



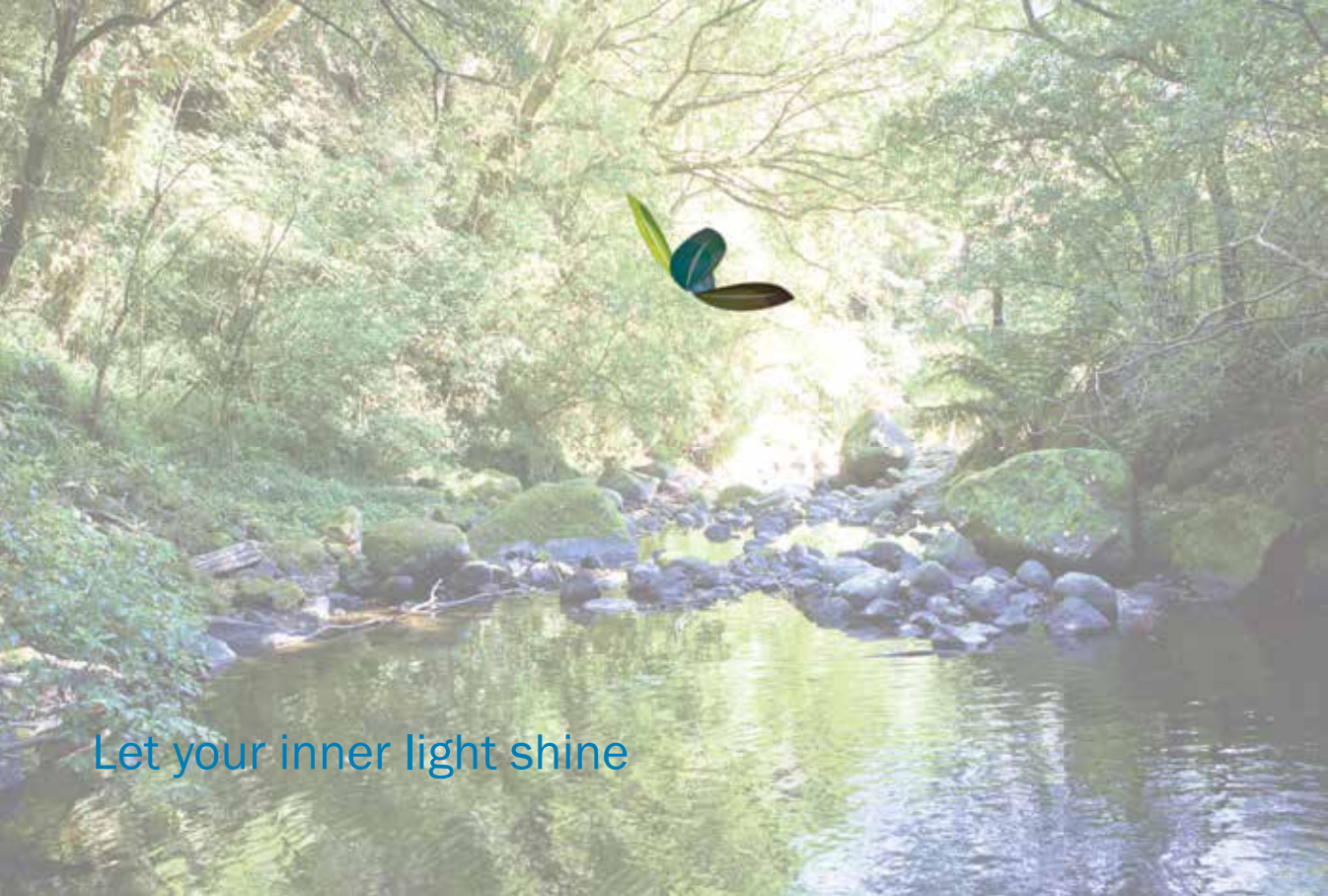
Brett Elliott's
Ultimate Herbal

SLIM

User Guide and Recipe Book



BRETT ELLIOTT
Ultimate Herbal Health



Let your inner light shine

INTRODUCTION

Congratulations on your purchase of the Ultimate Herbal SLIM, one of the world's most comprehensive herbal weight management programs. We have produced a complete package that covers every possible angle, and yet, we have also tried to keep it simple. This safe, easy and enjoyable process is now yours to enjoy for the next few weeks. Simply read the books provided, take a few capsules daily and watch your body respond.

THE PROCESS

The Ultimate Herbal SLIM is designed around fundamental principles of good health which are pure, natural, complete and balanced. We have used only natural herbal and mineral ingredients and suggest only whole nature-foods. The main focus is on enhancing your body's innate energy by providing it with freedom to operate uninhibited. This is achieved by simply removing toxins (processed foods) from the diet while consuming the herbal ingredients that trigger healthy metabolic functions back into full action.

It's that simple.



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HOW THE ULTIMATE HERBAL SLIM WORKS

Over the course of 30 or 60 days you take the herbal supplements and follow our guidelines in the books and videos. This is no fad or trend, no complex exercise regimen or calorie counting system but is a long term solution. Recipes are provided to get you started, but after that you will be free to eat as you please from the shopping list on page 11. Once you grasp the concepts outlined and the herbs have done their job you should be set on track for life.

UNIQUE CONCEPT

A unique concept in the Ultimate Herbal SLIM is the inclusion of “the three ultimate nutrients” air, light and water. My theory is that these three are our primary sources of energy and that food sources are secondary. If we get more air, light and water in our diets we have more energy and we eat less as a result. I believe it is these ultimate nutrients that are most deficient in modern diets.

The Ultimate Herbal Slim is easy to follow. Every person is different so results do vary. It all depends on your age, body type, the exact foods you choose and your personal drive. Ask your supplier about the results they have seen, so you get some idea of what target you can set.



KEY AREAS

Weight management requires regulating a combination of these key areas for long term results.

- **Metabolic rate**, keeping energy usage in line with energy intake (fuel or food).
- **Blood sugar**, giving a steady level of fuel to the cells and controlling cravings.
- **Nutrient supply**, keeping the body nourished and not deficient of any key nutrients.
- **Digestive function**, encouraging optimal, comfortable digestion and regular intestinal movement.

The products in the Ultimate Herbal Slim are designed to cover these key areas. In combination with the recommended dietary advice, the Ultimate Herbal Slim should bring you back to your ideal weight. If this is not entirely achieved, then at least you will have made a major step in the right direction. The program can, however, be repeated until you have reached your target. Good multi-vitamin and protein powder supplements will assist, along with regular exercise.

