOUPS

### CURRY THAI PUMPKIN

**Ingredients:** ½ Crown pumpkin, 1 can of coconut cream, 200ml water, 2 dstsp butter, 2 dstsp authentic Thai red curry paste, 1 dstsp crushed garlic or 6 cloves, ½ tsp cumin, ½ tsp ginger, 1 tsp thyme.

**Method:** Chop pumpkin into 1-inch cubes and boil until soft. Drain mash and set aside. Melt butter, stirring in dried herbs and spices and sauté for 1 minute. Stir in garlic, curry paste and coconut milk. Finally add the pumpkin and allow to simmer, stirring gently. Blend the soup in a blender until smooth and creamy. Serve with fresh cilantro.



Curry Thai  
pumpkin soup.

### SPICY MUNG DAHL ★

**Ingredients:** ½ cup mung dahl (split mung beans), 1 large leek sliced into 1cm rings, 2 large carrots sliced thin, 2-3 bunches fresh spinach, 3 tbsp olive oil, or butter, 1 tsp cumin powder, 1 tsp whole fennel seeds, 1 tsp cayenne pepper, 1 tsp paprika, 1 tsp allspice, ½ tsp powdered turmeric, 1 tsp cayenne pepper, 6 cups water, 1 tsp salt, 1 tsp dark soy sauce.

**Method:** Wash and rinse the dahl. Soak in hot water for ½ an hour, then drain and cover with 6 cups of water. Bring to a boil. Add the chopped carrot and leek. Reduce heat to simmer, and cook covered for about an hour until the dahl is soft. Heat the oil/butter on low in a small frying pan mixing in and sautéing the dry spices. Spoon a cup of liquid from the dahl, and stir into the spice mixture. Transfer all to the dahl soup and add the chopped spinach. Cook for 5-10 minutes more until the spinach cooked.

### TOMATO, LEEK & ONION

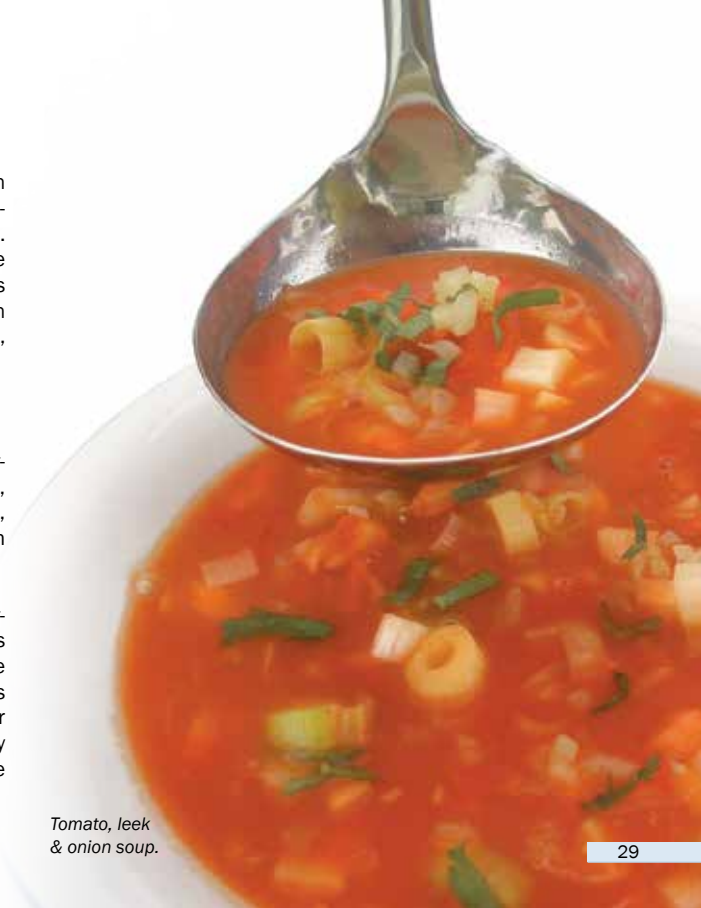
**Ingredients:** 2 large onions, 1 large leek, 6 cloves of garlic, 1 can of chopped tomatoes, 4 fresh tomatoes, 1 tsp turmeric, 1 tsp paprika, 1 tsp caraway seeds, 2 tsp miso paste.

