



BRETT ELLIOTT
Ultimate Herbal Health

THE ULTIMATE 10-WEEK COMBO PROGRAM

User Guide Book



by Brett Elliott - Medical Herbalist
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The Ultimate 10-Week Combo Program Contents

The 6-week combo program contains:

3 x [Ultimate Herbal Detox](#) 480 capsules **or...**

2 x [BodiClenz Drink Powder](#) 500g pot

1 x [Ultimate Herbal SLIM](#) 480 capsules

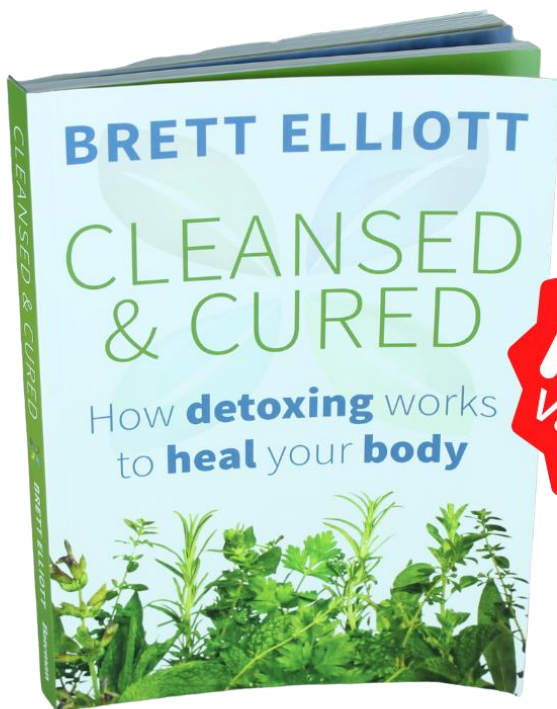
8 x [Ultimate Herbal BodiTune](#) sachets **or...**

8 x [BodiTune Drink Powder](#) 500g pots



FREE BONUS ITEM

You will also receive a FREE copy of Brett Elliott's 250 Page Glossy Colour Book '[Cleansed and Cured](#)' as a bonus. This book contains detailed information on all how a Detox program can trigger rapid healing in your body, research on the herbs and foods, plus Brett's favorite detox recipes.



The 10-week Program Outline

Perfect for a natural powerful inner body cleanse detox while helping to balance your metabolism.

IMPORTANT NOTE: Please read this entire user guide book before starting your program.

This program is designed for the person who wants to do a body cleanse detox, balance their metabolism and achieve substantial weight management. After the first 6-weeks of deep cleanse phase, you will continue for one month eating a little fish, brown rice, eggs and still follow a whole-food diet with lots of fresh produce.

Extra energy, metabolic balance, and craving control are provided, making your six-week detox and slim program a lot easier to complete. The added bonus of weight management herbs helps you achieve greater results. You can repeat this plan twice as a 4-month program if you have a real significant goal or health issue to address.

I hope you enjoy your program, *Brett Elliott*



Instructions – Part 1 - DETOX

For the first six weeks you will complete what's called the 14-Day Deep Cleanse program three times (Back-to-back).

You can do this with either the Ultimate Herbal DETOX capsules or the BodiClenz drink powder, depending on which option you choose.

If you have the Ultimate Herbal DETOX Capsules

Follow the 14-day Deep Cleanse dose plan:

- Day 1 to 4 – Take 5 capsules from each different bottle in the morning before breakfast.
- Day 5 to 14 – Take 5 capsules from each different bottle twice daily. Once in the morning before breakfast and again just before you go to sleep, take 5 capsules from each different bottle.

[You can view the Herbal DETOX user guide as a FREE Instant FlipBook Here](#)

Instructions – Part 1 - DETOX

If you have the Ultimate Herbal BodiClenz drink powder you will complete the 3 pots over 6 weeks.

Follow the 14-day Deep Cleanse detox dose plan:

- Day 1 to 14 - Take 1 scoop of powder in a smoothie each morning, and again at lunchtime, and follow the 'Ultimate 7 BodiClenz Recipes'

[Click here to see the 7 Ultimate BodiClenz Recipes](#)



Instructions – Part 1 - DETOX

Alongside the Ultimate Herbal DETOX capsules or BodiClenz drinks you will also consume the BodiTune drink powder as either sachets or as a powder pot.

Follow the Steady dose plan:

- 2 sachets or scoops of BodiTune Detox 'n Slim protein drink powder, making 500ml each. Preferably take these in the early afternoon in place of snacks or other drinks.

[Click here to see the Ultimate BodiTune User Guide and an Instant FREE Flipbook](#)



Instructions – Part 2 - SLIM

After 4 weeks of inner body cleansing you are now ready for a metabolic tune up. You will consume all the Ultimate Herbal SLIM 480 capsules over 30 days.

The Ultimate Herbal SLIM provides four parts including two products [XtraFood](#) and [Thermogenik](#) for energy and metabolism, triggering more fat burning and a higher metabolic rate. The other two products are [Cleansa](#) for digestive regularity and [Satisfied](#) to reduce hunger cravings, especially for sugar.



Diet Plan

1.

2.

3.



Instructions – Part 2 - SLIM

Over 30 days you will take 4 capsules from each bottle of the Ultimate Herbal SLIM. There is an optimal time of day to take each one which I will outline below.

XtraFood and **Thermogenik** are best taken in the morning along with a smoothie.

Satisfied is a craving cutter and best taken 30 minutes before your dinner or your daily, weak 'snack moments' Early afternoon or evening are also classic snack times.

Cleansa is a bowel regulator, best taken at bedtime.

[Click here to view the Ultimate Herbal SLIM User guide as an instant FREE FlipBook](#)



Instructions – Part 2 - SLIM

Once again, alongside the Ultimate Herbal SLIM capsules you will also consume the BodiTune drink powder as either sachets or a powder pot.

Follow the Steady dose plan:

- 5-6 Sachets or scoops of BodiTune Detox 'n Slim protein drink powder, making 500ml each.
Preferably take these in the morning and in the afternoon in place of breakfast, lunch & snacks.

[Click here to see the Ultimate BodiTune User Guide and an Instant FREE Flipbook](#)





For more food ideas visit
www.brettelliott.com/food

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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.

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