The need for adequate rest and the effects of stress must be taken into account also, so taking the time out for yourself to complete this program is an important factor. Investing time in yourself ultimately benefits everyone around you. This is the holistic approach, so it's time to look after number one in every way. That's our mission.

RESULTS

We cannot promise any specific weight loss results, as this would be deceiving. The idea behind herbal medicine is to cleanse, nourish and build. It is up to you to set a target, use positive thinking and take the initiative to follow through with this program to get where you want to be.

However, I can share some positive comments that will support you towards a successful outcome. I have seen many thousands of people achieve great success with our programs, both The Ultimate Herbal DETOX and The Ultimate Herbal SLIM. Weight loss is almost always achieved and this can vary dramatically from person to person, anything between 5 kilo (11 pounds) and 18 kilo (40 pounds) has occurred. Of course the program can always be repeated back to back if necessary.

The real key to your success is to tap into and unlock your higher energy levels, emotional, mental and spiritual. Then your results are literally unlimited, other than by your own beliefs and attitudes, and these can be used to your advantage.

QUICK START GUIDE

Chapter 1: GOAL SETTING

(see page 6)

Possibly the most important stage of the program, this is setting your goal to something that is achievable and based on real facts and figures.

Chapter 2: TAKING THE HERBS

(see page 10)

You have 23 ingredients in four bottles which you will take twice daily.

Chapter 3: FOOD & RECIPES

(see page 11)

A suggested shopping list is provided along with several recipes.

Chapter 4: ULTIMATE NUTRITION

(see page 27)

We investigate the myths and realities of fat, carbohydrates, protein, fiber, live food, the three ultimate nutrients.



CHAPTER 1: GOAL SETTING

In this stage we talk about goal setting by comparing general statistics and explaining the options for reliable, healthy weight assessment methods. One of the most important things to get right from the beginning is your target. This is all about considering where you fit into the population statistically and being realistic about what you want to achieve.

To help you calculate your ideal body weight and set a target we will review some commonly used methods in the next few pages.

Remember, the quick fix solution will not last. This is about taking steady, consistent steps in the right direction. Losing 50lb in ten days is not in our sights, but losing 5-10lb a month is definitely within range, if that's what's required. Most of us should be able to reach our ideal weight within one year, no matter how much we need to lose.

WEIGHT GAIN IN THE MODERN WORLD

Evidence is emerging to suggest that the prevalence of overweight and obesity is increasing worldwide at an alarming rate.

Obesity is now twice as common in adults as it was 25 years ago. Being overweight or obese has serious health consequences. A raised body mass index (excess body fat) is a risk factor for several chronic diseases including:

- type 2 diabetes
- heart disease
- hypertension
- stroke
- osteoarthritis
- gallstones
- some cancers (endometrial, breast and colon)

**LET'S SET
YOUR SIGHTS.**



BMI - THE BODY MASS INDEX

BMI is a method of broadly ascertaining the ideal weight of an adult and is the most common method for measuring obesity. It is used for adult men and women but not for children, pregnant women or athletes who have different requirements for weight. The Body Mass Index compares your weight in relation to your height and the result indicates the percentage of body fat you may have.

The calculation is easy; divide bodyweight by height squared. If you use Standard or Imperial measurements the calculation is slightly different to the Metric. Here is an example of each:

METRIC

Weight (kilograms) divided by

Height (metres) squared = BMI

Example: Weight is 54 kg. Height is 1.58m

Calculation: $54 \div (1.58^2) = 21.63$

BMI is 21.63

STANDARD OR IMPERIAL

Weight (pounds) divided by

Height (inches) squared, x 703= BMI

Example: Weight is 119 kg. Height is 5'2" (62")

Calculation: $119 \div (62^2) \times 703 = 21.76$

BMI is 21.76

Normal..... 18.5–24.9

Overweight..... 25.0–29.9

Obese..... 30.0–40.0

Morbidly Obese.... 40.0 +

The BMI is one way of working out whether or not you are overweight or obese. However it does have its limitations. It does not consider muscle mass which will vary between people.

This means individual body types are not taken into consideration. This is a cold hard calculation so we must add a little humanity and common sense to the equation.

Visit www.brettelliott.com and try our ideal weight calculator.

BODY TYPES

When looking at the BMI you need to allow for a couple of things. If you have large muscle mass or you are extremely solid-boned and tall then you may fall into the overweight category without actually being overweight.

For example, an elderly woman may have small, light bones and small muscles... therefore although her BMI is likely to categorize her as underweight a large percentage of her body mass might be fatty tissue. If you are fairly short, petite and small boned, then you may fall just into the underweight category and yet be the right weight for you. On the other hand a large boned man, who weight trains regularly, has the weight of his bones and heavy muscles that may cause him to be 'overweight' on the BMI scale. Allow for these variables when setting your target. Consult your practitioner if you have any doubts.

Although the BMI does not accurately calculate fat-to-muscle ratios, it does generally indicate excessive weight and obesity, ie: obvious high body fat mass which leads to poor health.

A BMI over 30 is a health concern and it would normally indicate high body fat.



WHR - WAIST TO HIP RATIO

WHR is the ratio between waist and hip circumferences. Compare the narrowest point of your waist to the widest point of your hips. Ideally your hips should be wider than your waist. This should be more obvious if you are a woman. Therefore WHR is different for men and women. Using the WHR calculation you get a simple and effective result very quickly.

Example: if the waist measures 95 cm and hips measure 90 cm, that person's WHR is $95 \text{ divided by } 90 = 1.05$.

The list below shows how WHR correlates to cardiovascular health risks.

WHR - Women

Below 0.8 - good cardiovascular health
0.8 to 0.89 - moderate cardiovascular health
0.9 or over - low cardiovascular health

WHR - Men

Below 0.9 - good cardiovascular health
0.9 to 0.99 - moderate cardiovascular health
1.0 or over - poor cardiovascular health

Compared to a person's BMI, their WHR more accurately indicates ideal or unhealthy weight and the risk of developing cardiovascular conditions. In saying that, if you can achieve a positive result using both BMI and WHR methods you will definitely be on target.

WHAT IS THE PROBLEM WITH WHR?

WHR does not give an accurate calculation of total body composition, or the muscle-to-fat ratio. However, including it in your goal setting exercise will give a more reliable indicator of ideal weight and health status than using the BMI method alone.

BIA - BIO-IMPEDANCE ANALYSIS

MUSCLE WEIGHS MORE THAN FAT

Muscle weighs 20% more than fat within the same space. Muscle is denser than fat. It is the ratio between muscle and fat that makes a person look healthy, not necessarily their weight or BMI. If you exercise aerobically or lift heavy weights you will both burn fat and tone and build muscle. Moderate, regular exercise is an important factor to improve your body composition (or muscle to fat ratio) and improve your health.

