

Brett Elliott's
Ultimate Herbal

HeartClenz Cardio-Health Program



USER GUIDE SHEET

All the products included are used simultaneously over 1 month



BodiClenz Drinks or Herbal Detox Capsules

Either 1 smoothies of BodiClenz or 5 capsules of Herbal Detox daily for 30 days.

Follow the one-month 'Gentle Cleanse' diet program as outlined in the BodiClenz and Ultimate Herbal Detox user guides and recipe sheets provided.



HeartClenz - 500ml Liquid Formulation

Take 7.5ml twice daily for 30 days.

This liquid herbal medicine is to be taken alongside the BodiClenz or Herbal Detox each morning and night. You can use a small shot glass or cough syrup cup. It is best to take this just before consuming the smoothie or capsules.



KidneyClenz Tea - 100g

Take 2-3 cups daily.

Steep 1 heaped teaspoon per cup and allow to brew for at least 10 minutes. Add a little honey, and reheat as needed. This is best taken in the evenings to encourage overnight detoxification and a good morning elimination.



Lavender Relaxation Eye Pillow

Use twice daily.

Lavender is great for reducing stress and tension. Lay the lavender pillow over the eyes for 5 minutes each morning before rising and for up to 20 minutes while getting off to sleep at night.

Food Guide

You will find a food guide and some recipes provided within each program. Please also select '30 Day Detox' on the recipe page www.brettelliott.com/food



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



iPhone



Android