

# THE ULTIMATE HERBAL ADDICTION & WITHDRAWALS PROGRAM



by Brett Elliott - Medical Herbalist

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#### Introduction

In this book, I will discuss some natural ways to break free from addictive patterns and behaviour, and how to reduce withdrawal symptoms and headaches, plus share some foods and herbs you can use at home as a detox program to get you through this entire process. You can click the links throughout this book to skip to any topic or to visit our website for deeper information on the herbs, foods and products revealed.

However, I highly recommend working through this program in a step-by-step fashion and following my guidelines to the letter. This will ensure you get the best result and find the freedom you have been looking for. As an ex-addict myself I can assure you, I understand the process. If you are committed and follow through, you can have some real faith in this program working for you, and I will be with you every step of the way. Many Blessings, *Brett Elliott* 

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<u>Ultimate Herbal Program</u>

# What is actually behind the problem and what's the underlying cause?

It could be said that the moment we start to walk and talk we start feeling disappointed with the world. Things seem to continually let us down, whether it be relationships with siblings or parents, material desires, or social and academic success at school. We are always looking for more satisfaction, and always left wanting. Adult life is no different, and in-fact it can be a lot more stressful, demanding and disappointing. Bad things happen, and something always feels like it's missing.

The modern diet, processed foods, and supermarket products are also greatly deficient and leave us always looking for more nutrition. They are hollow foods, devoid of proper nutrients and life force. Our bodies are not given what they need in our diets and then the medical system is left to pick up the pieces. The modern healthcare system is desperately missing what we need.



They only offer hollow drugs, such as pain killers, antidepressants, and anti-psychotic drugs. None of these provide any healing power and often just start us on another addictive pattern.

Everything we try takes us up a road to nowhere, only to bring us crashing down the very next day, creating ever increasing dependence. Our entire society fails us and there seems to be no other way to find some kind of temporary happiness than to join the mass delusion into substance use of some kind.

This approach leaves us with a void that is always left empty inside us, and even more greatly aware of the failure of our world to fill it. Interestingly, there are a lot less addictions and mental illnesses in religions, and spiritual circles, but often we don't fit in with them either, or we just don't believe, so where do we turn?

Temptations abound and in our moments of weakness and the substances that offer a 'quick fix' find their way into our lives. The list is long, but I will mention just a few that we can hope to deal with on this program.

- Sugar (Fizzy drink and sweets)
- Junk Foods (e.g. Chocolate and ice-cream)
- Caffeine (coffee and coke)
- Alcohol
- Tobacco (or Nicotine)
- Recreational drugs (Cannabis, party pills etc)
- Hard drugs (Amphetamines, Cocaine etc)

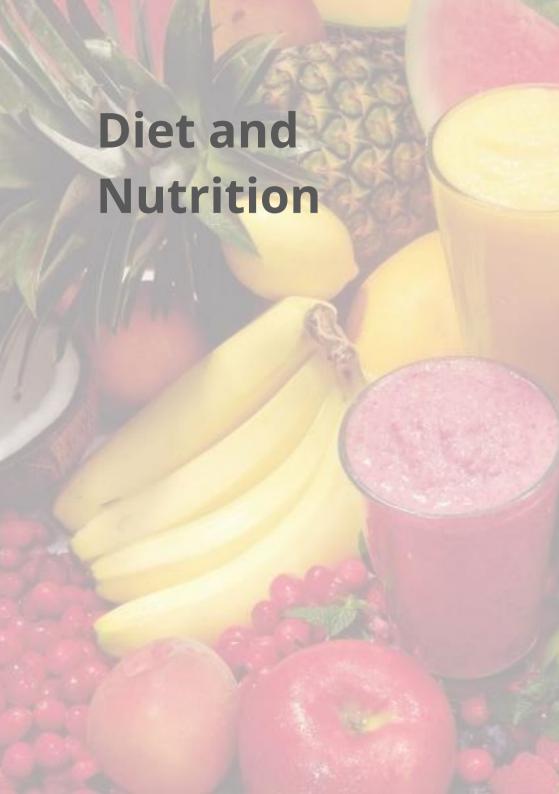
## Where addiction begins

Here, I will talk briefly about a couple of these substances above, but not necessarily the most obvious, like alcohol and tobacco. These substances all fall into the same category as addictive, and have similar yet increasing effects on us. Our addictive patterns have usually developed from early in life beginning with a the very simple things like sugar, junk foods caffeine, alcohol and tobacco. Other drugs come later, as a continuation of our already habituated brain.