BIA uses mild electrical current to accurately assess body composition. Compared to BMI or WHR, bio-impedance is a far more reliable method of differentiating body fat from muscle and other tissue, thereby helping ascertain your ideal, healthy bodyweight and problem areas.

You will need to find a local practitioner who can perform this test for you. If you can't find anyone, then using the first two methods will give you enough to work with.

CHAPTER 2: TAKING THE HERBS

DOSE PLANS

Please use the methods outlined in Stage 1 to set your target and choose from the plan options below.

RAPID PLAN – 4 weeks

If your BMI says obese, morbidly obese or your weight loss target is between 20-30lbs (10-15kg) then this is the plan for you. You will probably need to follow a good exercise program along with this plan to achieve your desired result. If you don't get all the way to your target, then maybe complete two Slim kits back to back doing the steady plan the second time around.

Dose - Take two capsules of each product (total 8 capsules) twice daily, morning and night or take one capsule of each product (total 4 capsules) four times daily ½ before food (this will work slightly better).

If you're having difficulty choosing your plan then visit our **Ideal Weight Calculator** here
www.brettelliott.com/ideal-weight-calculator

STEADY PLAN – 8 weeks

If your BMI says overweight, or your weight loss target is between 10-20lbs (5-10kg) then this is the plan for you. You will probably need to follow a gentle exercise program along with this plan to achieve your desired result. If you don't notice weight loss within the first 2-3 weeks then you may need to switch to the rapid plan.

Dose - Take one capsule of each product (total 4 capsules) twice daily, morning and night or ½ hour before food (this will work slightly better).

MAINTENANCE PLAN – 16 weeks

If your BMI says just overweight, or your weight loss target is between 5-10lbs (2 ½ - 5 kg) then this is the plan for you. You may not need to follow a gentle exercise program along with this plan, but walking is recommended. If you don't notice weight loss within the first 8 weeks then you may need to switch to the steady plan.

Dose - Take one capsule of each product (total 4 capsules) once daily in the morning or ½ hour before breakfast (this will work slightly better).

REMEMBER – *You can switch between plans at any time if you feel the need for faster results.*

YOUR EASY SHOPPING LIST

This list should give you a good stock of ingredients for your ideal meals. **Try to avoid getting things not on this list.**

- ☐ Almond or rice milk
- ☐ Apple juice
- ☐ Apples/oranges
- ☐ Apricots
- ☐ Asparagus
- ☐ Avocado
- ☐ Baked beans
- ☐ Bananas
- ☐ Beetroot
(*fresh or canned*)
- ☐ Blueberries
- ☐ Bread, gluten free
- ☐ Broccoli
- ☐ Brown rice
- ☐ Cabbage red/white
- ☐ Capsicum
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Cheese
- ☐ Cherries
- ☐ Chickpeas (*garbanzos*),
dahl and lentils
- ☐ Chicken (*skinned*)
- ☐ Cider vinegar
- ☐ Corn on the cob
- ☐ Courgettes (Zucchini)
- ☐ Cucumber
- ☐ Dates
- ☐ Eggs
- ☐ Eggplant
- ☐ Figs
- ☐ Fresh herbs (*a variety*)
- ☐ Fresh fish
- ☐ Garlic
- ☐ Herbal teas
- ☐ Herbs and spices
- ☐ Honey
- ☐ Hummus
- ☐ Kiwifruit
- ☐ Kumara (*sweet potato*)
- ☐ Lean beef and Lamb
- ☐ Lemons or lemon juice
- ☐ Leeks
- ☐ Lettuce
- ☐ Mango and passionfruit
- ☐ Millet
- ☐ Mung beans for
sprouting
- ☐ Mushrooms
- ☐ Nuts (*mixed*)
- ☐ Olives
- ☐ Olive oil
- ☐ Onions
- ☐ Oranges
- ☐ Organic or
un-homogenized
whole milk
- ☐ Peaches
- ☐ Peanut butter
- ☐ Pineapple
- ☐ Potatoes
- ☐ Prunes
- ☐ Pumpkin
- ☐ Quinoa
- ☐ Raisins
- ☐ Raspberries
- ☐ Rice wafers or rice
crackers
- ☐ Rolled oats
- ☐ Sunflower and pumpkin
seeds
- ☐ Silverbeet
- ☐ Spinach
- ☐ Spring onions
- ☐ Sprouts
- ☐ Squeezed orange juice
- ☐ Strawberries
- ☐ Canned tuna and salmon
- ☐ Tomatoes (*fresh and
canned*)
- ☐ Tomato juice
- ☐ Unsweetened yoghurt
- ☐ Vegemite or marmite
(*yeast extract spread*)
- ☐ Vegetables and Fruit

CHAPTER 3: FOOD AND SHOPPING

In the next few pages you will find a list of some daily food options. These are only very brief and you may like to get out your recipe books to see what you can make from the ingredients you have in stock.

The main thing to remember is planning. Make food a pleasure while using the Ultimate Herbal Slim. If you use the shopping list to stock up, you will find meals very easy to plan.

Visit www.brettelliott.com for more recipes.



GOOD NUTRITION

A diet to aid fat loss is simply a wholesome approach that is required to maintain the health of the body in general. It is not a matter of starvation or deprivation.

As you may realize, a dietary approach goes hand in hand with exercise and relaxation as well as correct breathing, water and adequate sleep to achieve a healthy body weight. This will all support good energy levels and enhance the organs and tissues of the body and their functions. It will help maintain a sense of wellbeing without which the body is out of equilibrium and unable to function optimally - a stressed body holds onto fat. The basics of eating for weight maintenance are to reduce or avoid refined carbohydrates (eg; bread, pasta, buns, pastry, breakfast cereals, pizza, cakes, popcorn, chips etc) and too many saturated animal fats along with refined salt and sugar, alcohol and other chemicals. Include the other dietary and lifestyle recommendations outlined in this book.

We hope our advice reminds you of what you already know, shows you something new and inspires you to attain the improved health we know is yours. If you can think it, you can manifest it. If you believe it, it can be done.



BREAKFAST SUGGESTIONS

Drink a glass of water on rising.

Fruit and yoghurt

A bowl of chopped fruit - blueberries, strawberries, kiwifruit, apple, pear and a few slices of banana. Top with unsweetened yoghurt (for protein and for intestinal health). Sprinkle with lecithin granules, sunflower seeds and chopped walnuts.

Cup of tea or herbal tea.

Health tip: Walnuts and green tea help to lower cholesterol; pistachio nuts too.

