



DETOX

& Heal Your-Self

The ultimate healing platform for the most common health concerns of our time. Cleanse and purify your inner body so you can heal naturally.

By Brett Elliott, Medical Herbalist



BRETT ELLIOTT
Ultimate Herbal Health

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

DETOX & Heal Your-Self

Third Edition

Discover how many tens of thousands of people have changed their lives by completing a proper herbal DETOX program. Treating yourself to an inner body cleanse while consuming nutrient-rich foods can bring renewed health, plus change your life for the better, in many delightful and sometimes unexpected ways.

“Health is a state of peace, found when the body, mind and spirit resonate in perfect harmony. You deserve to feel that peace”

By Brett Elliott, Medical Herbalist

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IMPORTANT

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This book represents the views of the author only and is not approved by the FDA, TGA or any other governing health authority.

No liability is taken for those people who choose to use this information to treat themselves, without expert advice.

ACKNOWLEDGMENTS

I would like to take this opportunity to thank my extended family, who have supported me and enabled me to continue to work on my life's passion. My inspiration has come from my own personal experiences and a realization that God has created absolutely everything for a purpose, including the plants.

I am grateful to God who has guided me along this path and I thank all those who have encouraged me over the years, but most of all I owe this work to my adorable wife Sarah, always a kind, loving partner.

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INTRODUCTION

In this book you are going to discover how you can change the trajectory and power of your life and achieve the following:

- *Double your energy levels*
- *Lose between 10-25lb (5-12kg), individual results vary*
- *Cleanse your colon, liver, brain, tissues and blood*
- *Reduce food cravings and other bad habits easily*
- *Balance your blood sugar and cholesterol*
- *Reduce the risk of heart disease, cancer and diabetes*
- *Reduce allergies, hay-fever, sinus and indigestion*
- *Potentially heal dozens of other health complaints*
- *Find renewed peace and vitality*
- *Look and feel younger*
- *Potentially add 10-20 quality years to your life*

If you are prepared to make some small changes in your life to achieve these results, then read this book. The rest is up to you.

You are probably aware that your intestines act to break down food, absorb nutrients and eliminate waste. However you may not know that your intestines maintain fluid and electrolyte balance, respond to your thoughts and actually have an emotional brain. This means that when you become stressed, your appetite changes, and this can lead to an unclean and partially blocked intestine. Poisons and metabolic toxins can begin to circulate in your body making you feel unwell and leading to literally dozens of common, annoying health complaints.

It's time to take control and deal with whatever it may be that blocks your path forward. This program will put you in command of your life and your health simultaneously.

IN A NUTSHELL :

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

SHOCKING 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. Pasta (paste), bread, biscuits, pastry and cakes contain gluten. Scientific studies prove that gluten protein adheres to the intestinal wall causing major problems, such as celiac disease.
- 2. RED MEAT :** Humans struggle to digest red meats because our digestive systems are ten times more alkaline than carnivores, which incidentally eat raw meat only. Cooked meat can take days to digest. Up to five pounds of undigested red meat can putrefy in our intestines, weakening our immune system and feeding poisons into the body.
- 3. PARASITES :** There are well over 100 different types of parasites and worms that can live in our bodies. Some are microscopic in size, while others can be seen with the naked eye. These organisms are prolific in our environment, can be found in the food we eat and possibly even inhaled. If you have a parasite infestation you may feel constantly agitated, tired, bloated, have swings of appetite, and especially crave sugar.
- 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, and require enzymes to break down, depleting your energy reserves.
- 5. OTHER TOXINS :** Pharmaceuticals, alcohol, tobacco, coffee, sugar, food additives, environmental pollutants, household chemicals, mental and emotional stress, over-work and fatigue all compound to create a toxic overload in your system, eventually resulting in a deadly cocktail. Cancer, heart disease and diabetes can all stem from prolonged toxic overload of one form or another.

THE TOXIC OVERLOAD PICTURE?

General metabolic imbalances and acid formation give rise to aches and pains, stiffness, muscle fatigue and mineral imbalance, which can lead to bone and joint deterioration.

Intestinal build-up and acid eventually affects the blood vessels, heart and lungs, asthma, high cholesterol, heart disfunction, chronic coughs and high blood pressure result.

The kidneys, liver, pancreas and gall bladder can all be affected, leading to gall stones, kidney stones, liver disease, chronic fatigue and diabetes.

Use of poisonous pharmaceutical drugs along with the over consumption of processed food, refined wheat products, red meat, added sugar and food additives leads to a bloated acidic gut full of partially digested food.

