

Brett Elliott's
Ultimate Herbal

ColonEze

IBS & Crohn's Program



USER GUIDE SHEET

All the products included are used simultaneously over 1 month



BodiClenz Drinks or Herbal Detox Capsules

Either 2 smoothies of BodiClenz or 16 capsules of Herbal Detox daily

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



ColonEze 500ml Liquid Formulation

Take 10ml twice daily

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.



Aloe Vera Juice - Forever 1 litre

Take 30ml once daily

This is the ultimate gut healer and should be taken first thing in the morning directly from the fridge on an empty stomach. It has a great vagal-reflex effect when acting directly on the stomach lining.



BioGaia Protectis - Probiotic

1 tablet daily

This is best taken at bedtime and chewed after brushing teeth. The probiotic effect is also beneficial within the mouth and works well on the gut during the night following the consumption of all food for the day.



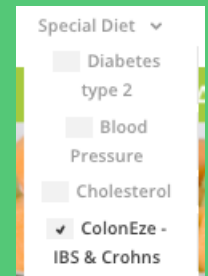
ColonEze Tea Blend

2-3 cups daily

Make a teapot each morning and let it steep for at least 10 minutes before pouring the first cup. Save the remainder and reheat for another 2 cups later in the day, mid-afternoon and early-evening.

Food Guide

You will find a food guide and some recipes provided within each program. Please also select 'ColonEze' 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