Scrambled eggs

Use a mixture of whole eggs and egg whites. Cook with chopped onion and serve with mushrooms sauteed with garlic. Optional, left over salad from the night before. No toast.

Cup of tea or herbal tea.

Porridge

Millet or oat porridge - use whole cows milk, or try rice milk or almond milk. Sprinkle with cinnamon and nutmeg, raisins and pumpkin seeds for improved blood sugar balancing.

Cup of herbal tea.

Herbal tea 'tips'

- Green tea helps break down fat.
- Peppermint, chamomile or ginger ease digestive discomfort. They relieve gas and bloating and ease intestinal spasm.

Toast alternative

Rice wafer or gluten-free bread with these toppings: hummus, cheese, avocado, onion, tomato, vegemite (yeast extract spread) or peanut butter. These are low GI toppings. Avoid jams. Avoid artificial sweeteners.

'Eating out' ideas

- Omelette
- Boiled egg
- Fruit smoothie
- Herbal tea
- Veggie or fruit Salad from Lunch Bar
- Poached eggs
- Vegetable Soup
- Miso Soup
- Any other whole unprocessed food option



MORNING AND AFTERNOON SNACKS

Quick snacks

- A piece of fruit and a few raw nuts.
- A handful of almonds or mixed nuts
- Sunflower seeds and raisins.
- Figs and walnuts taste nice together (walnuts lower cholesterol, figs balance blood glucose).
- Low fat cheese such as ricotta or cottage cheese and some chopped fruit.
- Carrot sticks and hummus or guacamole (avocado dip).
- Yoghurt
- Banana
- Rice or rye wafer with avocado, cheese, tuna.

'Eating out' snack ideas

- Nut bar (not chocolate coated)
- Bottled water
- Real squeezed orange juice
- Raw nuts (chew them well)
- Fruit salad
- Boiled egg
- Juice bar smoothies, eg wheat grass or spirulina

Feeling nourished and satisfied, balancing your blood sugars, supplying nutrient-dense foods, helps you eat less sweets and chocolate. Enjoy your food, but eat food that really supports you... and let go of guilt.



Green smoothie

This is one of my all time favorites, the super spinach smoothie, made in my favorite kitchen appliance, the Ladyship blender/ juicer.

- 1 bunch of raw spinach (or Kale)
- 1 inch slice of fresh pineapple
- 1 apple (or lemon)
- 2 stevia tablets (or 1 dessertspoon of honey)
- 1 x DETOX 'n SLIM smoothie sachet
- 8-10 ice cubes
- 1 glass of water to help puree

Blend until smoothie and drink until completely satisfied. You will be supercharged and ready to go all day with this meal in a glass. If you're detoxing then this will solve the "what do I eat" question, as you simply don't feel hungry after consuming this.

Blueberry and banana smoothie

- $\frac{3}{4}$ cup frozen blueberries
- 1 banana
- 1 cup almond milk
(or cow's milk with almond
and a little water, or yoghurt
for protein, or rice milk)
- $\frac{1}{2}$ cup pear juice
- $\frac{1}{2}$ cup soft tofu
- 1 dessertspoon flax seed oil

Place all in a blender and blend until smooth. Makes enough for two people for breakfast or reduce proportions to make a smaller amount for a snack. Try raspberries, strawberries or blackberries in place of the blueberries, or any fruit you like. Add protein powder and a generous teaspoon of barley grass or spirulina for extra nutritional support. If your body is well supplied with nutrients it is less likely to cause you pangs of desire for the wrong types of food.

Try this for breakfast too.

Health Tip: Make sure your protein powder is non-denatured (by heat). A quality product will say this on the label.

LUNCH SUGGESTIONS

Leftovers

Try rice and stir fried vegetables from the night before. Add some salmon, tuna or tofu for protein, plus chopped avocado.

Salad with canned fish, egg or tofu

A big salad of colourful vegetables. You can make endless variations and maybe add some finely chopped fruit (eg. orange, strawberry, pineapple, apple). Mix in some salmon, tuna, egg or tofu for a healthy protein.

A yoghurt dressing (plain unsweetened yoghurt, coldpressed olive oil, a tiny pinch of unprocessed sea salt). Sprinkle sunflower seeds on top. Again, chopped avocado to help create a 'filling' sensation.

Pickle Salad

2-3 pickled onions, 6 sundried tomatoes, 6-8 olives, 4-6 wedges of Camembert cheese, ½ avocado, diced cucumber, 1 spoon of pesto.

Chop all ingredients into bite sizes and mix into a bowl, serve with pesto and a swirl of olive oil.

Coleslaw

A coleslaw of finely sliced cabbage, grated carrot, raw chopped cauliflower, chopped tomatoes. Make a dressing with cold pressed avocado or olive oil and vinegar. Top with ricotta cheese. Add a sprinkle of raisins and some chopped walnuts if you like.

Other ideas

- Rice wafers with tinned fish, avocado, cheese, tomato, onion, a smear of peanut butter, vegemite (yeast extract spread).
- Tinned fish mixed with chopped raw vegetables.
- Gluten-free sandwich, filled with plenty of the above foods (include protein).

Eating out ideas

- Vegetable frittata
- Salads
- Omelette
- Stuffed potato or kumara (sweet potato)
- Thai or Indian curry (vegetable, tofu, fish etc)
- Indian vegetable, tofu, chicken or fish curry
- Turkish falafel kebab or salad
- Chinese vegetable dishes (ask for no msg)
- Fruit salad

Chew all food well, especially salads. It will aid assimilation of nutrients and help you feel satisfied with the meal.

DINNER SUGGESTIONS



Spicy Dahl Soup

2 cups 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
6 cups water
1 tsp salt
1 tsp dark soy sauce

Wash and rinse the dahl. Soak in hot water for 1/2 an hour then drain and cover with 6 cups of water. Bring to the boil and 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.



Think of adding more recipes to your diet each week. If you add one new dinner recipe per week, after 8 weeks you will have more than a week's worth of meals that you were not eating before. We all get into habits and tend to cook the same thing, so this is a great way to add variety and interest to your food.

Salmon and asparagus with caper sauce

This is one of our favorite combinations. It's simple, highly nutritious and absolutely delicious.

All you need is a nice fillet of fresh salmon and a handful of asparagus. In one pan lightly sauté the salmon in a few drops of olive oil, while in the other pan gently sauté the asparagus in butter for 5 minutes. Squeeze the juice of one lemon over the asparagus as it cooks.

Caper sauce: Whip together in blender 1 part capers, 1 part yoghurt, ½ part lemon juice, ½ part olive oil with a little salt and pepper. This is simply delightful drizzled over the salmon and asparagus. High in fat, protein and fiber, this meal is extremely satisfying.