Toxic overload is the combined effect of continuous over consumption of processed dead foods, bound together by sticky refined wheat products, struggling with sluggish dead meat and combined with all the chemical additives used in factory processing, coloring, flavoring and preservatives. The human body was not designed to deal with any of this, and like a kitchen blender full of rocks the body begins to crack. After many years of build up, painful acidic symptoms begin to appear and eventually the disease processes begin.

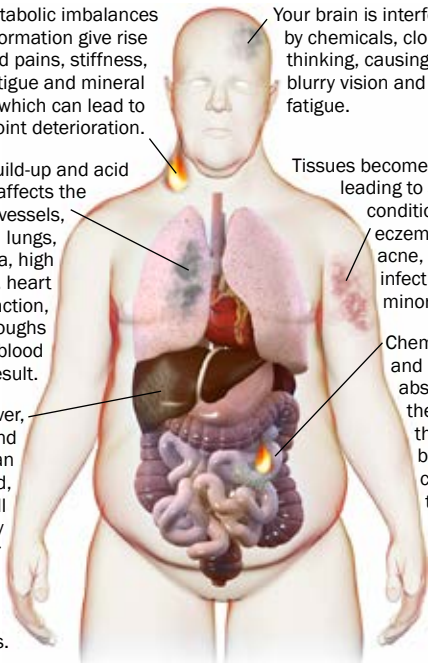
This toxic overload scenario can be reversed very simply and you are about to find out how.

Your brain is interfered with by chemicals, clouding your thinking, causing headaches, blurry vision and mental fatigue.

Tissues become inflamed leading to skin conditions like itching, eczema, psoriasis, acne, fungal infections and many minor irritations.

Chemicals, toxins and acids are absorbed from the gut, overload the liver and begin to circulate through the entire body wreaking havoc on the immune system.

Detrimental bacteria take control. Parasites, ulcers, colitis, constipation, irritable bowel, gas, bloating, candida, indigestion, diverticulitis and all manner of intestinal complaints may occur.



GET IT OUT NOW

Below is an example of a bowel movement, resulting from Brett Elliott's Ultimate Herbal DETOX. I know this can be shocking to see, but it's well worth knowing about.

Not everybody achieves this amount of clearance, but 10-25 pounds (5-12kg) is the average result in the first 10 days. You can imagine the wonderful clear feeling you gain by removing this, including reductions in the following: acne, allergies, arthritis, asthma, back pain, bloating, boils, candida, cholesterol, constipation, eczema, fatigue, intestinal gas, gout, headaches, heartburn, high



From a client at one of our Detox retreat centers.

blood pressure, indigestion, irritable bowel, lazy bowel, memory loss, mucous congestion, obesity, edema, palpitations, parasites, psoriasis, reflux, sinusitis, type 2 diabetes, weight gain and many more ailments. The incidence of cancer, diabetes and heart disease are our biggest concern as these kill 66% of the population alone. I believe these can be prevented, simply by removing any toxic build-up regularly.



Picture emailed to us by a customer.

The odd shapes and rubbery consistency of the build up that comes out of some people indicates that it has been lodged in the body for a lengthy period of time. Smell is also an indication, since the nasty smell often disappears a few short days into the program.

It only takes one small poisonous area of build-up to affect the health of the entire body. Because the digestive system is the most complex and most delicate system in our entire body, the importance of keeping it clean and nourished should not be underestimated.

A thorough DETOX program should reduce many of those health concerns and help you to extract all the energy supplied by your food. 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. A substantial backlog can gradually build up with our diets of modern processed food.



With continual intake of sugar (often hidden sugar), alcohol, hot drinks, fried foods, meats and dead over processed food, your intestinal organisms can lose control. Parasites often take hold and your immune system becomes overloaded. Eventually, over the years, you can accumulate a putrid toxic mass in the intestines, particularly in the areas of the small, transverse and sigmoid colons. Anything from 5-25 pounds or more can build up as a backlog.

Many doctors will scoff at the idea of colon cleansing, and surgeons will often say that they have never seen any intestinal plaque. This is because they always give patients massive doses of chemical laxatives before surgery and it's probably only the emergency ward that sees actual cases of acute bowel blockage.

Incidence and Prevalence :

Intestinal obstruction is found in 20% of individuals admitted to hospital with acute abdominal pain; of this number, 80% of the obstructions involve the small intestine.

In the USA alone the incidence of bowel obstruction leading to hospital admittance is 364,563 per year, 30,380 per month, 7,010 per week, 998 per day or 41 per hour. This nearly 1,000 people daily is a staggering number and proves that un-diagnosed toxic intestinal build-up could possibly be at the very root of our modern health crisis.