**Method:** Finely chop and lightly heat onions, leek and garlic in olive oil over low heat. Add canned tomatoes and fresh tomatoes, 1 tsp turmeric, 1 tsp paprika and 1 tsp caraway seeds. Add water to make enough soup and stir over heat until the vegetables are cooked. Just before serving - add 2 teaspoons of miso. Adding at the end of cooking preserves the nutrients in miso. Make other similar soups using either, carrots, kumara, onions, parsnip or mushrooms.

## MUSHROOM STROGANOFF

**Ingredients:** 1 onion, finely chopped, 1 tbsp paprika, 2 garlic cloves, or (1 tsp crushed garlic), 300g mixed mushrooms, chopped, 2 tbsp extra virgin olive oil, 150ml vegetable stock, 1 tbsp Worcestershire sauce, 3 tbsp sour cream, small bunch parsley (chopped).

**Method:** Heat oil in pan and sauté onions for 2 minutes stirring in garlic and paprika for 30 seconds. Throw in mushrooms and cook on high for 5 minutes stirring regularly. Pour in the vegetable stock and Worcestershire sauce. Simmer for 5 mins until the sauce thickens, then take off heat and stir in the sour cream and 3/4 of the parsley. Serve with sprinkled parsley and/or finely chopped spring onions. Can eat with brown rice on 1 or 2 month program.



*Tomato, leek  
& onion soup.*

## BAKES

### EGGPLANT, LEEK & ZUCCHINI BAKE ★ 1-2 month plans only

**Ingredients:** Serves 10. 2 large onions, 8 cloves garlic, 1 large (or 2 small) eggplant, 4 zucchinis, 3 capsicums, 2 large carrots, 1 large leek, 6-8 tomatoes, plain yoghurt, cottage cheese, cheddar cheeses, 10 eggs, mixed herbs, dried or fresh thyme & butter.

**Method:** Grease one large roasting dish with butter and layer with chopped garlic and onions. Cover with thinly sliced eggplant and smear with 250gm of cottage cheese. Next cover with a layer of flat longitudinally sliced carrots, zucchinis and sliced leeks and tomatoes. Finally, lightly whisk 3 cups of plain yoghurt with the ten eggs, adding 2 tsp of mixed herbs and 1 tsp of thyme. Pour the egg and herb mix evenly over the top and garnish generously with grated cheese.

Bake for about 1 hour at 175°C or until egg is cooked through and topping is crispy brown.

Serve with rice or alongside fish dishes.

### STUFFED CAPSICUM ★

1-2 month plans only

**Ingredients:** Serves 4. 1 cup of quinoa, 4 medium green or red bell peppers (capsicum) 1 per person, tops cut off and seeds removed, 2 cup vegetable stock (from homemade soup), 1 tsp dill seed, 2 diced green apples, 1 cup chopped celery, 1



Eggplant, leek & zucchini bake.

chopped onion, ½ cup raisins, 2tsp mixed herbs, 1tsp minced garlic, 2tbsp olive oil.

**Method:** Clean and drain the capsicums. Preheat oven to 175°C. In a medium saucepan, bring the vegetable stock to the boil. Add quinoa and dill seeds, cover and allow to simmer until all the liquid is absorbed and quinoa is soft. Sauté the onion and garlic in oil for 5 minutes. Add celery, apples, until the vegetables are slightly soft. Combine with quinoa, mixed herbs and raisins. Spoon into capsicums and stand upright in an oven dish. Bake for 40 minutes or until capsicums are soft and slightly charred. Great with served with sliced avocado and fresh tomato.

## ROAST VEGETABLE FEAST

**Ingredients:** Equal parts: Sweet potato, pumpkin, carrots, parsnip, onion, whole garlic cloves, zucchini, mushrooms, capsicum. 2tsp mixed herbs, or just rosemary.

**Method:** Heat oven to 175°C Take generous portions of all the vegetables and cut into similar bite sized wedges. Cook the sweet potato, pumpkin, carrots, onion, garlic and parsnip for 45 minutes in a drizzle of olive oil, stirring every 15 minutes.