Stir fried vegetables

Simple, quick, one-pot cooking: In a frying pan or wok, lightly sauté a variety of vegetables. Include a little lean protein of your choice. Add herbs for flavour and their antioxidant activity - sage, thyme and rosemary. Studies on rosemary show it has a strong antioxidant activity. If you make enough you don't even need rice. If you make rice, cook enough to add to lunch the next day.

Eating out

Choose from these ideas, with the theme of unprocessed foods. Order a vegetable dish with either fish or chicken, and without bread or pasta. Café omelette, vegetable frittata, soup or salad. Chinese stir fry, chop suey, Indian curry or vindaloo. Thai coconut curry or Tom Yum. Turkish salad with Falafel.

Eating with the family

Your meals can be enjoyed by even a large family. They may choose to eat extra portions of rice or potatoes with the evening meals, but they will still benefit from the healthy foods.

Eggplant stirfry

An extra filling, high protein nutrient rich surprise.

- 1 eggplant
- 1 onion
- 6 cloves of garlic
- 4 button mushrooms
- 1 capsicum
- 2 tomato
- 1 avocado
- 1 tsp turmeric
- 1 tsp chilli flakes
- Small handful of mixed herbs.

Chop everything into bite sized slices. Coat the eggplant with turmeric. Heat oil in a pan and throw in the eggplant. Saute with onions and garlic for about 2-3 minutes, then add capsicum, mushrooms, mixed herbs and chilli flakes.

Saute 5 minutes and serve with chopped tomato, avocado and aioli.



Corn and mushroom salad

1 capsicum
1 cob of corn
1 avocado
2 tomato
1/3 telegraph cucumber
250 gm of mushrooms
12 cloves of garlic
Small handful of mint or basil

Slice mushrooms and capsicum and shave kernalns off the corn cob. Peel garlic cloves and leave whole. Heat olive oil in pan and throw in mushrooms and capsicum together. Fry for 3-4 minutes then add garlic and corn kernalns. Stir fry until a little browned and cooked to your preference.

Place stir fry into large bowls and add sliced avocado, cucumber, tomato and combine.

Sprinkle with basil and mint.

You are now ready to serve.



Tofu and green bean curry (4 servings)

125 gm (½ cup) green beans

Packet of firm tofu (about 200gm)

10 sliced mushrooms

2 chopped onions

1 tbsp of curry paste (Indian or Thai)

1 tbsp tamari sauce (optional)

Coconut milk (1 can, or grate 1 coconut and squeeze into water to make 'milk')

1. In a pot heat the curry paste and coconut milk; mix together.

2. Add mushrooms and tofu and bring to simmer

3. Add the beans and onions.

A variation is to use fish instead of tofu, and courgettes (very chunky chopped) instead of beans - great with Thai green curry. Miso can be used instead of tamari - add at end of cooking to preserve vital nutrients. Serve with salad or cooked green vegetables.





CHAPTER 4: ULTIMATE NUTRITION

THE THREE ULTIMATE NUTRIENTS

Nutritionists speak of carbohydrates, fats and proteins as the primary nutrients.

Minerals, vitamins, enzymes and other trace elements are secondary. I believe that three other 'ultimate nutrients' have been largely overlooked. If we feed ourselves well on these three then the desire and need for the others will be reduced. You may similarly think of these 'ultimate three' as real and important nutrients after reading below.

LIGHT

How is light a nutrient? Think of it this way, we know plants perform photosynthesis to convert carbon dioxide CO_2 (from the air) and H_2O (water) into carbohydrates and then release the oxygen. These carbohydrates form the basis of all energy that animals and humans require. They can be converted into fats and proteins, and almost every other nutrient.

Once the plant material is consumed by animals and humans it is then converted into tissue (muscle, bones), eggs, milk etc. Therefore all food is ultimately formed by trapping light during photosynthesis.

The real difference in my thinking is this; when the body sources energy within the cell, the simple carbohydrate is broken down and is converted once again into a more useable energy. The missing link in modern medical thinking on cellular energy is 'light'. I believe it is the released light that triggers the metabolic energy cycle. Why does a person 'glow' when they are healthy? Why do some people 'light up the room' with their presence? Why do others have a 'twinkle in their eye'? It is their spark and light.

To source light we can eat bright and colourful, living plants. Light is all around us and our eyes absorb it. Light travels into the brain down the optic nerve and the brain produces wake up hormones as a result. Why? Because light is one of the three ultimate nutrients.

By simply going for a daily walk, looking out the window or into the sky, taking off those sunglasses and allowing more light into your life, you can feel fulfilled. It is an incredible thing to realize that you can actually tap into this immense power source directly. **Try it today!**



AIR

Think about the plants and how they create themselves from a few minute trace minerals, a little sunlight, water and air; and what do they get from the air? They take CO₂ (carbon and oxygen) from the atmosphere. They use the carbon to create carbo-hydrates (carbon and water combined) and give us back the oxygen. This is incredible when you think about it, simply by plants capturing the light and carbon from the air we have the source of food for all life, even proteins and fats are based on carbohydrates with a little nitrogen. All these ingredients are available from THE AIR.

Breath is life. Life is breath. Conscious breathing has long been an integral part of daily life for many philosophies and cultures. Many of us in our modern culture are not educated to become conscious of this fundamental metabolic process; over 90 percent of us are using less than 50 percent of our breathing capacity. Air carries material not just in, but also out of our body. The lungs can move more acid out of your body in ten minutes of slow deep breathing than your kidneys can in 24 hours. In fact 70% of the body's major toxins are removed via breathing.

When you breathe deeply you encourage relaxation, blood flows better, your mood improves and oxygen supply to key organs and glands is improved. This is all very nourishing. We suggest constant or regular meditative breathing and lots of fresh air. You won't regret it, and it is likely to help your results during this program. Imagine being without this nutrient for more than 2 minutes. Ultimate nutrient? Absolutely.

WATER

Water is the healthiest option we have for the bulk of our fluid intake. Water reduces the energy density of the overall diet and replaces excessive calories and sugar consumed from other beverages. Drinking water can actually reduce cravings for other foods because water helps you to identify the difference between thirst and hunger. Water carries everything, everywhere in your body. Your body is 60 to 70 percent water.

Water washes away our worries and purifies the soul. To many ancient cultures, springs and water wells were sacred. You always feel better after a bath, shower or swim. Why is that? You are being nourished and purified by the water.

