

Achieve physical, emotional and mental clarity, receive all of your potential energy and allow your true inner light to shine.

DETOX

and Change Your Life

Discover how tens of thousands of people have changed their lives by completing a proper herbal DETOX program. Undergoing a natural colon cleanse while consuming nutrient rich foods can not only bring renewed and increased health, but actually change your life for the better, in many delightful and sometimes unexpected ways.

By Brett Elliott, Medical Herbalist

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Introduction

You are probably aware that your intestines act to break down food, absorb nutrients and eliminate waste. What is lesser known is that your intestines maintain fluid and electrolyte balance, and lymphatic drainage. This means that when your bowels become unclean and partially blocked, toxins begin to circulate in the body. “What you are is a sum of the parts that make you. If those parts are clean, pure, colourful and alive, then so will you be.” Consider these facts:

- 1. GLUTEN** - A mixture of flour and water was used as wallpaper glue for many years before modern paste became available. The binding and thickening effect of wheat and other gluten (glue) containing grains is widely known within the food industry. Scientific studies prove that gluten protein sticks and remains adhered to the intestinal wall causing celiac disease.
- 2. RED MEAT** - Human beings struggle to digest red meats since our digestive systems are ten times more alkaline than carnivores, which incidentally eat raw meat only. Up to 5 pounds of undigested red meat can putrefy in our intestines, weakening our immune system and feeding toxins into the body.
- 3. PARASITES** - There can be well over 100 different types of parasites and worms living in our bodies. Some are microscopic in size, while others can be seen with the naked eye. These organisms are prolific in our environment, in the air we breathe, the water we drink and in the food we eat.

4. DEAD FOOD – Processed and refined food products are virtually enzyme and nutrient dead. They do not provide you with the natural, living and life giving properties that real food should. Flavors, colors and artificial sweeteners found in processed, artificial, dead foods all contribute to your toxic load.

5. OTHER TOXINS – Pharmaceuticals, alcohol, tobacco, coffee, sugar, environmental chemicals, mental and emotional stress, over-work and fatigue all compound to create a toxic effect in your system.

A proper DETOX will address all of these areas and help you regain access to your complete energy supply. Toxicity happens to almost everybody sooner or later. Meats do not digest easily and refined grains leave a sticky glutinous residue on your intestinal wall. Therefore plaque gradually builds up, just as it does on our teeth with the modern diet. With continual sugar, alcohol, coffee, fries, meats and cheese, your intestinal organisms lose control. Parasites often take hold and your immune system becomes overloaded. Eventually, over the years, you accumulate a putrid toxic mass in the intestines, particularly in the areas of the small, transverse and sigmoid colons.

Whole, living, raw foods and special herbal combinations work to improve digestive secretions, such as bile and enzymes, increase bowel transit time, and speed up your metabolism. Your liver and kidneys are supported and their functions stimulated. The result for many people doing their first proper DETOX can be staggering. I have sometimes seen between 20 and 30 pounds of impactions removed during only 10 days on my DETOX program.

Below is an example of the kind of result possible with a proper DETOX. I know this can be shocking, but it's well worth knowing about.



Not everybody achieves this amount of clearance, but 10 pounds is the average result. You can imagine the benefits of removing this, such as possible reductions in the following: Acne, allergies, arthritis, asthma, back pain, bloating, boils, candida, constipation, eczema, fatigue, intestinal gas, gout, headaches, heartburn, indigestion, irritable bowel, lazy bowel, memory loss, mucous congestion, obesity, edema, palpitations, parasites, psoriasis, reflux, sinusitis, weight gain and many more.

How to detox properly

There are many different options available to you so I will explain why you should do it my way. A proper DETOX program will achieve proper results, it's that simple. Some of the other options include:

- LIVER DETOX: A great idea, but unless the build up is removed from the intestines the liver is continually fed more toxins, defeating the purpose of a liver detox.
- A HOMEOPATHIC DETOX: This works on your body vibrationally and may move heavy metals and stubborn chemicals from tissue. This method has merit, but it will work much better if the intestines, organs and blood have all been physically cleansed of solid build up first.
- FASTING WITHOUT FOOD: This definitely will allow your body the energy and space to release toxins. The problem with this method is that it does not remove intestinal impactions or provide nutritional support. Fatigue and dehydration can set in.
- COLONIC IRRIGATION: I highly recommend trying this out if you have not already. The only problem is that you miss the entire small intestine which is the longest part on your digestive system. Herbal Detox and colonic therapy make great partners.
- Other HERBAL DETOX PROGRAMS: Yes they will all help your body to some degree with elimination and detoxification. The key elements to look for are a strict diet plan, the herbal combinations must be natural, potent and at the optimum dosage. Avoid hard tablets, sugar syrups, meal replacement powders or liquids. They may not be natural ingredients or potent enough and may result in blood sugar imbalance and/or muscle wasting.

- My ULTIMATE HERBAL DETOX: This includes a strict, but enjoyable diet plan of whole, mostly raw, pure and natural unprocessed foods. It contains all natural powdered herbal ingredients in capsule form, gives high enough doses (up to 40 capsules daily) which can remove intestinal impactions, kill parasites and stimulate the liver, kidneys and support healthy digestion. It has 10 day, 25 day and 50 day options to suit individual requirements.