*Roast vegetable feast.*

Then add the remaining soft vegetables and cook for a further 10-15 minutes until zucchini is cooked. Serve on a bed of leafy green salad and drizzle with some aioli.

## TAKEAWAYS

**Yes you can still have takeaways. It's just a matter of knowing what you can select from. Here are a few ideas.**

### THAI

There are some nice Thai dishes that are perfectly Ok during your detox. A red or green coconut curry, without meat or tofu is good. Tom Yum soups, again vegetable only.

### CHINESE

Vegetable chop suey is best, ask for no MSG and no noodles. You can also choose from the other chop suey in the smorgasbord avoiding the meats and only selecting the veggies.

### SALAD BAR

Any salad bar is good place to start in a restaurant which offer smorgasbord. Just choose the raw foods, fruits and veggies once again. Beetroot, carrot and raisin salad, tomatoes and cucumber is often available.



### JUICE BAR

If you're in a food court then usually there is a juice bar around. Don't be too concerned about liquid foods as they won't slow down your detox much. No banana though, and the only thing to be wary of at juice bars is too much ice-cream or sorbet in your smoothie.

### PICKLES

Select from a range of pickled foods such as onions, gherkins, cucumber, olives, artichokes, capsicums and bitter melons. Check the ingredients and try to get them without added sugar or preservatives.

### VEGGIE AND FRUIT STICKS

Chop into sticks or florets a variety of raw fruit and vegetables including carrots, broccoli, cauliflower, cucumber, celery, water melon, apple, strawberry and pineapple. You can also use the pickles as sticks and choose from the selection of dips on the following pages.

### DRIED FRUIT

You can eat dried fruit as a snack, but don't eat more than a handful per day. Dried fruit is very high in sugar and is dehydrated which can slow down the colon cleansing effect. Eat sparingly; dried apricots, raisins, prunes, figs, pineapple and peaches. Avoid the extra sweet papaya, ginger and dried fruit medley.

## SIDES, SAUCES, GARNISHES & DIPS

### FERMENTED VEGETABLES

**Ingredients:** A large, clean glass jar with lid, organic vegetables, water & unrefined salt. Use a single vegetable or any combo, (eg cabbage, capsicum, cauliflower, broccoli, cucumber, onion, carrot, fresh herbs).

**Method:** Chop/slice vegetables. Place in jar. Pour in salt water solution. (2 tbsp salt per litre of water, well dissolved). Vegetables must be completely covered, but leave a space of about 2cm to allow for bubbling during the fermentation process. Screw lid on the jar.

### TZATZIKI

**Ingredients:** 3 tbsp olive oil, 1 tbsp vinegar, 1 tsp minced garlic, ½ tsp salt, ¼ tsp white pepper, 1 cup greek yogurt, 1 cup sour cream, 2 cucumbers, 1 tsp chopped fresh dill.

**Method:** Combine olive oil, vinegar, garlic, salt, and pepper in a bowl. Mix until well combined. Using a whisk, blend the yoghurt with the sour cream. Add the olive oil mixture to the yogurt mixture and mix well. Finally, add the cucumber and chopped fresh dill. Chill for at least two hours before serving.

### HOMEMADE AIOLI

This is the simplest and healthiest salad dressing. **Ingredients:** 6-8 large cloves of garlic, ½ teaspoon sea salt, 1 cup plain Greek yoghurt, 4 tablespoons olive oil, 1 tsp mustard powder, juice of 1 fresh lemon. Blend in grinder until smooth.

### CHILLI MARINADE

Even easier still is this one. Take 2-4 fresh red chillies. Chop into small pieces and cover with balsamic vinegar. Serve in small bowl and spoon over your salad. A great way to spice it up. Chillies are excellent detoxifiers.

### CHILLI SALSA

**Ingredients:** Coconut oil, 1 onion, 6 large cloves of garlic, 1 capsicum, 1 handful of garlic shoots, tomato paste 250gm, 1 tsp cumin powder, 3 tsp Oregano herb, 2 tsp paprika powder, 1-2 tsp cayenne pepper (to taste), 2 tsp turmeric powder, 1 Tbsp soya sauce, 1 Tbsp apple cider vinegar, 4 Tbsp honey.