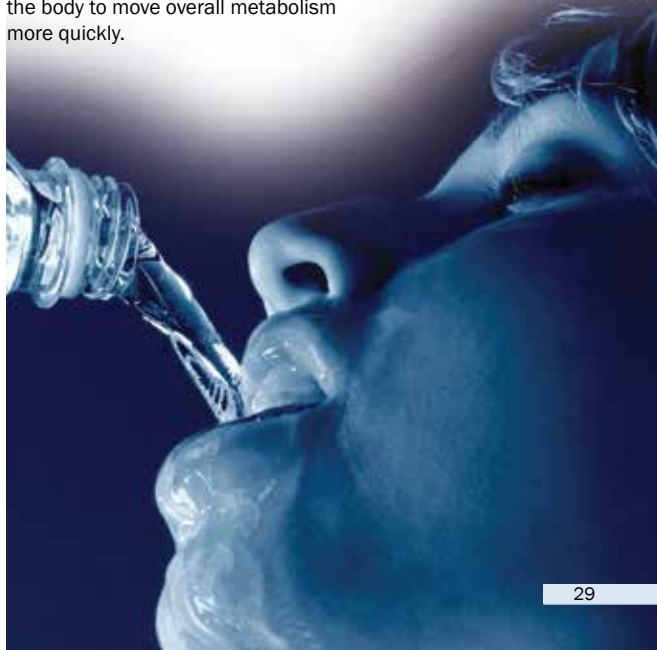
Dehydration is a common problem that often goes unnoticed until it is too late. Acute dehydration is a common cause of minor health complaints such as headaches, irritability, muscle cramps, constipation, heartburn, and fatigue, to name a few. Chronic dehydration can result in weight gain, elevated cholesterol, decreased ability to clear toxins from the body, autoimmune diseases, high blood pressure, neck and back pain, asthma and allergies, as well as arthritis. Being chronically dehydrated can lead to mixed messages in the brain, leading you to feel hungry when your body is, in fact, thirsty. It seems clear that water deserves the title "ultimate nutrient".

When you consider that water operates like the plasma of all living things and without it we have no life, you cannot

underestimate its importance. It easily transforms many other nutrients into useable form. That it is priceless in your body.

Water is needed in many metabolic processes and research has shown that within 10 minutes of drinking a pint of water, the metabolism may increase as much as 30 percent.

This is because it is a generic catalyst allowing the body to move overall metabolism more quickly.



FATS

DIETARY FAT

Many people are concerned about being overweight and so they restrict fat in their diet, thinking that this is the reason for fat gain in the body. We need to eat a certain amount of fat for our bodies to be able to carry out important functions. An inadequate intake of fat has been associated with the modern day diseases such as atherosclerosis, heart disease and cancer, as well as skin disorders. Fat is an essential nutrient.

YOU NEED FAT TO LOSE FAT

Reducing dietary fat to an unnaturally low level not only leads to disease but will cause the body to hold onto the fat it has. It is the type of fat that we eat that affects the health of our tissues and the laying down of adipose (fat) cells.

EATING THE RIGHT KINDS OF FATS

Bearing in mind that fat is essential to the health of the body, it is the type of fat we eat that is important. Focus on consuming the beneficial fats that your body needs for healthy cell structure, tissue repair and other functions.

Choose only oils that say 'cold pressed' on the label such as olive, flaxseed and avocado; eat cold water fish such as trout, salmon and cod for their anti-inflammatory omega 3 fatty acid, or take a fish oil or flaxseed oil supplement.

Reduce consumption of animal fats but completely avoid hydrogenated oils and margarines as they contain toxic trans-fatty acids (any margarine is an oil made hard and damaged by the process of hydrogenation and over heating - a trans fatty acid).

TYPES OF FATS EXPLAINED

TRANS FATTY ACIDS 'TRANS FATS'

A trans fatty acid is created by a process called partial hydrogenation. This is an industrial process that utilizes hydrogen gas at high temperatures to modify the unsaturated fatty acids found in dietary plant oils into denatured substances that are commercially easier to package and market. It is used in the processing of margarine and makes the oils more solid but creates toxic trans fatty acids. It is better to use butter moderately. Partial hydrogenation is almost always used in the processing of plant oils you find labelled as salad or cooking oils such as soya oil, sunflower oil, canola oil, or 'vegetable' oil. Look for the words 'cold pressed' on the label.

SATURATED FATS

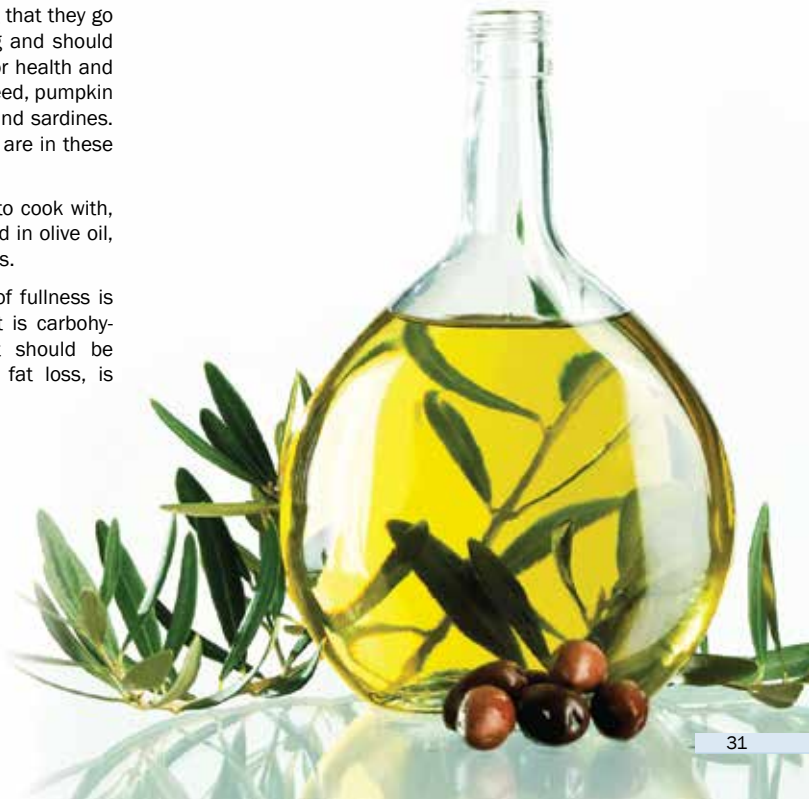
Found in animal fats such as butter and dairy products, beef and lamb and tropical oils such as coconut and palm oil. These fats do not go rancid easily and are safe to cook with. A small dollop of butter on your veges will even help your body to absorb vitamin A.