The ultimate herbal detox

The DETOX I have designed is called the Ultimate Herbal Detox.

Holistic Wellness is our official distributor, you can call Richard the managing director on 0800 DETOXX or visit website www.iherb.co.nz

Stage 1. PREPARATION

Over a period of three days you gradually eliminate all meats, processed food, legumes, nuts and grain products from your diet. This includes all breads, pasta, beans, cheese and any other refined, packaged, canned or preserved products. You may need to do this for up to a week to adjust fully before proceeding to stage 2. The longer your preparation is, the better your results will be. Up to two weeks can be necessary for some people.

Stage 2. BEGIN TAKING THE HERBS

I will discuss the herbs in detail later in this book. You will have over 20 herbs in combination and take up to 40 capsules daily. Take the herbs twice daily while following the strict diet and recipes provided. Transition into detox mode can sometimes mean passing through a short phase of headaches, nausea, agitation, fatigue, gas or bloating. This should not be uncomfortable and if so, the program should be

stopped for a day. If you are comfortable and get through the first three days of transition then you can move into stage 3.

Stage 3. DETOX

This is normally between day 4 and day 10 of my program. You should find that your bowel movements increase in urgency, size and frequency. Many people experience between 4 and 6 semi-solid bowel movements daily. Around day 8, 9 and 10 is when the real rewards often begin to appear. Impactions (or plaque as it is often referred to) can start to appear. The body can then detoxify on many levels, including liver, kidney and lymphatic system.

Stage 4. FOLLOW UP

It is important to get a good course of probiotics and keep the healthy diet going as long as possible. Immediately returning to a bad diet will not be received well by your body. People often improve long term eating habits after my DETOX.

Food for detox

Since modern food is a major source of our toxin build up, a return to raw, whole and unprocessed food is an important part of the DETOX program. You will get recipes with your program, but here is a list of foods I suggest you can use while completing my herbal DETOX.

JUICES

Juice combinations could contain the following: apple, beetroot, capsicum (bell pepper), carrot, celery, grape, grapefruit, lemon, mango, orange, papaya, pear, pineapple, tomato, wheatgrass or barley grass.

YOGHURT SMOOTHIES

This is a great way to start your day. Just take your favorite fruit (sorry no bananas as they are too starchy for this cleanse) and fruit juice and add some organic plain yoghurt. Throw in some spirulina, barley grass or wheat grass powder for more energy.

FRUIT SALADS

Try combining different fruit and cover with fruit juice and yoghurt. You can include oranges, lemons, pears, nectarines, plums, peaches, pineapple, kiwifruit, apples, mangoes, cherries, prunes, apricots, papaya, watermelon, all berries, (no bananas, too starchy).

VEGETABLE SALADS

These can include lettuce, cabbage, silver beet, tomato, avocado, spring onion, basil, chives, beetroot, broccoli, bean sprouts, carrot, rocket, parsley, coriander (cilantro), cucumber, cauliflower, mushrooms, celery, capsicum (bell pepper) and any green leafy vegetable. Dress with garlic, yoghurt, lemon juice, cold pressed olive oil, apple cider vinegar and herbs.

LIGHTLY STEAMED OR STIR FRIED VEGETABLES

Any of the vegetables above can be used, plus pumpkin, parsnip, eggplant (aubergine), zucchini (courgette, marrow), sweet potato, mushrooms, carrot, leek, broccoli, cauliflower.

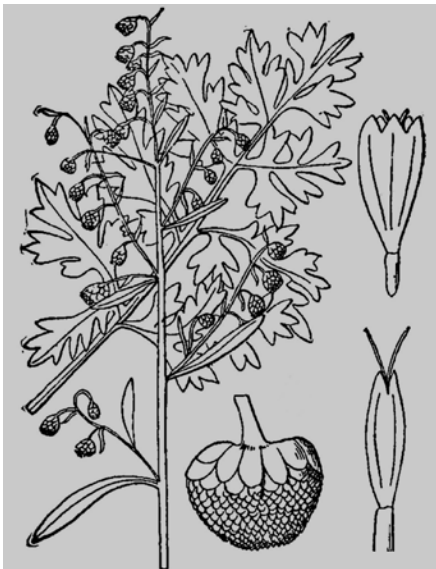
OTHER IDEAS

Vegetable soups can contain any of the above vegetables without flour, barley or split peas. Pumpkin or tomato soups are my favorite. Celery sticks with a little hummus, carrot sticks with guacamole (avocado and garlic dip); asparagus, cucumber or beetroot. Prunes, dates, figs, raisins, olives, gherkins or pickled onions are all OK in small amounts.

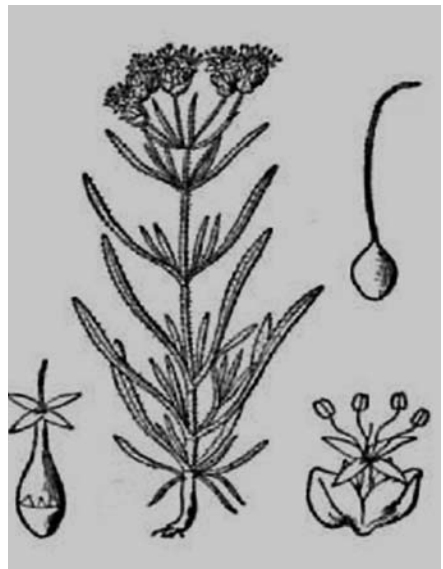
The ultimate herbs

WORMWOOD (*Artemisia absinthium*) “Digestive bitter”

As an appetite stimulant and enhancer of digestion, wormwood increases the secretion of digestive enzymes and bile from the liver. It stimulates peristalsis. Wormwood is excellent for those with sluggish digestion, toxins and congestion in the bowel, liver problems and a general feeling of being run down. Well known for killing worms.



