

Brett Elliott's
Ultimate Herbal

Transform Yourself Program



USER GUIDE SHEET

All products included and used in succession over 2 months

Month 1 - Double Deep Cleanse



BodiClenz Drink 500g & Herbal DETOX 480 Capsules

Take 1 smoothie of BodiClenz and 5 capsules from each of the four Herbal Detox capsules daily

In the Morning: Make one smoothie with the 15g scoop of BodiClenz using the Ultimate 7 Smoothies recipe sheet. I recommend starting with the first recipe for 4 days, then moving on to the second recipe for another 4 days, and so on through the list.

During the Day: Eat light snacks of fresh fruit, or have a light salad. You are allowed coffee or tea.

Dinner: Choose from the 14-Day Detox recipes. (no bread, meat, nuts, seeds, grains, or any processed foods)

At Bedtime: Take 4 capsules from each of the four bottles in the Ultimate Herbal DETOX pack.

Read the Book



Month 2 - Rapid Slim Combo



BodiTune Drink 500g & Herbal SLIM 480 Capsules

Drink 1 BodiTune Smoothie daily, and 4 capsules of each of the four Ultimate Herbal Slim bottles daily.

In the Morning: Take 1 x 15g scoop of BodiTune powder in your morning (or lunchtime smoothie.) Choose from recipes in the BodiTune recipe sheet provided.

Take 4 x Thermogenik and 4 x XtraFood capsules with your morning BodiTune smoothie.

During the Day: Eat light snacks of fresh fruit, or have a light salad. You are allowed coffee or tea.

Take 4 x Satisfied capsules 1/2 hour before dinner or before your normal naughty snack time, afternoon or evening.

Dinner: Choose from the Herbal Slim recipes. (no bread, pasta, or any other processed foods at all)

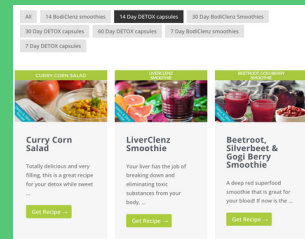
Take 4 x Cleansa capsules at bedtime.

Read the Book



Food Guide

You will find a food guide and some recipes provided within each program. You can also select your program on the recipe page www.brettelliott.com/food



Free Mobile App

'Detox 'n Heal Yourself'
Get everything you need in the palm of your hand.



iPhone



Android