UNSATURATED FATS

Polyunsaturated oils are more unstable, meaning that they go rancid easily, so should not be used for cooking and should always be cold pressed. But they are essential for health and are found in nuts, seeds, green vegetables, flax seed, pumpkin seed and cold water fish such as salmon, trout and sardines. The important omega 3 and omega 6 fatty acids are in these foods.

Monounsaturated oils are relatively stable, safe to cook with, not essential, but they are healthy. They are found in olive oil, almonds, pecans, cashews, peanuts and avocados.

When fats are included in a meal, a sensation of fullness is signalled (satiety factor) so hunger is curbed. It is carbohydrates, particularly refined carbohydrates that should be reduced when weight loss, or more precisely, fat loss, is wanted.



CARBOHYDRATES

GLYCAEMIC INDEX

The Glycaemic Index (GI) rates foods according to the speed with which they raise blood sugars. Refined sugar has a high GI because it quickly enters the blood. This is where the problem lies; the body does not tolerate excess sugar circulating in the blood as it damages the blood vessels and other tissues. This is one reason why diabetics are at risk. The body protects its cells from too much sugar (glucose) by taking it out of the blood vessels and storing it more safely as fat cells for later use, for energy production.

There is another downside to quickly raising blood sugar levels by eating high GI foods. It gives an initial burst of energy as our body secretes insulin to take the sugar into body cells or away into fat storage. However, levels are then quickly dropped, leading to a sensation of hunger.

STOP EATING REFINED FOODS

To help yourself lose weight, decrease foods that push up your blood sugar levels. Stop eating sugar, cakes, biscuits, pasta and breads. Yes bread. If you stop this one thing you might be amazed at the success of your weight loss. Unfortunately, in the modern Western diet there is often an overabundance of high glycaemic foods eaten. Bread which used to have pride of place at the top of the food pyramid is still eaten by many in the western cultures, being considered a healthy staple that is eaten daily. Most modern breads should be avoided, or eaten sparingly.

CALORIES

Our philosophy about calories is simple, **FORGET ABOUT THEM.** It is counting calories and starving your body that leads to carbohydrate addiction. High good fat and protein foods, natural fruits, vegetables, and meats will never give you too many calories, so long as you keep active. Obviously if you sit around all day and binge you will put on weight, and counting the calories will only give short term relief. Calorie reduction lowers your metabolic rate and puts the body into starvation and cravings. This will cause massive rebound effects. Forget calories.

In the long term your body needs nature, herbs, and whole live food. This is how our program can have your body functioning properly in no time.



GLUTEN

Research now shows what many proponents of natural medicine and natural eating have been trying to say for years. Gluten in bread has been proven to remain in the intestines. This is the built-up plaque that the **Ultimate Herbal DETOX* is designed to aid in removing, so the intestines can function healthily again. Even quite young people are having operations for colorectal cancer. Some people mistakenly believe that a bowel motion every 2 or 3 days is regular. This is, in fact, constipation. If bread and other gluten products are taken out of the daily diet and more fruit and vegetables are eaten, the body has a chance of naturally cleaning itself and moving faeces through the bowel regularly.

COMPLEX CARBS

The human body was designed to eat just a few whole grains and plenty of whole, complex carbohydrates found in vegetables and fruit. Fructose, the natural sugar in fruit is more slowly metabolized by the body than refined sugars. Fruits also provide soluble fiber which slows the rate at which blood sugars are stored as body fat. Vegetables are low in sugar and high in fiber.

** Ask your Ultimate Herbal Slim stockist about the Ultimate Herbal DETOX.*

DIETARY FIBER

Soluble fiber is found in fruit such as apples and pears, raw salad vegetables, wholegrain cereals, psyllium seeds and slippery elm bark. It improves intestinal health, alleviates constipation and, importantly, regulates sugar absorption from the gut. Blood sugar regulation is vital for weight loss and health in general. Insoluble fiber, on the other hand, absorbs water in the intestine and passes through the body undigested, helping to soften bowel motions. Sources of insoluble fiber include whole grains, brans, flax seed, celery, green beans, potato skins and many vegetables.

The Ultimate Herbal DETOX is recommended as a great kickstart to the Ultimate Herbal Slim program. Many people have reported losing several kilos of weight from doing this high-fiber, herbal cleanse. This is weight lost by eliminating built-up faecal matter rather than just fat, but because the intestines are cleared digestion is improved and the body is enabled to function better, giving a greater likelihood of attaining desired fat loss. Blood sugar is balanced beautifully on this cleanse and dietary guidelines are learnt for a continued healthy eating style.

The Ultimate Herbal Slim is designed to add to and continue a steady and natural progression towards good health and an improved body weight. In addition to taking the products in the Ultimate Herbal Slim you will benefit by eating adequate dietary fiber.

PROTEIN

Protein is another great help in weight loss or maintenance, taking longer to digest than refined carbohydrates. When eaten with other foods it causes the stomach to release a meal more slowly into the intestines, lowering the glycaemic index (GI) and the amount of sugar taken into the body.

Overcooking meat destroys and denatures the protein. Yoghurt, eggs, milk and dairy, chicken and fish, beans, tofu, corn, nuts, legumes and pulses are all sources of protein. An ideal protein serving equals about the same size and thickness as the palm of your own hand.

MAKING A MEAL

Getting the balance of healthy foods in a meal is the key to health and weight loss. If you have a serving of protein, an equal or larger amount of complex carbohydrates and some good fats on your plate then you will be about right. Water with a meal helps digestion and can reduce over-eating.

It is important to eat regularly, at least three times a day. This way you don't run into starvation mode. If you reach the point where your body needs to burn stored energy then your body gets into the habit of storing more for next time. Eat before you get really hungry, ideally around every three to five hours. Make it a decent meal so the desire for snacks between meals is decreased.

SERVING SIZES

Here are some basic guidelines for estimating your serving sizes, although you will find this happens naturally during this program anyway.

Protein - Put your hand out flat in front of you with your palm facing up. Now imagine an amount of meat, beans, eggs, nuts, cheese (protein sources) which equal the size and thickness of your palm. This does not include your fingers. That is the maximum amount of protein you would ideally want to have in a meal.

Starches - Potato or rice, about the same amount as protein. Processed starches and simple carbs, have none if possible.

Complex Carbohydrates - This includes virtually all other fruit and vegetables. There is no limit to serving size, but I suggest at least double the amount that you have on your plate of protein and starches combined. Complex carbs should be the backbone 70% of your diet.

Fat - Forget serving size and try to only eat fat that comes naturally in other whole unprocessed foods. Do not worry about having a little butter, olive oil and cheeses, but use these as garnishes rather than as main foods.