Wormwood



Psyllium

PSYLLIUM (*Plantago psyllium*) “Bulking agent”

Psyllium seed husks are soluble dietary fiber. They are not digested in the small intestine, but are partially broken down in the colon. They act as a sponge, absorbing water and waste material in the bowels. This helps to clear toxins, preventing them from staying too long in the colon. Psyllium husks are very safe and are used by millions of people throughout the world as a natural alternative to some habit-forming laxatives.

CASCARA (*Rhamnus purshiana*) “Easy Elimination”

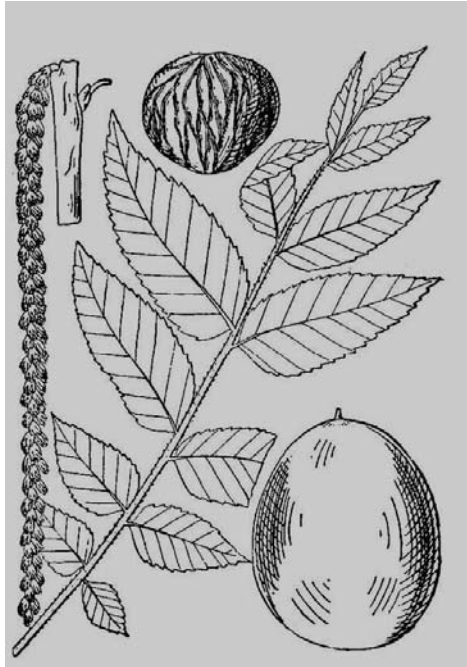
Used for centuries because of its natural cleansing properties, cascara is one of the world’s most popular herbs for encouraging healthy elimination, safely and naturally. Cascara sagrada nourishes and tones the sensitive tissues of the gastrointestinal tract helping improve peristalsis. This extremely bitter herb stimulates digestive secretions that help to improve digestive function.



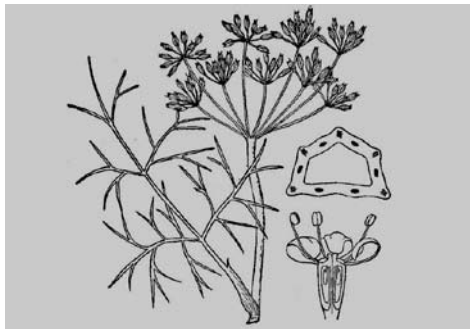
Cascara

BLACK WALNUT HULLS (*Juglans nigra*) “Kills worms”

Black Walnut has been used in herbal medicine as an astringent healer, laxative and a vermifuge (kills worms). It is used to expel tapeworms and other internal and external parasites. The American Medical Ethnobotany Reference Dictionary claims that the juice from black walnut hull is effective against ringworm. Black walnut’s anti-parasitic properties make it a perfect ingredient in my DETOX.



Black Walnut



Fennel

FENNEL SEED (*Foeniculum vulgare*) “Smooth digestion”

For centuries the seeds have been utilized to stimulate appetite and as a digestive aid to help with flatulence and indigestion. Fennel seeds often provide quick and effective relief from many digestive disorders. They help to overcome gas, cramps, acid indigestion, and many other digestive tract maladies. They soothe the detoxification process.

RHUBARB ROOT (*Rheum palmatum*) “Digestive tonic”

The root of Turkish rhubarb has been used traditionally to improve both digestion and loss of appetite. Rich in tannins that increase the flow of saliva and gastric secretions, it can be used as an astringent or stomach tonic at a low dosage to stop diarrhea. In army camps it was said to stop the deadly scourge of dysentery. It acts as a safe, effective laxative.



Rhubarb

SLIPPERY ELM (*Ulmus rubra*) “Soothing healer”

Slippery elm bark contains bioflavonoids, calcium, mucilage, starch, tannins and vitamin E. With high amounts of mucilage, slippery elm eases digestion and works with the body to draw out impurities and toxins, assisting with healing. Slippery elm’s tonic, coating action soothes the irritated tissues of the intestines, colon, urinary tract and stomach. Along with psyllium, slippery elm helps to give a sensation of fullness.



Cloves



Slippery Elm

CLOVES (*Syzygium aromaticum*) “Bug killer”

In China it is reported that cloves were taken over the centuries for diarrhea, most liver, stomach and bowel ailments, and as a stimulant for the nerves. Cloves have been used to treat flatulence, nausea and vomiting. In tropical Asia cloves have been given to treat malaria, cholera and tuberculosis, as well as scabies. Traditional uses in America include treating worms, viruses, candida and various bacterial and protozoan infections.

PEPPERMINT (*Mentha piperita*) “Anti-nausea”

Peppermint is a well known remedy for nausea, vomiting, indigestion, bloating and irritable bowel syndrome. Peppermint relieves gut cramping and gently stimulates digestive secretions. Several studies have shown oil of Peppermint to have a substantial spasmolytic effect on the smooth muscles of the gastrointestinal tract. (spasmolytic = stopping spasms).