For example, in animal studies, sugar has been found to produce drug-like effects, including bingeing, craving, tolerance, withdrawal, dependence, reward, and opioid effects. Sugar addiction seems to be a dependence on the natural brain opioids (opium-like hormones) that get released upon sugar intake. In both animals and humans, the evidence in the literature shows substantial parallels and overlap between drugs of abuse and simple sugar, from the standpoint of both brain neurochemistry and behaviour. (1)

Because up to 90% of the food sold in our supermarkets is classified as processed junk food and sugar is the most common ingredient, you can see how the cycle begins. This addictive pattern then becomes a vicious cycle and grows with every round of sugar, added caffeine, or any other stimulant, flavour enhancer, or 'drug like' substance. The food manufacturers all want us addicted to their products, not to mention the device manufacturers. Food is where it all begins, so food is where we must begin also.



## **Kicking an Addictive Habit Using Food**

There are some simple steps you can take to get off addictive substances, starting with blood sugar balance.

- Don't go cold turkey, but gradually wean yourself off the any substance by introducing more, low wholefoods, and medicinal herbs over time.
- Keep the Brain supplied with a steady supply of natural sugar by consuming small amounts often. Eating fruit is a good way to do this (not processed food).
- 3. Introduce more 'good fat' into your meals. This will give you slower releasing energy, reducing the sugar spike after eating.

Let's add a little more explanation to each of these points.

## 1. Don't go cold turkey, but gradually wean yourself off the processed foods.

Rather than simply deciding to quit processed foods overnight, it's a much safer bet to gradually wean yourself off high sugar foods first. The foods of real concern are usually man-made, factory processed foods with added refined sugar, or sugar substitutes.

If you can choose one processed food to eliminate each week and replace it with whole, natural food, you will make great steps towards quitting addictive habits and stabilising your brain chemistry. Choosing foods that are middle of the Glycaemic index would be a good place to start, such as fruits and dried fruits, pickles, nuts, and dairy products.

Understanding the way foods fit into the sugar scale, or 'Glycaemic Index' will be helpful when choosing your foods, as that's behind the drug like effect of food.



#### What is the Glycaemic Index?

The Glycaemic Index (GI) rates foods according to the amount and speed with which they raise blood sugars from 1 to very low, up to 100 for pure sucrose (table sugar). Refined sugar has a high Glycaemic Index because it speedily enters the blood.

Many vegetables have a low GI, while breakfast cereals, bread, and snack foods are very high. What these processed carbohydrate-based foods do is give the brain a quick fix of sugar and trigger the reward (addiction) system in the brain.



## 2. Keep the Brain supplied with a steady flow of natural sugar.

It's not necessarily the energy that our 'body' receives that's addictive, but more likely the feel-good hormonal effect on our 'brain'. It's the brain we need to feed slowly and steadily with low GI foods.

Therefore low GI foods which have a lower amount of sugar will need to be constantly drip-fed into our body almost hourly, to keep the brain nice and stable. A piece of fruit every hour or two should do the trick. We won't

get the temporary rush or high experienced by high GI foods, but we will still have a nice steady supply of energy for our brain. This will gradually reduce the addictive eating pattern and re-program behaviour.

#### Learn more about Glycaemic Index foods here

I always suggest a green smoothie or a berry and protein smoothie in the mornings as a great way to replace things like processed cereals and toast.

#### Check out my smoothie recipes here





This approach will be giving our body all the energy it needs to perform our daily physical tasks. A good old-fashioned fruit bowl is a great place to start. Nuts, prunes, dates, raisins, olives, pickled onions, and cherry tomatoes also make good snacks to keep the brain ticking steadily.

Getting these blood sugar levels under control is the first important step to help stabilise the brain and assist with any addictive behaviour.

Read more about Kicking Sugar Here



#### 3. Introduce more 'good fats' and into your meals.

The "Low Fat" food craze has been closely followed by increased sugar addiction, and obesity rates pointing to a complete failure of the low-fat diet trend. This is because, low-fat foods usually have much higher sugar levels and higher GI than full-fat foods. Low-fat dairy products are a classic example.

