



BRETT ELLIOTT
Ultimate Herbal Health

BodiTune

User Guide & Recipe Book



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BodiTune – DETOX 'n SLIM Program Explained

Not only does BodiTune detox smoothie combine all of the 40 ultimate detox and weight management herbs, but it also provides 7.5gm of protein, the equivalent of 2 eggs per serving. Now you can boost your protein intake and maintain your ideal detox and slim program continuously, in between the annual intensive programs.

[The Ultimate BodiTune DETOX 'n SLIM](#) herbal protein drink keeps you on track, all for less than the cost of a daily take-out coffee.



What BodiTune includes

- [32 sachets](#) of BodiTune DETOX 'n SLIM protein drink, or [500g or 1kg pots](#) of powder
- Each serving contains 15 grams of vegan 50/50 herbal/protein mix, with 7.5g plant protein
- Recipe leaflet with drink recipe ideas
- Other lifestyle tips, plus food do's and don'ts
- Shopping list
- Live Chat online support





Ingredients and Research

BodiTune contains 40 natural plant ingredients,
Click the ingredient names to read research.

- Pea protein
- Rice Protein
- [Pineapple extract](#) (Bromelain)
- [Orange peel](#) (synephrine)
- [Papaya](#)
- [Kiwifruit](#)
- Banana
- [Bilberry](#)
- Acacia gum
- Guar gum
- [Psyllium Husk](#)
- [Cascara bark](#)
- [Wormwood bark](#)
- [Black Walnut Hulls](#)
- [Fennel seed](#)
- [Turkish rhubarb root](#)
- [Slippery Elm bark](#)
- [Cloves](#)

- [Peppermint leaf](#)
- [Ginger root](#)
- [Cayenne fruit](#)
- [Licorice root](#)
- Spirulina
- [Barley grass](#)
- Kelp
- [Dandelion root](#)
- [Milk thistle seed](#)
- [Goldenseal Root](#)
- [Wild Yam Root](#)
- [Black pepper](#)
- [Guarana Seed](#)
- [Bitter orange](#)
- [Green Tea](#)
- [Garcinia herb](#)
- [Caralluma root](#)
- [Gymnema herb](#)
- [Beetroot](#)
- Alfalfa leaf
- [Kidney Bean](#)
- [Mineral Chromium polynicotinate](#)



Choosing A Plan

There are three dose plans to choose from, so it's a matter of deciding which one best suits your goals.

Rapid Plan: 4-6 Sachets

This is the ultimate detox and weight loss plan "all in one". By taking 4-6 sachets daily you will give your body all it needs to cleanse the colon, liver and other organs of build-up and toxins, give your metabolism a huge boost and get blood sugar and cravings balanced.

Set your goals, focus on consuming just the smoothie recipes, as well as more on our website, to help you get there fast. If you want to lose ½-1kg per week, or if you prefer to use a drink powder instead of taking capsules, then this is the plan for you. Once you find your body is following a steady pattern of weight loss then you can drop back to the steady plan.

Steady Plan: 2-4 Sachets

2-4 sachets daily will give you nice steady energy during the day and provide a gradual balancing effect.

Depending on your body

size and type you could lose around ½kg per week on this plan.

The steady plan helps avoid any rebound effect and gives your body the time it needs to find metabolic balance, while you practise the good eating and lifestyle habits recommended throughout this leaflet.

This is my favourite plan to use alongside the Ultimate Herbal DETOX or Ultimate Herbal SLIM programs. If you take the capsules plus have two BodiTune sachets daily your energy will increase while your appetite will be reduced naturally. Steady is good.

Maintenance Plan: 1-2 Sachets

Use the BodiTune maintenance plan in between your annual 14 day DETOX or 60 day SLIM program for maintaining health, energy, digestion and ideal weight. A car needs regular maintenance because it gets used every day, it combusts fuel and it has many moving parts. Why should our bodies be any different? We shop for food, but sometimes we go for convenience. The herbal ingredients in BodiTune provide us with the missing bits. The ultimate activating factors to our metabolism are found in 1-2 BodiTune servings daily.