LICORICE ROOT (*Glycyrrhiza glabra*) “Digestive tonic”

Licorice has been found to prevent ulcer development and protect the gastric mucosa from damage from aspirin and bile. The strong anti-inflammatory action of licorice also makes it useful for reflux. Licorice is included for its soothing effect on the digestive tract. It also protects the liver.

GINGER (*Zingiber officinale*) “Anti-nausea”

Ginger is a soothing, warming digestive support. It can be of great support for indigestion. Ginger can very often relieve mild nausea and stomach cramps. The pungent content of ginger increases the activity of the digestive tract and is particularly helpful in digesting rich, fatty foods.



Peppermint



Licorice



Ginger



Cayenne



Kiwifruit



Guar Gum

CAYENNE (*Capsicum annuum*) “Digestive stimulant”

When many people think of cayenne they think of burning pain. Of course, in high doses this is true. However in small amounts cayenne can actually have a relieving effect on pain and has traditionally been used to treat stomach ulcers. In the digestive system cayenne is also useful for improving digestion and absorption of nutrients. I encourage you to try the Herbal Detox kit as most often digestive pain is relieved.

KIWIFRUIT (*Actinidia chinensis*) “Super-food, super-antioxidant”

Research shows that the kiwifruit was able to boost the natural defenses of the body, improve muscle performance and digestive health, reduce cell damage and inflammation. This supports previous reports that the fruit has powers not unlike other “super-foods” like blueberries, pomegranates, spinach, and spirulina. The study suggests that kiwifruit can increase the body’s natural response triggers that are associated with afflictions and diseases such as diabetes, arthritis, obesity, heart disease, and cancer. It is a powerful antioxidant.

GUAR GUM (*Mopsis tetragonoloba*) “Soluble fiber”

Guar gum has similar properties to psyllium in that it provides soluble fiber for cleansing the digestive tract. Guar gum is included to compliment and assist the psyllium seed. It has the added benefit of blood sugar stabilizing effects helping control appetite.



Carob



Barley Grass



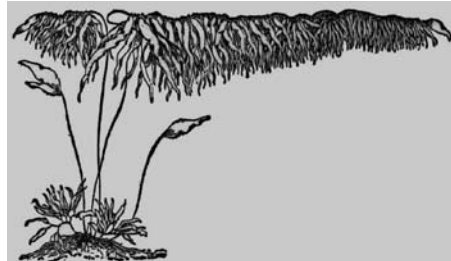
Dandelion



Bilberry



Milk Thistle



Kelp



Golden Seal

CAROB (*Ceratonia siliqua*) “Blood sugar support”

Perhaps more well know as a chocolate substitute this pleasant tasting bean is another soluble fibre component of Gentlelax. Like all soluble fibre it has the quality of not only lowering cholesterol and blood fats, but soluble fibre also balances blood sugars.

BARLEY GRASS (*Hordeum vulgare*) “Liver detoxifier”

Barley grass has one of the highest natural levels of the enzyme SOD (superoxide dismutase), which is a powerful antioxidant and anti-inflammatory agent supporting phase 2 liver detoxification. It is rich in vitamins and minerals and is classed a superfood. Barley grass is alkalizing and is high in chlorophyll which is a natural detoxifier that rids the intestines of stored toxins.

DANDELION (*Taraxacum officinale*) “Gall bladder tonic”

Dandelion root is a gallbladder tonic and nutritive. It is useful for improving digestion, supporting liver detoxification and improving gall bladder and liver function. It helps indigestion and helps relieve constipation. Dandelion root also contains inulin which stimulates the

growth of the beneficial gut bacteria Bifidobacterium and decreases detrimental gram positive and cocci microorganisms.

BILBERRY (*Vaccinium myrtillus*) “Antioxidant”

Bilberries are commonly known as blueberries. These dark blue berries are full of nutrients and high in bioflavonoids. Bilberry powder is included in my DETOX as a wonderful antioxidant-rich food that benefits the entire body. Studies show that Bilberry protects the liver from damage by scavenging free radicals, which is helpful during the DETOX.

KELP (*Macrocystis pyrifera*) “Multi-mineral”

Kelp is included as another super-food. It is a complete multi-mineral provider and helps balance energy levels and sugar cravings. It has the added benefit of boosting metabolism by supplying the thyroid with iodine.

MILK THISTLE (*Silybum marianum*) “Liver tonic”

The king of liver tonic herbs! Milk thistle has been studied and shown to improve liver function dramatically which helps the body rid toxins from circulation into the bowels. Because the DETOX allows stored toxins to be released, it is important to support the liver.

GOLDEN SEAL (*Hydrastis canadensis*) “Digestive tonic”

The bitter and antiseptic properties of goldenseal make it one of the most popular herbs on the market. It is known for its liver stimulant, digestive antiseptic and tonic properties. It helps protect and nourish the entire digestive system and reduces bacterial, fungal and microbial infestation of the gut. It is one of my all time favourite herbs and an important addition to the DETOX program.