I have sometimes seen people experience between 20 and 30 pounds of impactions removed during the standard 10 days on my DETOX program. I will now outline how it works and why it is simply the quickest and easiest way to improve general health and extend your quality of life.

HOW TO DETOX PROPERLY

There are many different options available to you so I will explain what I believe is the best way. A proper herbal DETOX program will achieve measurable results; it's that simple. *Some of the options include:*

LIVER CLEANSING : 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. It's a bit like changing the oil filter in your car, but not changing the oil itself.

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. Toxins simply recirculate, fatigue and dehydration can set in, leaving you feeling terrible afterwards.

COLONIC IRRIGATION : I highly recommend trying this out if you have not already. The only problem is that you miss the entire length of your small intestine, which is the longest part of your digestive system.

Herbal Detox and colonic therapy do make great partners however.

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, plus the herbal combinations must be natural, potent and at the optimum dosage. Avoid hard tablets, sugar syrups and meal replacements especially those with artificial color, flavor and sweetener, or fructose.

THE ULTIMATE HERBAL DETOX : This includes a strict, but enjoyable diet plan of whole, mostly raw, pure and natural unprocessed fruit and vegetables. It contains 24 natural dried herbal ingredients in capsule form. It gives high enough doses (up to 40 capsules daily) which means it can effectively remove intestinal impactions, kill parasites and stimulate the liver, kidneys and support healthy digestion. It has 7 day, 14 day, 1 or 2 month plan options to suit your individual requirements and lifestyle.

BRETT ELLIOTT'S ULTIMATE HERBAL DETOX

Let's quickly run through the most popular 14-day detox program.

Stage 1. LEAD-IN :

Over a period of four 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. A book full of wonderful recipes is provided. If you find it difficult to adjust you can do this for up to a week softening the change before moving on to stage 2. The longer your preparation, the better your results. You will be taking a few herbal capsules during the lead-in to get your detox started.

Stage 2. ULTIMATE DETOX :

You will have 24 herbs in combination and take up to 40 capsules daily. I will discuss the herbs in detail later in this book. Take these herbs twice daily for 10 days while following the delicious diet and recipes provided. Transition into detox mode can sometimes mean passing through a short phase of headaches, nausea, agitation, fatigue, gas or bloating, but this should pass quickly as things begin to move.

You should soon 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. Of course not everybody has plaque, but most of us have some build up to remove. The body can then detoxify on many levels, including liver, kidney and lymphatic system.

Minor twinges and occasional bloating may be experienced, but none of this should be very uncomfortable or painful. If so, the program should be stopped for a day, then perhaps continued on a longer, more gentle plan. Once the 10 days of cleansing is completed you can proceed to Stage 3.

Stage 3. FOLLOW UP :

It is important to keep the healthy diet going as long as possible. A reverse detox diet is provided in the user guide, which involves a gradual process of returning to your normal diet. You will probably become much more aware of what is good for you and what is not. You may even feel an aversion to foods you previously enjoyed and decide that you no longer want to eat those particular foods.

Listen to your body and notice the feelings you have. They are important.

Immediately returning to a bad diet will not be received well by your body. People often improve long term eating habits after the Herbal DETOX and this can be life changing, especially if followed annually over a period of years. Maybe also try the two programs below.

The Ultimate Herbal SLIM program is a 30 day metabolic stabilizer with blood sugar controlling and colon cleansing effects. Perfect for after your DETOX.



Detox 'n Slim protein smoothie gives you another month of detox and metabolic support and can be used during both the detox and slim programs.

It contains over 40 herbs and is ideal for long term maintenance. A delicious daily super nutrient drink.

HOW TO DO THE DETOX

Whole, living, raw foods and specially designed herbal combinations work to improve digestive secretions, such as bile and enzymes, increase bowel transit time, and speed up your metabolism, alkalize your blood, reduce your appetite and provide enzymes. Your liver, heart, brain, intestines and kidneys are all supported and their functions stimulated.

The whole process gives your body a holiday from its usual routine of constantly struggling to digest, break down and eliminate waste, which makes daily life a lot easier for your body. This allows more of your metabolic energy to be used for healing, tissue repair and organ maintenance.

In the next few pages we will discuss the food and herbs that are used in the Brett Elliott's Ultimate Herbal 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 detailed recipes along with your program, but here is a short list of foods I suggest you can use while completing the 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. I recommend getting fresh organic produce and making your own juice, but if this is not practical then simply get the best juice you can buy which does not have added sugar. Freshly squeezed juice can be taken with some of the fiber scooped back in.

