

Brett Elliott's
Ultimate Herbal

Candida Program



USER GUIDE SHEET

All the products included are used simultaneously over 1 month



BodiClenz Drinks and Herbal Detox Capsules

Take 1 smoothie of BodiClenz each morning and 4 capsules from each bottle of Herbal Detox products at night

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



Aloe Vera Juice - Forever 1 litre

Take 30ml once daily in morning

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.



ParaClenz 500ml Liquid Formulation

Take 15ml once daily at bedtime

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



BioGaia Protectis - Probiotic

1 tablet daily at bedtime

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.

Food Guide

You will find a food guide and some recipes provided within each program. Please also select '14 Day Detox' on the recipe page www.brettelliott.com/food

Filter Recipes For Your Program Type

30 Day BodiClenz Smoothies 30 Day Gentle Cleanse

7 Day DETOX capsules



Free Mobile App

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



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Android