THE NEXT LEVEL

Toxins come in many forms. Everything from drugs, alcohol, cigarettes, exhaust fumes and artificial foods through to less commonly thought of toxins such as noise, low grade media, negative emotions and even thoughts. A toxin can be seen as anything that serves no beneficial purpose within you but instead actually interferes with healthy functions and disrupts internal communications. Have you ever had interference with your radio, cell-phone or television signal? This is very similar to how a toxin affects your body internally, physically, emotionally, and mentally. Static, poor reception, bad sound, unclear picture and even a complete loss of signal can occur within you. Toxins interfere with the body's internal communication.

In order to do a really effective detox that brings profound changes in health and happiness, you will need to consider all types of toxins. Your body has to process everything it ingests and this includes physically, emotionally and mentally. Over the years you accumulate toxins, not just within your body tissues, but also within your nervous system's memory. In other words, until you have released the memory of toxic thoughts or emotions they remain within you and continue to exert their effects. Have you ever wondered why some days you just wake up feeling different to others? Those unexplained feelings of stress, fatigue, frustration, anger and sadness can come from thoughts and memories and these are no different to any other toxin. With the space

and time devoted to detoxification you can clear these toxins from your system along with the physical build up from the intestines. I highly recommend making the commitment to doing a proper herbal DETOX program to remove the build up of physical toxins from your body. This is a great way to trigger the release of negative emotions and conquer cravings and addictions, as well as lose weight. During this herbal DETOX you can flush out your intestines of up to 20 pounds of undigested build-up. This is done while eating a delicious diet of pure foods such as fresh fruits and vegetables and plenty of fluids. The result is an increase in energy and a feeling of light, clear and fresh being. It is a great opportunity to become aware of the emotional connection with food and transform this into an emotional reconnection with your inner self. During the DETOX you commit to a change in eating habits for 14 days which can be very rewarding in itself.

This change causes a shift in emotional eating habits and encourages a deeper connection with nature. Instead of using food to bury our negative emotions we actually use food to support positive emotions. Please consider how you feel before and when you eat food and how this affects you emotionally. Moving pounds of undigested fecal matter from your body can leave you feeling elated and change your attitude towards certain foods. This dietary exercise is one of the greatest benefits and is a highlight of my herbal DETOX program.

Some of the other toxins such as noise and media can be deliberately avoided, but how do we avoid negative emotions and toxic thoughts? The power of free-will and the right of choice come into play here. Turn the other cheek and walk away; choose to think or react differently. You will feel emotionally and mentally stronger during the DETOX and you may like to take some time to yourself. Choosing time out from noise, negative media and sometimes other people can be of huge benefit during this detox process. Nothing helps your body recover its fullness of life like a good detox,

enabling clear messages from your higher intuition and guidance systems. By clearing physical and emotional channels my herbal DETOX program opens the doorways to communication from your higher being, allowing intuitions to be better heard. Inner peace results when the toxic clouds are removed thus allowing your inner light to shine and take full control of bodily functions. The cells in your body respond to this inner light as though it was the conductor of a great orchestra. Homeostasis (balance) occurs within the body when clarity is restored and trillions of cells receive their information clearly from your central nervous system. The central controller of your health can then be returned to a position of power and balance can be restored.



CELLULAR COMMUNICATION

Cellular communication is something a proper detox should address. So why is internal communication so important? Because the first step in any process of healing is a change in attitude and the resulting shift in the emotional approach to the actual physical disturbance. In order for a change to take place in the affected organ, gland or tissue one must first make a shift in one's energy field, i.e. the field of thought which

constructs and conveys the related emotions. This will affect physical function right down to the cellular level. The following fascinating discovery gives us an insight into exactly how powerful improving internal cellular communications can be.

Quote: "Genes(DNA) do not control our biology. Instead, DNA is controlled by signals from outside the cell, including the energetic messages emanating from our positive and negative thoughts."

Dr. Bruce Lipton, former medical professor (University of Wisconsin) and research scientist (Stanford University School of Medicine).

This has been known for thousands of years by the masters of healing, and yet today it seems, we need science to validate things in order for us to have faith. By clearing toxins from our body we remove a lot of potential interference and allow healthy signals to reach the target cells, glands, organs and body systems. It makes sense when you think about it, since nearly all problems in life seem to be related to poor communication.

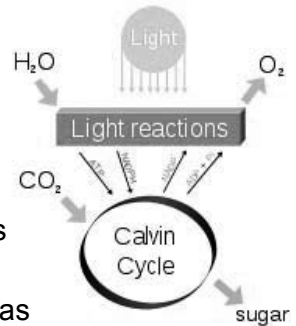
LIVE FOOD

Light from our sun is another source of energy that is provided to us more abundantly by completing a detox. Let's look at photosynthesis performed by plants in a little detail, because there is a huge amount of potential energy available by grasping this concept and eating the correct foods.

PHOTOSYNTHESIS



In the first stage, light-dependent reactions or photosynthetic reactions (also called Light Reactions) capture the energy of light and use it to make high-energy molecules. These are then converted into simple carbohydrates (sugars) during the Calvin cycle which does not require light. Where has the light gone? According to simple laws of physics, energy never disappears from our universe, it simply changes from one form into another. This means the light energy has been transformed and stored as sugar, (or plant starch).



