



**BRETT ELLIOTT**

Ultimate Herbal Health

# **BODICLENZ**

The Ultimate Herbal BodiClenz User Guide



by Brett Elliott - Medical Herbalist

**[www.brettelliott.com](http://www.brettelliott.com)**

## The Ultimate BodiClenz Drink

If you've tried the Ultimate Herbal Detox before then you will know how effective it is. Not only do you get the amazing experience of an inner-body-cleanse and metabolic reboot, but also the bonus of gut health, enzymes, prebiotic fibre, and liver support.

BodiClenz contains Pea protein plus 28 key Detox herbs including anti-parasitics, heavy metal chelators, and gentle stimulant laxatives.

Be prepared to experience a powerful yet gentle cleanse with the simplest program you will find anywhere. It's as easy as taking one-two smoothies daily and choosing from some delicious meal ideas for dinner.

**IMPORTANT NOTE:** Please read this entire guide before starting your program. Let the cleansing begin!



## What's Inside BodiClenz

BodiClenz contains all of the active herbal ingredients from the Ultimate Herbal Detox capsule program, which Brett has been providing since 1999. This time-tested and proven formula has been mixed into a protein and natural fruit powder blend enabling you to easily drink the herbs, instead of taking the normal 40 capsules daily.

(click ingredient names to learn more)

### **Protein Drink Base**

Pea Protein Isolate (2.5g), Banana Powder, [Bitter orange](#) (Citrus aurantium) peel, Acacia Gum, Guar Gum

**Colonaïd Herbs** – To help stimulate the bowels and support a healthy gut microbiome

[Wormwood](#) (Artemisia absinthium) bark

[Cascara](#) (Rhamnus purshiana) bark

[Turkish rhubarb](#) (Rheum palmatum) root

Black Walnut (*Juglans nigra*) green hulls

Cloves (*Syzygium aromaticum*) bud

**Digezaid Herbs** – To encourage healthy comfortable digestion during your cleanse

Papaya (*Carica papaya*) extract (Papain)

Pineapple (*Ananas comosus*) extract (Bromelain)

Kiwifruit (*Actinidia chinensis*) whole fruit

Peppermint (*Mentha piperita*) leaf

Fennel (*Foeniculum vulgare*) seed

Licorice (*Glycyrrhiza glabra*) root

Ginger (*Zingiber officinale*) rhizome

Cayenne (*Capsicum annuum*) fruit

**LivaFood Herbs** – To support and protect the liver during your detox process

Milk thistle (*Silybum marianum*) seed

Globe Artichoke (*Cynara scolymos*) root

Dandelion (*Taraxacum officinale*) root

Barley grass (*Hordeum vulgare*)

Cilantro (*Coriandrum sativum*)

[Chlorella](#) (*Chlorella vulgaris*)

[Golden Seal](#) (*Hydrastis canadensis*) root

**[Symlax Herbs](#)** – Providing bulking fibre and natural prebiotics for bowel health

[Psyllium](#) (*Plantago ovata*) seed husk

[Slippery Elm](#) (*Ulmus rubra*) bark

[Chia](#) (*Salvia Hispanica*) seed

[Aloe Vera](#) (*Aloe Barbadensis*) Leaf



# Choosing a Plan

## Power Cleanse Program: 7 Days

### **4 Scoops Daily.**

WARNING: This program is for the experienced, seasoned detoxer. Powerful bowel cleansing effects can be experienced. This option is great for a quick cleanse and potentially used prior to fasting or to resolve chronic constipation.

### **Quick Diet Guide.**

It's good to have a week off meat and breads, nuts, seeds and grains, and other processed foods before starting this program. Over a period of 7 days you will consume nothing but the superfood smoothies overleaf and a little fresh fruit. Smoothies will include a range of fruits and vegetables and can be your breakfast, lunch and dinner. Great for a quick full inner body cleanse.

[Get DETOX Dinner Recipes Here](#)

## Deep Cleanse Program: 14 days

### **2 Scoops daily.**

MOST POPULAR PROGRAM: Ideal for a deep inner body cleanse and weight management.

### **Quick Diet Guide.**

It's good to have 2-3 days of preparation diet without meat, bread, nuts, seeds and grains or any processed foods prior to starting this program.

Over a period of 14 days you consume the superfood smoothies overleaf for breakfast and lunch and snack on a little fresh fruit during the day. You can still have a salad or a hot dinner, but only made from fresh or stir-fry vegetables.

