

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 Brett Elliott's Ultimate Herbal DETOX. If you can't find it where you have found this book then try www.iconherb.com to find a supplier near you.

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.

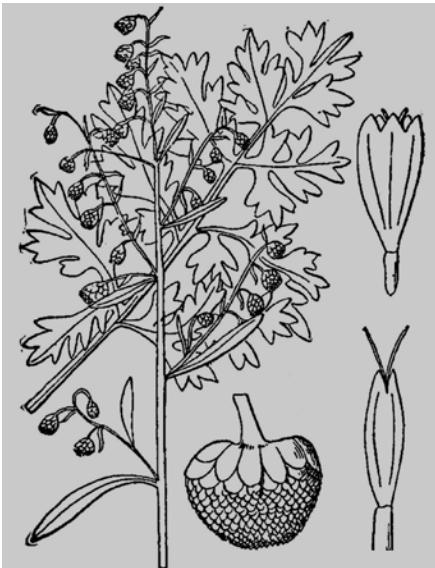
OTHER IDEAS

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.

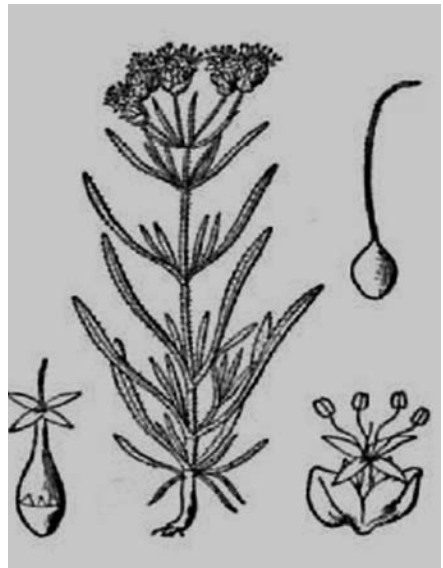
The ultimate herbs

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”

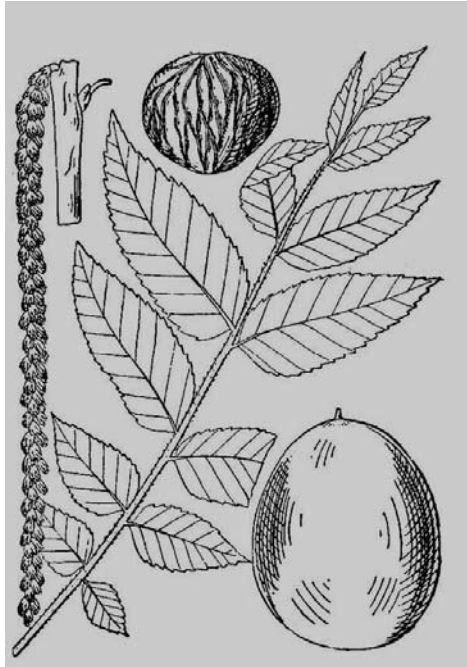
Used for centuries because of its natural cleansing properties, cascara is one of the world’s most popular herbs for encouraging healthy elimination, safely and naturally. Cascara sagrada nourishes and tones the sensitive tissues of the gastrointestinal tract helping improve peristalsis. This extremely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



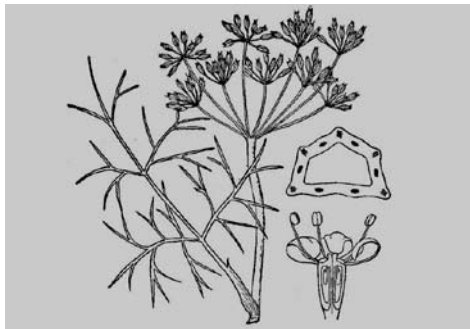
Cascara

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



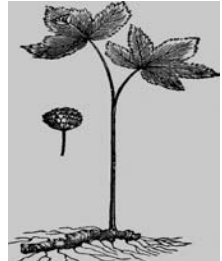
Bilberry



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.

“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