

Brett Elliott's
Ultimate Herbal

Addiction & Withdrawals Program

USER GUIDE SHEET

Both products included and used together over 1 month



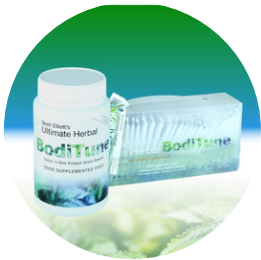
Part 1 - Deep Cleanse



BodiClenz Drink 500g or Herbal DETOX 480 Capsules
Either 2 smoothies of BodiClenz or 10 capsules from each of the four Herbal Detox capsules daily

This option is for a rapid detox and is great for drug tests or to go 'cold turkey' from an addictive substance. Follow the two-week 'Deep Cleanse' program as outlined in the BodiClenz and Ultimate Herbal Detox user guides and recipe sheets provided.

Part 1 - BodiTune



BodiTune Drink 500g or 32 Sachets
Take 1 scoop or 1 sachet daily

This option is for a more gentle cleanse, while weaning off an addictive substance. This energizing drink is best taken in the morning or early lunch with a smoothie. It increases metabolism and reduces hunger during the day. Recipes are provided and you can choose from any of the smoothie recipes each day.

Part 2



Satisfied Herbal Tea and Satisfied 120 Capsules
Drink 3-4 cups of Satisfied tea daily and take 4 capsules of Satisfied daily.

Best consumed 1/2 hour before the usual craving times. The tea is good during the day and the capsules are good for the evenings. For best effect take all four capsules at the same time.

Part 3

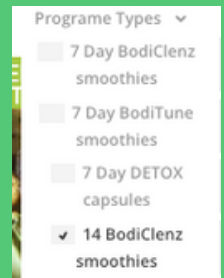


BrainGlo 500ml
Take 1 tsp (5ml) up to 4 x daily

This brain tonic alleviates headaches and helps balance the brain hormonally. Take 1 Tsp as needed up to 4 x daily. Best taken neat and allowed to absorb in the mouth before swallowing.

Food Guide

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



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



iPhone



Android