In a new study published in the Journal of Circulation,
Dr. Dariush Mozaffarian and his colleagues analyzed the

blood of 3,333 adults enrolled in the Nurses' Health
Study of Health Professionals Follow-up Study taken
over 15 years. They found that people who had higher
levels of three different by-products of full-fat dairy had,
on average, a 46% lower risk of getting diabetes during
the study period than those with lower fat levels. (2)

Low-fat milk (like other low-fat foods) has a higher Glycemic Index (GI) indicating full-fat dairy is actually better for you.



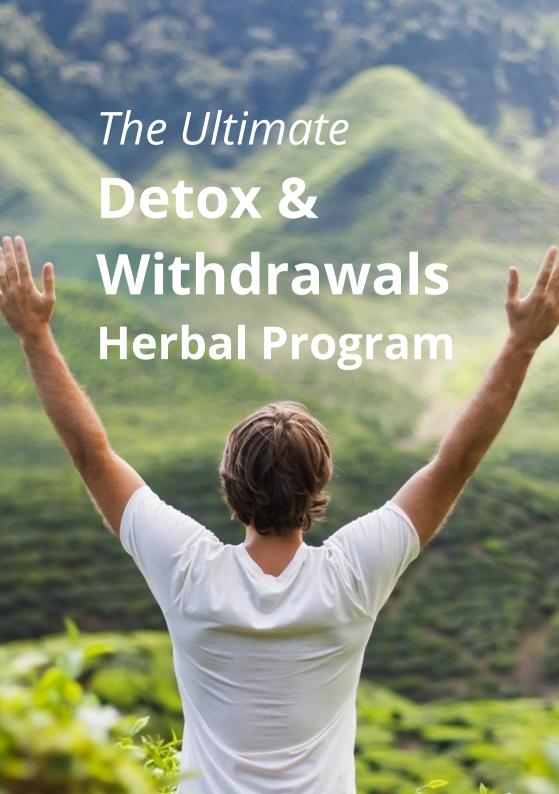
**Good fats include these foods:** Avocado, Coconut products (oil, cream, milk, and yogurt), soya products,

most nuts, full-fat organic dairy products, oily fish, and cold-pressed olive oil. Read More About Good Fats Here

There is also a lot more great dietary advice available on my website. To visit the articles page and select the 'diet and nutrition' category <u>Click Here</u>

You will get a full eating and recipe plan if you decide to go ahead with the full program.

It's now time to look at the medicinal herbs you can use



# The One-Month Ultimate Herbal Addiction & Withdrawals Program

If you're trying to quit an addictive substance or bad habit and want to manage the inevitable detox withdrawal symptoms, you've come to the right place.

As a Medical Herbalist of over 25 years I have seen thousands of people succeed with their goals by using herbal medicines.

Herbs in your food and used medicinally can be a revelation when it comes to what our body is missing. You will find most of my recipes are full of herbs and spices. The not only protect the heart and other organs but have incredible healing effects on the brain and nervous system.

One of the most common reasons for an ongoing addiction pattern are the 'withdrawal headaches'.



The Ultimate Herbal Detox Withdrawal program is especially good for helping reduce migraines and long-term tension and withdrawal headaches, as it contains a specific liquid medicine for brain health, called BrainGlo.

## Read More About Controlling Detox Headaches Here

Read on and you will find links to dozens of incredible herbs that make up the Ultimate Herbal Addiction and Withdrawal Program.

You have just discovered a herbal goldmine.



#### **ADDICTION & WITHDRAWALS PROGRAM CONTENTS:**

- 1 x <u>BrainGlo 500ml Liquid Formulation</u> *Value* **\$149.00**
- 1 x Satisfed (120 Capsules) Value \$75.00
- 1 x Satisfed 100g Loose Leaf tea Value \$27.50
- 1 x <u>Ultimate Herbal Detox Capsules</u> or 1 x BodiClenz

Powder or 1 x BodiTune Powder Value \$119-199.00

Total Individual Value NZD \$450.00

Combo Deal Price NZD \$188.00-337.00.

Combo Savings 25% (**Save up to \$112.00**)

**CLICK HERE TO BUY COMBO DEAL NOW** 

# The Ultimate One-Month Addiction & Withdrawals Program

## The Individual Parts in Depth



**PART 1. BrainGlo Liquid Formulation** 

Unlike other liquids that are around, Brett Elliott's

Ultimate Herbal BrainGlo is 100% herbal and made with
clinical strength herbal extracts, made right here in New

Zealand. The herbs can help improve the health of the entire Brain and assist with healthy circulation, hormonal balance, and cognition within the brain.