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 program) and fruit juice and add some organic plain yoghurt. Throw in a sachet of Brett's DETOX 'n SLIM protein powder for even more energy and blood sugar balance.





FRUIT SALADS : Try combining different fruit including 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, 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 vegetables can be used, including pumpkin, parsnip, eggplant (aubergine), capsicum, zucchini (courgette, marrow), sweet potato, mushrooms, carrot, leek, broccoli, cauliflower, kale, silverbeet, spinach.

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.

Heal Your-Self

The result of doing your first proper DETOX can be life changing. You can feel good and look great, just like a well serviced motor vehicle.



SymLax

To bulk and soften bowel movements, reduce hunger, provide soothing healing effect to the gut lining. Helps to balance blood sugar and glycaemic index of foods.

Colon-Aid

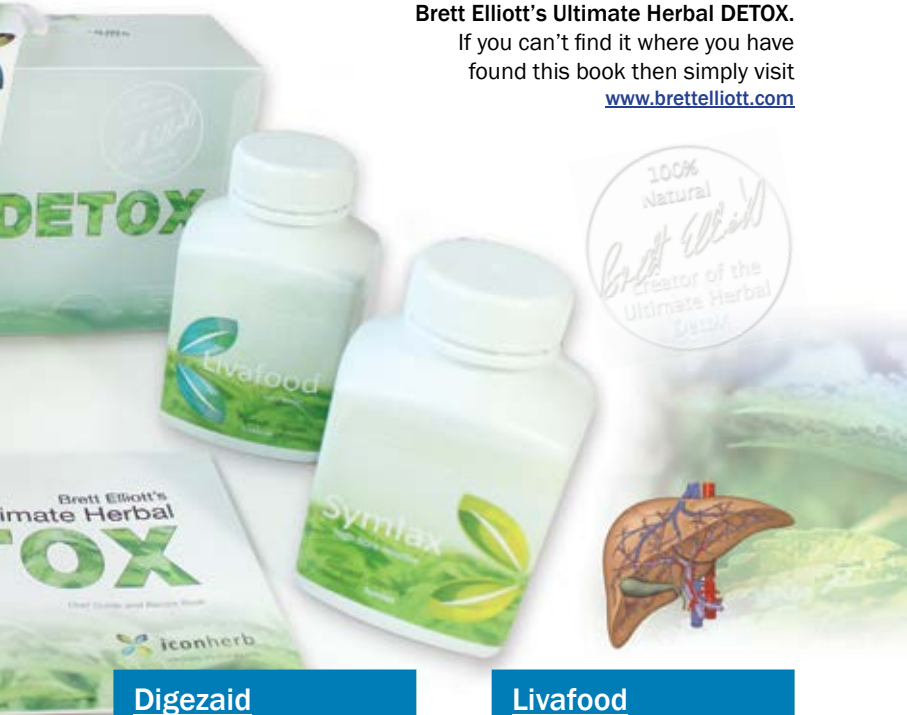
Stimulating herbs to encourage peristalsis, improving elimination of intestinal build-up. Includes anti-parasite herbs to balance intestinal habitat for positive bacteria.

Brett Elliott's Ultimate Herbal DETOX

The DETOX I have designed is called
Brett Elliott's Ultimate Herbal DETOX.

If you can't find it where you have
found this book then simply visit

www.brettelliott.com



Digezaid

High in natural digestive enzymes to improve protein breakdown.
Has soothing, relaxing effects on the intestines allowing a comfortable inner body cleanse.

Livafood

High in the king liver herbs like Milk thistle and dandelion. Improves liver detoxification and healthy cholesterol control.
High in superfoods and essential nutrients.



ABOUT BRETT ELLIOTT'S ULTIMATE DETOX HERBS

Herbs have been used for thousands of years for cleansing, nourishing and building a healthy body. Their use dates back to Egyptian times and beyond. There are twenty-four herbs used in four unique products in the Ultimate Herbal DETOX, which I have used in specific therapeutic amounts to achieve the proven results required. *We will now look at each of these herbs briefly.*

COLON-AID

The colon cleansing, parasite killer. Colon-Aid provides bulking fiber, soothing mucilage and digestive herbs to support healthy peristalsis and regular bowel elimination. It's great for improving colon health.

Wormwood, Black Walnut and Cloves help rid the colon of parasites. This parasite treatment is a vital part of the colon cleansing process.



WORMWOOD : *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 - *Artemisia absinthium*

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