**Method:** Dice the onion, garlic shoots and garlic and place in a frying pan with 2 tbsp of Coconut oil (or cold pressed olive oil). Saute while adding the herbs to your taste. This will create



a kind of curry paste. Gently blend in 1 Tbsp honey, 1 Tbsp vinegar and 1 Tbsp soya sauce, then add the tomato paste and diced capsicum. Add a little water until you get the consistency of salsa you prefer.

## RED VINAIGRETTE

**Ingredients:**  $\frac{1}{2}$  cup extra-virgin olive oil,  $\frac{1}{4}$  cup red-wine vinegar, 1 tbsp Dijon mustard, Salt and black pepper to season

**Method:** Pour vinegar, mustard, salt and pepper together in a bowl. Whisking constantly, add in the oil slowly until nicely combined and thickened.

## FRESH HERBS

The more fresh herbs you have with your food, the better your digestion will be and the more energy you will have. Fresh herbs enhance circulation and are extra high in minerals and antioxidants. Include freely to your taste; parsley, chives, basil, coriander (cilantro), rosemary, oregano, thyme, mint, lemon balm, chillies and ginger.



## DESSERTS

### DATE & GREEN APPLE DESSERT (HOT)

**Ingredients:** 1 large green apple (or red if you prefer), 6-8 dates, a dessertspoon each of raisins, cranberries or currants, cream, cinnamon.



*Date & green apple dessert.*

**Method:** Simply take one apple, core out the center and stuff with dates, raisins, cranberries or another type of dried fruit you like. You can also add some honey or allspice to flavor. Add a dessertspoon of water to the bottom of a saucepan and steam the apple until cooked and soft. Serve with cream.

### GRATED RED APPLE

This is probably the simplest recipe in the book. Just find a big, fresh crispy apple and grate it with a cheese grater. Pour a cup of fresh, smooth full fat plain yoghurt and sprinkle with raisins and/or cinnamon. Delicious and very healthy.

### MELON SALAD

**Ingredients:** 3 types of melon: honey dew, rock melon, watermelon, green grapes, raisins, fresh whipped cream (or plain yoghurt if you prefer), cinnamon.

**Method:** Cut melons into bite sized wedges. ( $\frac{1}{4}$  honey dew,  $\frac{1}{4}$  rock and a generous slice of watermelon feeds 4 people a large helping each), Place all melon ingredients into a serving bowl. Add grapes. Mix gently.

## FIG APRICOTS WITH COCONUT SAUCE (HOT)

**Ingredients:** 8 apricots, 8 figs, handful of desiccated coconut.  
Sauce: ¼ cup Coconut cream, ¼ cup plain yoghurt, 8 dates, 2 tbsp honey.

**Method:** Soak dates in hot water and place aside ½ hour before dinner. Place apricots and figs into saucepan with 1cm water and heat until water boils. If apricots are out of season then use canned apricots. Steam for 5-10 minutes or until apricots are soft. Drain and dig out apricot stones. Replace stones with figs. Blend sauce ingredients in blender until smooth. Serve apricots with a generous amount of sauce and sprinkle with coconut.

## CHOCOLATE MOUSSE ★

*(in blender) 1-2 month plans only*

**Ingredients:** ¼ cup almonds, 1 banana, 1 avocado, ¾ cup coconut milk, 2 tbsp soaked chia seeds, 6 teaspoons cacao, 10 drops vanilla essence, 1 tbsp honey.

**Method:** Put all ingredients in a high speed blender and whip until smooth. Pour into parfait glasses and place in fridge for 30 minutes or until stiff.



*Chocolate mousse.*

## TAILOR MADE PLANS

Here are some specific foods and herbs you can use during your detox to target a particular condition or imbalance. The Herbal Detox combined with extra amounts of these foods can give astounding results. Ask your doctor to test you again after your detox and you may be able to reduce or even stop your prescription drugs. This also indicates how you can look after yourself with diet and herbs long term.

### **High cholesterol**

Cinnamon, garlic, citrus fruit, berries, vitamin C.

### **High blood pressure**

Chamomile and fennel tea, cinnamon, epsom salt baths, berries.