MORE THAN LIGHT

Light not only consists of the very small spectrum of visible light, but includes actual life force itself. I know this may sound “out there”, but I ask you to consider this: We know that SAD (Seasonal Affective Disorder) is real. People get depressed in dark seasons due to lack of light. This is because they produce less serotonin. Yes, you make hormones in response to light via the pineal gland. You even feel more energized when the sun is out. Your body has an electromagnetic field and you have the power to tap into energy directly from the sun. Not just visible light, but also electromagnetic (or invisible) light and life force. People who meditate have a lot more energy and perhaps this is because they open themselves up to receive invisible light (life force).

OK so light is captured by photosynthesis and this captured light must be released again during cellular metabolism of sugar and fat. What does this mean when it comes to your diet? In a nutshell it means “eat bright food”. If food has a lot of color then it has a lot of light and will give you a lot of energy.

The more something reflects light, the more light and energy it has available, for example a flower. Brightly coloured flowers are light-capturing devices and are full of light. This is then converted into a fruit. The fruit is then full of light and absorbs more light to ripen. The ripe fruit is a powerful light source and can give you almost instant energy. The living fruit picked directly off the tree will give you the most life force possible. There is surely nothing natural on earth that could compare with fresh fruit as a fast energy source.

RAW FOOD

Next on the list are fresh, raw vegetables. These contain light, life force and healing properties galore. Then why do we often not feel like eating raw vegetables when we are under stress? The main reason is because by triggering high energy within our body, by eating live food, we trigger the detox process. By triggering detox we bring out toxins and these include emotional and mental toxins. Maybe we are not ready for this, so we delay the detox process by burying ourselves and our life energy in the dead, processed modern food found on supermarket shelves.

Highly processed, artificially flavored junk, dead meats, sticky glutinous starches and overcooked foods constitute dead food. There is no real value in dead food and it is toxic to us. Over time, by-products will accumulate and you will need to do a detox program to feel better. This is why my recommended DETOX diet includes lots of raw, fresh fruits and vegetables. This allows your body to cleanse toxins and to feel energized and healed at the same time.

People who eat raw food or vegetarian diets report vastly higher energy levels and general happiness. You will find after the herbal DETOX program that the increase in energy is so profound that normally your diet naturally leans towards more raw food thereafter. At least 51% raw food is

recommended. Having some of the raw food at the beginning of the meal is best, as it triggers a positive digestive and immune response which helps you to absorb your nutrients better. During the detox process you should consume as much of your food as possible in live, raw form. 75%-85% is recommended, but 51% is accepted as healthy enough to maintain a positive balance. Steamed, lightly stir-fried vegetables or vegetable soups are also considered alive, but a percentage of completely raw must be included.

TESTIMONIALS

These testimonials are from actual users of my Ultimate Herbal DETOX.

“I recently purchased the Herbal Detox kit and just took the last of my herbal tablets this morning. I have lost a total of 8.5 kg over the 18 days I have been preparing for/completing the Detox which I am really pleased with.

I am intending to carry on with the healthy eating thing indefinitely as I am feeling 500% better than I have for a long time with heaps more energy, better skin, fantastic weight loss – the list goes on. It has been incredibly easy to stick to the plan. My crockpot has gone the whole time just about, making batch after batch of delicious soup and I am eating heaps more fruit and veg than I have in a long time.”

Karen

“Following my first Detox I lost a staggering 22 lbs (10 kgs). I lost another 14 lbs (6 kgs) on my second Detox. I was very overweight prior to the detox and can emphatically state that I felt marvellous following each one. With the second Detox I felt a more spiritual Detox as well as the other great benefits.”

Alan

“My headaches have disappeared, feeling fantastic. Thank you.”

Nicole

“At the end my thinking was clearer, my energy had returned and healthy eating habits had been re-established. I no longer craved those unhealthy foods that I knew I shouldn't be eating.”

Jane

“Wow! Words cannot describe the results I achieved from the Herbal Detox! I have suffered from constant bloating, constipation, fatigue and headaches from my early teens. My weight was a constant battle. I tried detoxes of other 26 brands which did not seem to help either. I visited Brett Elliott and he put me on to his Herbal Detox program. I completed it with wonderful results. For the first time in my life, my stomach is flat. It's the best Detox on the market.”

Carrie

“I spent two years with a gastroenterologist for my Irritable Bowel Syndrome with little or no result. I took the Herbal Detox. Within a week I had lost 10kg in weight and felt my energy return. I have been absolutely amazed at the results.”

Brian

"I was left stunned at the material that left my body. It looked like it had been there all my life and smelt like toxic diesel fumes. My pain has now ceased and I put it down to Brett Elliott's Herbal Detox."

Paul

"I was diagnosed with chemical poisoning and insufficient liver function. I did Brett Elliott's Herbal Detox and I think that was the major contributing factor to my recovery, because I felt better straight afterwards."

Lewis

"I have just completed the Herbal Detox, and think it is even better than the last one, which I did last June. The Detox packed more "punch", and I think it even cleared out material that the last one didn't do. I was amazed at what came through after only 9 months since the last time. Thanks so much for such a wonderful product."

Sharon

"After completing the Herbal Detox I feel great. I have not only lost that bloated feel around my stomach, I have a more positive outlook and feel more energetic. I found the Detox easy to do as I was never hungry. I drank smoothies made of soya milk, yoghurt, olive oil and fruit. I made kumara and pumpkin soups for dinner with garlic onion and spices. Thank you."

Carlene

(Kumara is a type of sweet potato from New Zealand.)