Brainglo contains a blend of key tonic herbs to help protect and support brain health. It can be used over the long term as a tonic, or in short bursts for detox headache relief.

#### **Ingredients**

It contains a blend of the following herbal extracts in a base of pure New Zealand bush honey.

Click the names to read more about each ingredient.

- NZ Bush Honey
- Licorice Great for energy, stamina, and blood sugar balance.
- Bacopa Administration of BM appears to nourish rather than deplete neurons, an action compatible with 1400 years of Ayurvedic study.



- Ginkgo Biloba Inhibits platelet aggregation to reduce blood viscosity, improves circulation. (4)
- Gotu Kola Studies have shown Gotu Kola to revitalize the brain and nervous system, increase attention span and concentration, and combat aging. (5)

- St John's wort Helps to keep serotonin
   available in neuron synapses (spaces between
   nerve endings) of the brain. St John's wort
   protects the liver, nourishes, repairs, calms the
   entire nervous system, and relieves pain. (6)
- Bilberry Blueberry intake has been shown to increase brain activity, memory, and learning and to decrease age-related cognitive decline. Cognitive performance in elderly adults improved after 12 weeks of daily intake of blueberry. (7)





- Turmeric Strong anti-inflammatory, digestive, and liver support, blood thinning. (8)
- Feverfew Grow feverfew in the garden and chew on a few leaves when you experience a headache begin. It is thought to work by inhibiting the generation and release of proinflammatory prostaglandins. Feverfew has also been shown to inhibit serotonin release from platelets, aiding blood vessel tone and

constriction. This is a very bitter herb that promotes digestive secretions for improved food assimilation. Feverfew can also be taken prophylactically (as a preventative) – consume 2 to 3 leaves every day to reduce the frequency of headaches. (9)

- Saffron The active components in saffron
  protect neurons in the brain and increase the
  concentration of neurotransmitters in the
  synapses, thus enhancing cognitive function. (10)
- Ginger Another plant that improves blood circulation; inhibits thromboxane and other prostaglandins. Relieves inflammation, nausea, and vomiting. (11)

Take 10ml BrainGlo twice daily or 5ml four times daily, depending on the frequency of headaches.

Click here to buy just BrainGlo 'Detox Headache' Liquid formulation as a single item.



**PART 2. Satisfed Capsules** 

Satisfed plays an important role in controlling hunger, blood sugar levels, and emotional food cravings.

Just four capsules daily 1/2 hour prior to the most common craving periods are effective at reducing bad habits, or 1/2 hour before meals to reduce serving size. Click the ingredients' names to see further research.

#### **Ingredients:**

- Caralluma (Caralluma fimbriata) In Western
  India, Caralluma Fimbriata is well known as a
  famine food, appetite suppressant, and
  thirst quencher. The green follicles are eaten,
  boiled and salted. It also finds use today as an
  appetite suppressant and famine food during
  times of famine, in the semi-arid regions of
  India. (12)
- Gymnema (Gymnema sylvestre) Many studies
  have been published on the effects of gymnema.
  They have shown the plant to reduce excessive
  appetite, fatigue, and blood glucose
  concentration (13)

Take 2 capsules twice daily before meals and craving times.

Read more about Satisfed Capsules or Buy them Here



- Coleus forskohlii (Plectranthus barbatus) It may stimulate the release of fatty acids from adipose tissue, which results in increased thermogenesis, loss of body fat, and theoretically increased lean body mass. (14)
- Chromium polynicotinate If the body is supplied
  with chromium a healthy blood sugar balance is
  more easily maintained because the body is able
  to utilize more sugar for energy into the cells
  where it is needed. (15)



#### **PART 3. Satisfed Herbal Tea Blend**

A delicious blend of Green tea, Yerba Mate and Stevia. It's the ideal herbal tea to replace sugary drinks, reduce cravings and increase positivity. A **blend** of herbs to help improve brain function and increase metabolic energy. The ideal strategy to combat food cravings, emotional eating, and other addictive behaviours. Best taken during the afternoons to reduce midday snack cravings.



#### **Ingredients:**

- Green Tea Clinical studies suggest that green tea extract may boost metabolism and help burn fat. Green tea has been used traditionally to control blood sugar levels. (16)
- Yerba Mate The reported effects include improved total mood disturbance score, increased focus, alertness, and energy, and decreased fatigue in habitual caffeine consumers. Modifying behavioural factors of mood state and appetite control. (17)



• **Stevia** – Used as a natural sweetener, Stevia contains a compound that is 200 x sweeter than sugar and when used can help to balance blood sugar and reduce hunger.

