



BRETT ELLIOTT

Ultimate Herbal Health

7-DAY GREEN POWER DETOX



by Brett Elliott - Medical Herbalist

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The Ultimate 7-Day 'Green Power-Detox' Outlined

Early 2020, I tested the detox program for the first time with a 100% purely green-food diet and the results were amazing. Most noticeable was the increased energy, clarity, and a sense of deep inner peace, along with an almost spiritual sense of light energy within my body.

This does all happen normally with the herbal detox program, but this time it was more profound than ever. I put that down to the green food's very high light/chlorophyll content. [Read more about this here.](#)

The program simply involves a very high dose of the herbs and a super clear focus on your food for 1 week. It's not as hard as it sounds, once you get started.

The full plan is outlined on the following pages.



What Does a 7-Day Green Power Cleanse Involve?

The effect of this program is to trigger rapid and powerful healing processes in the body, increase energy, and lose some weight very quickly.

The secret is, to keep it simple. The food will be 90% raw, with a few lightly cooked vegetables, and involve a lot of liquids.

It is quite disciplined but you will feel so good, that by the time you finish you will probably feel like continuing with the food for another week.



Vegan
Ultimate Herbal
BodiClenz
Herbal Supplement

Vegan
Ultimate Herbal
DETOX
Herbal Supplement

Ultimate Herbal
DETOX
Herbal Supplement
HERBAL SUPPLEMENT

What Do I need

The 7-Day Power Detox can be completed with either the [Ultimate Herbal DETOX](#) capsules or the [Ultimate Herbal BodiClenz](#) drinks, both of which contain exactly the same herbal blend and dosage.

If you're doing the program with a partner then I recommend getting one of each type, so you can split the packs between you and have the smoothies in the morning and take the capsules at night.



Diet Plan

1.

2.

3.



Your normal Green Detox day

Breakfast: A green smoothie with either 40 herbal detox capsules or 2 scoops of BodiClenz Powder.

Lunch: Another green smoothie or green salad

Snacks: Apples, avocados, grapes, cucumber, pickles or olives.

Dinner: Very simple hot food, stir-fry or salad.

Green Juice or smoothie with 2 sachets/scoops of BodiClenz powder (if you are on the Detox drink version).

Bedtime: 40 herbal detox capsules if you're on the Detox capsules (if you are on the Detox capsule version)

Hunger should decrease after the first couple of days as live green food will dramatically increase your energy levels.



Green foods and green herb ideas

Click the links to research the health benefits.

[Aloe vera](#)

[Avocado](#)

[Broccoli](#)

[Brussel sprouts](#)

[Celery](#)

[Cucumber](#)

[Globe Artichoke](#)

[Green tea](#)

[Kale](#)

[Kiwifruit](#)

[Leek](#)

[Parsley](#)

[Spinach](#)

[Zucchini](#)

Other Green Foods and Herbs Include:

Apples (green), Asparagus, Basil leaf, Bean Sprouts, Cabbage, Capsicum (green), Chili (green), Chives, Cilantro leaf (coriander), Grapes (green), Gherkins, Green beans, Kiwifruit (green), Lettuce, Olives (green), Onions, Other Salad Greens, Peas, Rosemary leaf, Spring Onions, Thyme leaf

Now, let's look at some Green Recipe ideas you can use on your 7-Day Green Power Cleanse



These are just some ideas, but you could make all kinds of smoothies, salads, stir-fries, and soups using the above ingredients. Click the links to see full recipes.

[Kale and Lime smoothie](#)

[Mashed Cauliflower](#)

[Cauliflower rice and Brussel sprouts](#)

[Tangy mint Guacamole](#)

[Avocado, Broccoli, and Cucumber salad](#)

[Zucchini and Broccoli soup](#)

[Spicy Basil Pesto](#)



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

Select your program from
the drop down filters.

The Ultimate Herbal DETOX

Everything you need to complete your 7-day Green Power Detox including 24 Herbs in 480 capsules.

[You can get your Ultimate Herbal Detox program here](#)



The Ultimate Herbal DETOX

Everything you need to complete your 7-day Green Power Detox including 24 Herbs in a 500g powder pot.

[Get your Ultimate Herbal BodiClenz program here](#)



Brett Explains

Visit Brett's full website and see the video where Brett explains how the Green Power Detox can trigger the rapid healing process.

[Watch the Video here](#)



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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