How to take it

Just add Water

Simply tip the contents of one sachet into a glass of water or sipper bottle. Stir or shake. Leave it a minute if you like a slightly thicker consistency. If you're in a hurry, running late, finished at the gym, on the go, need a quick energy boost, want to curb cravings or are travelling... just add water. It's a protein hit with herbal support of digestion, blood sugar balance and metabolic rate.



The Ultimate Brett Elliott Clean Drink Bottle

The ideal drink buddy on your Detox or Slim program.

- Double-lined, vacuum insulated
- 18/8 food-grade stainless steel
- 500ml capacity
- 8-10 hours cold or hot drink
- Leak-proof, screw sealed, Chugalug spout for smoothies
- Steel sports carry handle for strapping on when out and about
- Built to last a lifetime
- Manufactured clean and green

[Click Here to purchase](#)



Stirred or Shaken into Juice

Stir into juice such as orange, apple, mango, grapefruit, pineapple, grape, cranberry, blackcurrant or even lemon juice. You might like to make your own fresh juice combination from fruit or vegetables of your choice.

With Milk

Shake or stir into full fat milk, soya milk, rice, almond or coconut milk for the ultimate herbal milkshake. Just as quick as mixing with water, plus gives a longer lasting fullness until your next healthy meal.

**Visit www.brettelliott.com/food
for many more recipe and videos**

A collection of four glasses filled with smoothies of different colors: pink, green, red, and orange. The glasses are arranged on a wooden surface, surrounded by fresh ingredients like kiwi slices, tomatoes, lemons, and oranges. The background is softly blurred, showing more of the same ingredients.

BodiTune Smoothie Recipes

General Fruit Smoothie

Choose your favourite fruits. Add 2 cups of chopped fruit with 4-6 cubes of ice, 200ml filtered water, and 1-2 servings of BodiTune, and blend.

Quick, simple and very nice.



Chocolate and Orange Smoothie

Mix 1 whole Orange with skin on, 1 peeled Banana (use an apple if on a 14-day) 1 cup of plain unsweetened yogurt, 2 tsp honey, 3 dstspn of raw organic Cacao powder 1/2 cup coconut milk, 6-8 large mint leaves, 6-8 cubes ice, 1-2 serves of BodiTune. Blend until smooth.



Green Smoothie

Mix 2 to 3 crunchy Kale leaves (or a bunch of spinach), 1 lime or lemon with skin, 1 inch ring of fresh pineapple, One green apple, 1/2 stalk of celery, A thumb sized piece of fresh Ginger, 200ml of Water, 6 to 8 cubes of ice, with 1-2 servings of BodiTune. Blend until smooth.



Beetroot Smoothie

A deep red *superfood smoothie* which is great for your liver and blood. 1/2 of a large Beetroot, 1 x Grapefruit with skin, One carrot, A thumb sized piece of fresh Ginger, Bunch of Cilantro, 6 to 8 cubes of ice, 200ml of water, 1-2 servings of BodiTune. Blend until smooth.



Tangy Lemon Whip

An *amazingly refreshing* smoothie to have on those hot summer days, rich in flavanoids and great for your liver. Mix two whole lemons with skin on, one banana, 200ml plain yoghurt, 200ml coconut milk with 1-2 servings of BodiTune. Blend until smooth.



Mixed Berry Smoothie

Mix 200ml Plain Yogurt, 1 cup fresh or frozen berries (strawberries, blueberries, raspberries, boysenberries), 150ml dark Grape Juice, 100ml Water or Milk to taste, Raw cacao powder to taste, with 1-2 servings of BodiTune. Blend until smooth.



Shopping List for 1 week of Smoothies

- 1 x Red Apple
- 1 x Green Apple
- 1 x Avocado
- 2 x Banana
- Mixed Berries (Strawberries, Raspberries, Blueberries, Blackberries)
- 1 x Whole Beetroot
- 1 x Carrot
- Raw Cocoa powder
- 400ml Coconut Milk
- Fresh Ginger
- 1 Litre Grape Juice
- 1 x Grapefruit
- Stevia or Honey
- Kale or Spinach – Fresh Leaves
- 2 x Lemons
- Fresh Mint and Cilantro (Coriander)
- 1 x Orange
- 1 x Pineapple
- 1 litre Plain Yoghurt

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](#) [Visit Brett Elliott's Website](#)
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