"I have just completed my 3rd detox with Brett Elliott and every time I am more amazed than the last time how wonderful this product is. I have done a large number of detoxes over the years but NOTHING compares to this product and its assistance throughout the process."

“Last year I started getting migraines for the first time ever in my life. After 10 months the frequency and intensity of these increased ten-fold, as well as the duration. I was beginning to have 1 or 2 a week often with numbing headaches in-between. Someone recommended Brett Elliott’s programme to me and I decided to give it a shot.” “After completing my first Herbal Detox the headaches, which were a constant by then, ceased for the first time in weeks. Imagine my delight. I did another Herbal Detox 3-4 months later as I felt the twinge of another migraine coming on. It didn’t come and I didn’t receive another for 9 months. On top of this, Candida and Thrush which I have always struggled with since having children went away. I maintained a dairy free diet for the first 3-4 months after cleansing but occasionally have dairy in my diet now and it is not a problem. This is the first time in years I have been able to eat and drink such products without having a flare up. I know the Herbal Detox helped in ridding me of this.” “However, another miracle occurred during partaking in my third Detox. On the third day of taking the products I suddenly experienced a spiritual shift. The blockage that had been there for some months suddenly melted one evening and I know this was solely due to the Detox (I was up to day 3 of taking the products). Clean digestive system and organs allows for a clean and focused mind opening the pathways to awareness and/or spirituality. This experience and realization was both exciting and humbling. I hope many others get to experience even one of the benefits I mention. This product truly is the best on the market. Thank you Brett.”

Debra

“I did your Detox program which I was on for five days and, Wow, what a difference, in so many ways. My whole body felt less bloated and my mind felt clearer. Made me conscious of what foods are good for you and what to stay away from.

Very impressed!”

Michelle

"I recently completed Brett Elliott's Herbal Detox and would like to pass on a few words in the way of a testimonial. I have been a vegetarian for 25 years and have lived primarily on raw food and juices for the past 8 years. I am 47 years young. I am a veteran of fasts, detoxes, and the sometimes bewildering choices in what we call 'natural' health. I completed Brett Elliott's Herbal Detox and I feel great, with unlimited energy. Knee pain from an old marathon injury is gone and mental clarity is high. I plan to do the Detox annually and I highly recommend it to anyone intent on releasing built-up toxins from the body. After all, cleanliness is next to godliness. Many heartfelt thanks for providing such an excellent tool for health."

John

"Both my wife and self have just finished the 10 day Herbal Detox Kit. We both feel very good after the Detox. Less hungry, Not eating between meals, no craving for the sweet thing. We both lost weight, not dramatically, however sufficiently to notice it with our clothing. We will be doing it again."

John

"Hi there – recently I completed the Herbal Detox and did it over 5 days. I'm generally a healthy eater but, like anyone, liked junk food every now and then and so felt like I should give my body a spring clean. What a great product you market – I found it extremely beneficial and felt quite different at the end of it all. The biggest change though was my mood – it totally elevated my mood and I felt extremely good and positive towards the end of the course, plus had a lot more clarity. I was expecting other changes, but those two stood out most. I also had more energy afterwards, and now I tend to watch what I put in my body. Thanks for marketing a good product – I'm recommending it to anyone I think would be interested."

Jo

“I have recently completed Brett Elliott’s Herbal Detox. During the Detox the chronic tiredness I had been suffering from for virtually all my life seemed to worsen while my body was detoxifying, but then a turning point came from where things definitely starting to improve. On the package it says that emotional issues may also be addressed when going through the program. I found this to be true, as times of emotional upset surfaced and quickly resolved, both while awake and in dreams. I am thrilled at my new-found state of ease, well-being and contentment. My body looks and feels so different, a much better place to live in. Also the food I eat now tastes so much better. Now, a week after the Detox I still keep noticing on-going changes for the better. Many thanks for making this wonderful product available.”

Erwin

“We both did the Herbal Detox back in August. Felt much better, more get-up-and-go after. Also I am now able to eat eggs and onions again.”

Cynthia

“Completed the Herbal Detox in 5 days - found it very beneficial. Lost weight but not the reason for the Detox. Definitely recommend to others. No problems as my diet is similar to your recommendations. Thanks.”

Heather

“At last a product that does everything it says it does – word for word. I am feeling great, after feeling tired and listless all the time. Brett’s Herbal Detox is a wonderful product – the best money I have ever spent on myself. I have recommended it to many people.”

Pauline

“My name is Emily and I stumbled upon the Herbal Detox on the internet whilst trying to find a cheaper alternative to a detox kit available from the USA. Having read all the testimonies and information available on the website, I made my initial purchase of three Herbal Detox kits. I gifted one of the kits to my mother, who soon began the detox as she is an avid believer of detox. After the completion of the detox, my mother has said she has never done a detox that has made her feel as good as the herbal detox did, and this enthusiasm spurred my entire family into doing the detox, and the purchase of an extra four detox kits! Having recently completed my first detox, I have thoroughly recommended the Herbal Detox to my circle of friends, as have everyone in my family, who have also recently completed their first detox, as a result, another six kits in the last two weeks have been purchased.”