IN SHORT:

- If the body is oversupplied with high GI, refined carbohydrate foods it will perform fat storage.
- Eating fewer saturated fats and more essential fatty acids will protect body tissues.
- Plenty of fiber from vegetables and fruit will balance blood sugars.
- Adequate protein will moderate the GI of a meal, further balancing blood sugars and reducing storage of body fat.
- Eat three square meals a day and don't skip any meals during this program.
- Further nourishing your body with nutrients from protein, fat, unrefined carbohydrates and food rich in vitamins and minerals will improve energy levels and reduce cravings for high energy, nutrient-poor foods (eg: pasta, bread AND baking).
- Eating a diet of low glycaemic foods will avoid blood sugar highs followed by lows and hunger.

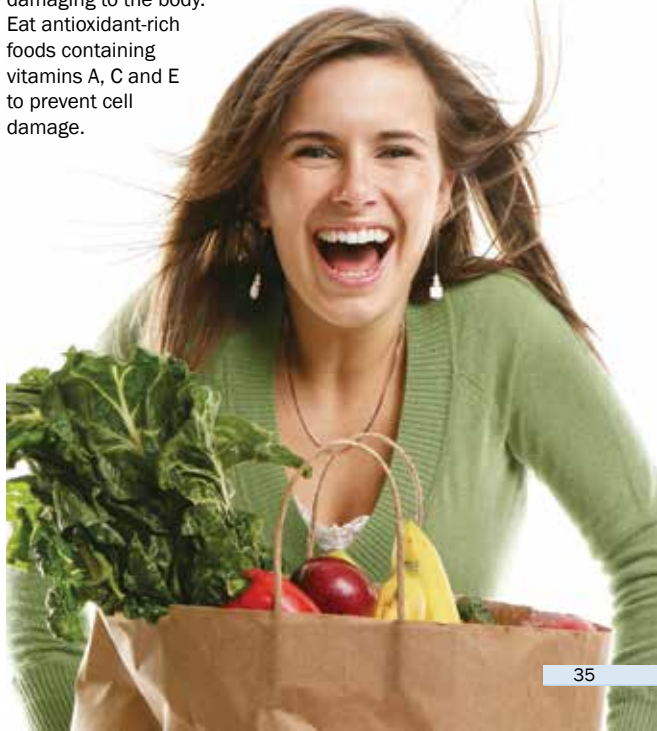
OTHER GREAT FOODS

CIRCULATORY STIMULANTS AND THERMOGENIC AGENTS

These help efficient blood circulation for healthy blood vessels. Eat warming circulatory stimulants and blood thinning foods and spices such as garlic, ginger, chillies and onions on a daily basis. These foods will prevent thick, stagnant, blood and excess clotting which will also protect your blood vessel walls. In regard to maintaining a healthy weight, these circulatory foods aid assimilation of nutrients and elimination of waste.

ANTIOXIDANTS

The process of utilizing stored fat during a weight (fat) loss program increases the production of free-radicals that are damaging to the body. Eat antioxidant-rich foods containing vitamins A, C and E to prevent cell damage.



NON-NUTRIENTS

These are non-beneficial foods, and these are the only foods we categorically suggest limiting or eliminating from your diet during the Ultimate Herbal Slim.

JUNK FOOD (dead food): Food that has had its living quality destroyed by processing, excessive heat and preservative methods. It has no resemblance to any living thing. Junk food includes sweets, chips, pastries and packaged snack foods in general, as well as most bottled drinks other than juice.

TOXINS: If you feed your body toxins then your body will spend most of its energy on detoxification and therefore accumulate other waste. Completely avoid: alcohol, tobacco, party drugs, pharmaceutical drugs (if possible) and other household chemical exposure.

LIVING FOOD

This includes all raw fruit and vegetables, fresh and dried herbs, rice, whole grains, pulses, lentils, beans, nuts, fresh meats, yoghurt, cheese and eggs. Look for food that has natural bright colour and a living freshness; organic where possible.

SOULFOOD

The greatest source of hunger can be an empty soul. Remember to feed your soul nourishing food as well. If you neglect your soul, then your body will never be satisfied. We recommend a diet including soulful music and media, family activities, play, dance, reading, prayer and/or meditation, and love until your heart's content.

THE GOLDEN RULE

I always say to people when embarking on the Ultimate Herbal Slim "The Golden Rule for the Herbal Slim diet is simple, you can eat anything you like... (long pause)... So long as it is unprocessed.

This means eat "God made" food as it comes from the earth, not "Man made" processed foods. If you follow this single Golden Rule you will probably succeed.



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THE 23 ULTIMATE SLIM INGREDIENTS

- Caralluma fruit (Caralluma fimbriata)
- Gymnema herb (Gymnema sylvestre)
- Wormwood bark (Artemisia absinthium)
- Garcinia herb (Garcinia combogia)
- Bitter orange fruit (Citrus aurantium)
- Green Tea leaf (Camellia sinensis)
- Kelp whole plant (Macrocystis pyrifera)
- Psyllium husk (Plantago ovata)
- Cascara bark (Rhamnus purshiana)
- Guarana seed (Puellinia cupana)
- Alfalfa leaf (Medicago sativa)
- Barley grass leaf (Hordeum vulgare)
- Spirulina whole plant (Spirulina platensis)
- White kidney bean (Phaseolus vulgaris)
- Coleus (Coleus forskohlii extract)
- Wild yam root (discorea villosa)
- Beetroot bulb (Beta vulgaris-cicla)
- Fennel seed (Foeniculum vulgare)
- Slippery elm bark (Ulmus rubra)
- Black pepper seed (Piper nigrum)
- Cayenne fruit (Capsicum annuum)
- Ginger rhizome (Zingiber officinale)
- Chromium (Chromium polynicotinate)

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. Do not take during pregnancy. Avoid during first six months of lactation unless under professional guidance.



BRETT ELLIOTT

Ultimate Herbal Health

www.brettelliott.com







I thought I would leave you with a personal note from me.

I honestly believe that our health begins with our heart and spirit. If we are listening to our spirit with our hearts then we will find fulfillment.

It is this fulfillment that allows us to take control of our bodies. Remember the "Three Ultimate Nutrients" we spoke about, air, light and water? If we also choose these things before food, we will eat less and have more energy.

With our heart at the helm our minds become less confused and less addicted to junk like sugar, drugs, caffeine, alcohol and gadgets. Then ultimately we will find balance and peace.

I hope this program helps you on your personal journey.

Many Blessings

A handwritten signature in black ink that reads "Brett". The signature is stylized with a large, flowing 'B' and a cursive 'E'.

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