### **Type 2 diabetes**

Green smoothies, extra protein powder, avocado, mushrooms, cream, full fat yoghurt and milk.

### **Cancer**

Green smoothies, vitamin C (lipospheric or IV),

### **Candida and parasites**

Garlic, chilli, cloves, unsweetened yoghurt, pumpkin seeds.

### **Excema or psoriasis**

Raw onions, broccoli, cabbage, leeks, aloe vera juice (stay gluten free).

### **Sinus, hayfever, asthma and allergies**

Raw onions, peppermint, licorice tea, ginger, stay gluten free.

### **IBS, diverticulitis or colitis**

Aloe vera juice, peppermint tea, ginger, cider vinegar.

### **Chronic constipation**

Beetroot, pineapple, prunes, kiwifruit, green smoothies.

### **Weight gain**

Green tea, cocoa, chilli, ginger, mustard, wasabi, grapefruit, 100% raw or lightly stir fried food.

### **Acid reflux and heartburn**

Aloe vera juice, unsweetened yoghurt, pineapple, papaya, cloves.

### **Arthritis and muscular pain**

Epsom salt baths, lavender tea, sulphur foods (garlic, onions, leeks), peppermint oil, nutmeg.

### **Headaches and stress**

Chew feverfew leaves, lavender tea, peppermint oil, chamomile, epsom salt baths.

## THE FORMULATIONS

**Brett Elliott's Ultimate Herbal Detox contains 24 different herbs.**

### **COLON-AID** (120 capsules)

Maintains peristalsis, supports the colon. Wormwood (*Artemisia absinthium*) bark, Cascara (*Rhamnus purshiana*) bark, Psyllium (*Plantago ovata*) seed husk, Black Walnut (*Juglans nigra*) green hulls, Fennel (*Foeniculum vulgare*) seed, Turkish rhubarb (*Rheum palmatum*) root, Slippery Elm (*Ulmus rubra*) bark, Cloves (*Syzygium aromaticum*) bud.

### **DIGEZAID** (120 capsules)

Supports digestion and nutrient absorption. Peppermint (*Mentha piperita*) leaf, Pineapple (*Ananas comosus*) extract (Bromelain), Papaya (*Carica papaya*) extract (Papain), Kiwifruit (*Actinidia chinensis*) whole fruit, Ginger (*Zingiber officinale*) rhizome, Cayenne (*Capsicum annum*) fruit, Licorice (*Glycyrrhiza glabra*) root.

### **SYMLAX** (120 capsules)

High in soluble fiber for healthy bowel movements and excellent blood sugar balancing effects. Psyllium (*Plantago ovata*) seed husk, Chia Seed (*Salvia Hispanica*), Aloe Vera (*Aloe barbadensis*).

### **LIVAFOOD** (120 capsules)

Nutrient rich formulation. Supports the liver and digestion. Dandelion (*Taraxacum officinale*) root, Milk thistle (*Silybum marianum*) seed, Chlorella (*Chlorella vulgaris*), Golden Seal (*Hydrastis canadensis*) root, Cilantro (*Coriandrum sativum*), NZ kelp (*Macrocystis pyrifera*), Barley grass (*Hordeum vulgare*).

If you have a chronic medical condition, take prescription drugs, are elderly, weak, obese, or badly constipated, do not attempt this program without consulting your health professional.

**WARNING:** Do not take during pregnancy. Avoid during first six months of lactation unless under professional guidance. The following conditions may be temporarily aggravated by this type of cleansing; epilepsy, tachycardia and hemorrhoids.

The information in this booklet is meant for educational purposes only and is not intended to replace professional medical advice.



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Ultimate Herbal Health



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Better to properly maintain your vehicle than to wait for breakdowns. It's a lot less complicated and a lot less expensive in the long run. Change the oil and get a regular tune up. Cleanse, nourish and build.

This is herbal medicine.

A well nourished, strong, clean body can heal itself with incredible power.

All we need is provided in nature and medicine is no exception. Most of all, fill your life with love and a passion for making a positive difference to the lives of others. Make health a part of your lifestyle and keep it simple.

Share your results with your friends and with me so I can pass on the good news.

**In health, happiness and abundance**

*Brett Elliott*

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