Emily

Dear Brett, My husband and I have just completed your Herbal Detox and we feel and look fantastic. We were both overweight and had aches and pains everywhere I had a wart that had appeared on my eyelid and the Doctor was going to burn it off on my next visit but there is now no need for that as it has just disappeared, I am thrilled. We have enjoyed the food that we now eat and it is a lot cheaper at the grocers now not buying all that meat. We will be telling one and all about this wonderful product, thankyou very much. By the way we are in our 60's and are looking a lot younger now.

Barb

Hi Brett, I wish to share a long story with you, but I will try and write it in considerable brevity. In 1998 and at 40 I was a NZ Masters Games Champion, winning 4 Golds & 1 Silver in rowing events. In 2000 the electrician working on our house, also a personal friend, phoned up my wife at work to complain that

I was crawling around on the floor making noises. I had the energy to get up for half an hour a day, the rest of the time I was in a netherworld. My face would burn and peel every 3 to 10 days. I had M.E. or CFS (chronic fatigue syndrome). Western Medicine had no answer for it. ...well, a suggestion of B12 injections I did not consider an answer. I studied a lot about it to realise I knew more than the doctors. The professional that I attribute to saving my life was a Chinese Herbal Medicine Doctor. The impact of the herbal medicine was dramatic, within 12 hours I was moving from "dark days of the soul" toward being at what I estimated to be 80% mental & physical capacities after 5 years. Yes! It still took 5 years to get that far. Indeed after 5 years a person I met who was still only at 40% capacities after 10 years told me they did not believe that I had had M.E. Anyway, to me, still being at 80% is still only 80%. Could I be better? I thought that could be an impossible dream. One aspect of the Chinese treatment was detoxing. I had learnt about the dross that collects in our bowels from another alternative health practitioner some years ago. One day last year I picked up a catalogue lying around a friends house and declared that, "I am going to do this detox". I wanted to "see" what the detox was doing to me so I employed a Tanita InnerScan Body Composition Monitor Scale to track the effects of the detox on my body. After all, if I was carrying kilograms of "bog" in my bowels I was interested to know just how much.

On November the 4th 2006 my stats were as follows:

<i>Weight</i>	<i>93.0 kg</i>
<i>Bodyfat</i>	<i>24.6% (not that healthy)</i>
<i>Metabolic Age</i>	<i>50 (note that my actual age was 48. Insulting !)</i>
<i>Bone Weight</i>	<i>3.5 kg</i>
<i>Muscle Weight</i>	<i>66.6 kg</i>
<i>Visceral Fat Rating</i>	<i>11 (above 12 is really bad, ...high health risk ... only one step off !)</i>
<i>Water</i>	<i>51%</i>

I did the “fast diet” for 5 days. On the 21st November, at the end of the “fast phase” these were my stats:

Weight	89.2 kg <i>(lost 3 kg in 5 days!)</i>
Bodyfat	23.4% <i>(not significant)</i>
Metabolic	Age 47 <i>(that made me happy)</i>
Bone Weight	3.4 kg
Muscle Weight	65.0 kg
Visceral Fat Rating	10 <i>(moving in the right direction!)</i>
Water	51.6%

Part way through on the 25th November and then interestingly at the end on 30 November the stats were unchanged on...

Weight	91.9 kg <i>(I took back some weight after shock of the fast, but look at the other stats! So it was probably a kilogram of intestinal dross I lost.)</i>
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Bodyfat	21.2% <i>(I haven't been that low in years. I am way in the “healthy range”)</i>
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Metabolic Age	39 <i>(I am in my 30's again !!!!!!!)</i>
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Bone Weight	3.6 kg
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Muscle Weight	68.8 kg
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Visceral Fat Rating	9 <i>(I'm definitely at low risk now with much less of the dangerous fat around the belly!)</i>
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Water	53.5% <i>(I'm higher up the healthy range for males)</i>
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In summary, all vital health stats improved after the detox. I especially like chopping 11 years off my physiological (metabolic) age. However, an epilogue to the detox, the biggest news months later, is that I may be able to say that I have 100% thrown M.E. Without having done any training to prepare, on the spur of the moment, I got up at 6:30 am in February 2007 to paddle 8 hours 50 minutes down the Taieri River. I was exhausted and barely able to walk at the end of it. The next days I waited for the M.E. relapse I could have expected in other years. It did not come. This is such a big thing to me that when I think about it now I still want to shout joy from mountain tops.

Kerry

*“What you are is the sum of the parts that make you.
If those parts are clean, pure, colourful and alive,
so will you be.”*

Brett Elliott

A proper DETOX is not just about removing minor chemical toxins and fluid. It should remove solid putrefied mass from the gut. During this massive cleansing process toxic, emotional and mental blockages can also be shaken free, bringing renewed life to the body and mind simultaneously.

DETOX

and Change Your Life

About the Author.

Brett started his life as an herbalist in 1995 while healing his severe back injury. He was converted with a passion and herbal medicine became his life. His private practice grew over the years into manufacturing and retail. Personally seeing up to 20,000 clients and with over 30,000 Ultimate Herbal DETOX kits sold he has found his specialty. Brett says, "I want to help transform the lives of the people who use my products in a way that brings them years of satisfaction and joy". He is a registered medical herbalist and senior researcher for the medical herbs institute of New Zealand. Brett now resides in Tauranga with his wife Moira, also a medical herbalist. Brett continues to refine his products, write books and provide specialized advice for customers around the world.

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