Read more about Satisfed Tea Blend or Buy it Here

Take 2-3 cups daily during high energy need, and concentration times. Brew for up to 10 minutes.



#### **PART 4. Herbal BodiTune**

Another option is to include BodiTune, which is 50% vegan protein and contains all 40 of the Detoxifying herbs, along with all of the craving control and appetite suppressants, which can be very helpful with conquering addictive or emotional eating habits.

1 scoop in your morning smoothie or in your shaker bottle during the day can make a huge difference to your energy levels and cravings throughout the entire day. It comes with its own recipe guide.

Read more about BodiTune drink powder or Buy it here



#### **PART 4. Herbal DETOX Program or BodiClenz**

Lastly, the full detox program option is to get one of these Ultimate Herbal Detox 480 capsules or Herbal BodiClenz 500g drink powder included with your program for a 30-day gentle inner body cleanse.

Follow the 1 month Gentle Detox program guide.

This will focus your program more on the detoxifying and elimination of residues and by-products of substances and their long-term toxic effects. This option is a great choice if you want to quit for good and get clean, or if you are looking to get drug tested for a new job.

For a more long-term result. You can use the Detox option first for 4 weeks, then repeat the program again with the BodiTune option for another month to set your new 'good habits' in stone.

Good luck on your mission should you decide to accept it. We are here to help anytime via live chat, email or phone.

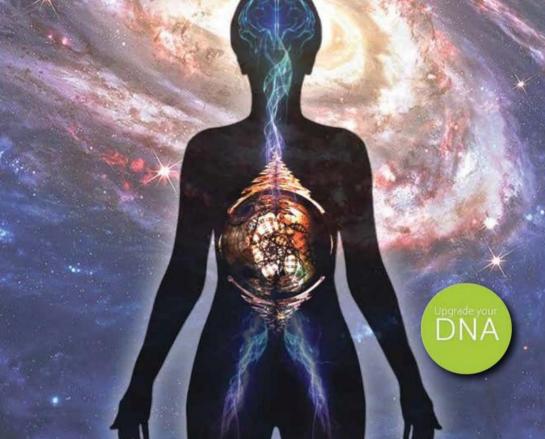


Get the Full 1-month Detox and Withdrawals Combo Program and Save up to NZD\$112.00

#### **CLICK HERE TO BUY COMBO DEAL NOW**

Please Note – Detox Capsules are Gelatin and BodiClenz drink is Vegan.





The effortless self-healing method

# The Unconditional Energy Healing Method

One of the things we established at the very beginning of this book, is how often the world lets us down, and how that can be at the very root of our addictive nature. Self-healing is really just using our own mind and spirit to heal our emotional and physical body by connecting us to a source of pure healing energy.

We know every living cell is instructed by a DNA code within, but are there new pieces of code we can receive and accept with our very own DNA to bring about absolute healing? Not some random event, but a carefully planned change that you take charge of by harmonising yourself with the great unconditional source.

The unconditional energy healing method challenges the boundaries of science and religion to merge. It gives us real power to not only heal ourselves but become directly attuned to a universal energy source of unparalleled potential, ultimately bringing us peace and health.

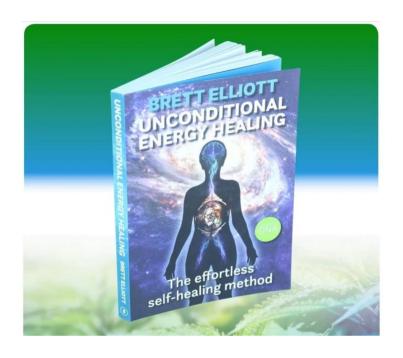
The Unconditional Energy Healing method is clearly explained using commonly accepted laws of physics in a way that empowers you to practise it yourself at home. Prepare to tap into and unlock your deepest healing power.

The great thing with this method is that anyone can do it, and no matter what your prior knowledge, experience of beliefs, it will work. Addiction is just another opportunity in life to learn and grow from.

I hope you have found some useful insights throughout this ebook and I do hope you will take action and gain the freedom and peace you deserve.

Many Blessings

Brett Elliott



Get the Unconditional Energy Healing Book Here

Find out about Live Workshops and Webinars Here

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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