Try two days on each smoothie recipe and work through them all. [Get DETOX Dinner Recipes Here](#)



## Gentle Cleanse Program: 30-60 days

### **1/2-1 Scoop daily.**

MAINTENANCE PROGRAM: Can be used for long-term digestive health.

### **Quick Diet Guide.**

Over a period of 30-60 days you will consume the superfood smoothies overleaf for breakfast. To get the best results simply avoid all processed foods and try to keep red meat to a minimum.



# Food Guide



## The 7 Ultimate BODICLENZ SMOOTHIES

Over the next few pages I will share with you my favourite Detox smoothie recipes. These are just ideas, but they do follow a pattern of detoxing the body by encouraging different parts of your detoxification pathways.

If you wanted to start with 2 days on the first recipe, then move through each smoothie recipe at two day intervals you will get a nice targeted effect on your body.

It also help prevent the boredom of having exactly the same smoothie everyday while on the program.

Click the link around these recipes to visit the website and watch the videos. [Get DETOX Dinner Recipes Here](#)

## StomachClenz Smoothie

1 thick slice of fresh [Pineapple](#)

1/2 medium [Papaya](#) (or Paw Paw)

1 small or 1/2 large [Cucumber](#)

200ml [Coconut milk](#)

200ml Coconut water

Fresh [Ginger](#) and/or Mint to taste

6-8 cubes of ice

1 scoop of BodiClenz powder

Stevia (optional)

Watch Video



## LiverClenz Smoothie

1/2 fresh [Beetroot](#)

1/2 fresh Grapefruit with skin or 1 fresh [Lemon](#) with skin

Small Broccoli head or 2 Kale leaves

1 Tsp Cumin seeds

400ml filtered water

6-8 cubes of ice

Fresh [Ginger](#) or Basil to taste

1 scoop of [BodiClenz](#) powder

Stevia (optional)

Watch Video



## BowelClenz Smoothie

1 fresh green Apple

1 fresh [Kiwifruit](#)

1 cup of plain unsweetened yoghurt

2 tsp soaked [Chia seeds](#) and/or 6 prunes

400ml filtered water

6-8 cubes of ice

Fresh [Cilantro](#)

[Peppermint](#) or Stevia to taste

1 scoop of BodiClenz powder.



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## BloodClenz Smoothie

1 Avocado

1 fresh Lemon or Lime

2-3 fresh crunchy Kale leaves, or small bunch fresh

Spinach

1 heaped teaspoon of Cinnamon

1/2 Thumb sized piece of fresh Ginger

400ml filtered water

6-8 cubes of ice

Add fresh mint to taste, Stevia (optional)

1 scoop of BodiClenz powder

Watch Video



## HeartClenz Smoothie

1/2 cup of fresh frozen [Blueberries](#) (or raspberries)

200ml dark Grape juice

1 whole red (or green) Apple

1/2 teaspoon of [Cayenne](#) pepper (or 1 fresh chili)

1 Tsp cinnamon

400ml filtered water

6-8 cubes of ice

1 scoop of BodiClenz powder

Stevia (optional)

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## BrainClenz Smoothie

1 Fresh [Carrot](#)

1 whole [Lemon](#)

1 tablespoon of Raw [Cacao](#)

A handful of Fresh Gotu Kola (you could use Rosemary if Gotu Kola is not available)

1 heaped teaspoon of [Turmeric](#)

1/2 tsp ground [Black pepper](#) (Black pepper increases the effect of Turmeric by up to 2,000 times)

Add Ginger to taste

200ml [Orange](#) juice

200ml filtered water

6-8 cubes of ice

1 scoop of BodiClenz powder

Stevia (optional)

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## About the Author

Brett is a respected medical herbalist with 22 years of clinical practice. He is a regular seminar presenter both at health and wellbeing expos and at other private venues. Brett has helped over 100,000 people in over 45 countries complete his herbal



health program. Brett began his journey into natural medicine in the early 1990s when his own health began to deteriorate. He'd spent 10 years in hard manual work which resulted in severe spinal injuries requiring major surgery, which he declined. His search for alternatives led him to herbal medicine which quickly became his life's passion. Brett has operated his own retail health stores for 8 years, built a pharmaceutical-grade manufacturing facility in 2006, and has run a private clinical practice for over 22 years. During this time Brett identified a common pattern of events relating to the most common health conditions of our time. This led Brett to write his first paperback book ['CLEANSED & CURED'](#) which has been widely distributed through good bookstores. [Read Brett's Full Bio Here](#)