



## The Master Cleanse

As the originator of this superior diet once stated: “I humbly and yet proudly offer it to you, confident that you will receive vigorous good health from its use”

Stanley Burroughs –Author of the book “The Master Cleanser “– continues to state:

“This diet will prove that no one needs to live with their diseases. A lifetime of freedom from disease can become a reality. The Lemonade diet has successfully and consistently demonstrated its eliminating and building ability.”

The Master Cleanse is such a simple program to teach in 100 words or less:

- First, squeeze Fresh Lemon Juice.
- Then add Rich Maple Syrup, and Cayenne Pepper into Pure Water.
- Drink a minimum of six to 12 glasses throughout the day, whenever one is hungry (For the Lemonade diet recipe with exact measurements, scroll down this page).
- Take a laxative before bed.
- Instead of the morning laxative, you can do the Salt Water Flush.

Every day of The Master Cleanse that you overcome the psychological need to eat, you feel a growing sense of control, that motivates you to complete the process. The Master Cleanse is by far my favorite of the Detox Diet Recipes.

### **There are Three Secrets to The Master Cleanse:**

**Ease-In and Ease-Out:** The 3 days before and after The Lemonade Diet, that slowly removes or re-introduces complex, processed (C.R.A.P.) foods from your diet.

**Every Day Detox:** Every day a Natural Detox Method must be engaged to eliminate waste, such as, Detox Tea and The Salt Water Flush.

The best way to prepare for the Master Cleanse, is to get educated about all the ingredients and their purpose, as well as, the Cleaning process that takes place. Reading the recommended books written on the Master Cleanse topic, is a very good investment of your time and energy. Everyone goes through different, very individual healing process, and this may prepare you for its ups and downs.

## **Ease-In – Starting The Master Cleanse**

The Ease-In step of The Master Cleanse (Pre-Diet Routine), is not as important as the Ease-Out (Post-Diet Routine). Beginning the Lemonade Diet with the Ease-In routine, not only prepares your stomach for less food, but your mind as well.

By doing the Ease-In, the first two days of the Diet are not as shocking, and the impulse to eat is therefore more manageable. It allows you to prepare your body for the dramatic change in diet as you cleanse, but it will also prepare you for the next 10 days: mentally and emotionally, which can prevent you from ending the Master Cleanse too soon. Use the 3 days of the Ease-In to gather your ingredients for the Master Cleanser Recipe.

## **The Lemonade Cleanse**

Whether you begin The Lemonade routine immediately, or Ease-In, the process of the Lemonade routine is the same. You will however, need to make two decisions to suit your personal preferences and/or your daily work and family routines. The first Master Cleanse Variation revolves around timing your daily flush. Perhaps equally important as Ending The Master Cleanse, is the Daily Detox Bowel Movement. It is crucial to flush out the toxins your body is eliminating, and since you are not consuming digestible food (fiber) to create a bowel movement, you will have to make that happen.

## **Lemonade Diet Ingredients**

Awake, and prepare your Lemonade – this is your nourishment and energy source for the day.

Soon after arising you will prepare your daily intake of Fresh Lemon Juice, Rich Maple Syrup, Cayenne Pepper and Pure Water.

## **Lemonade Recipe**

Mix each of the following lemonade diet ingredients into a large glass:

2 Tablespoons Fresh Lemon Juice

2 Tablespoons Rich Maple Syrup

1/10 Teaspoon of Cayenne Pepper Powder – or to taste (as much as you can stand)

8 ounces (250 milliliters of Pure Water)

Little tip: Roll each lemon firmly between your palm and the counter. Put sufficient downward pressure as you rock the lemon back and forth under your hand. You are softening the lemon to make the extraction of juice more efficient. See this post for detailed tips on The Lemonade Diet.

## **How much Lemonade should you drink during the day?**

You will drink between 6 and 12 glasses of Lemonade each day (some people drink as much as 26 glasses per day). The more you can drink, the better. I try to drink at least 8

glasses each day. This will depend on how big or small you currently are (caloric needs), your tolerance to physical and psychological urges to eat, and your desire to lose weight.

### **Every Day Detox**

This is why I call this process “The Daily Detox Bowel Movement”. It is this process that cleanses your body of the waste, and toxins. There are two accepted methods to produce Daily Detox Bowel Movements:

#### **Salt Water Flush**

#### **Nightly Detox Tea**

Prior to your first day on The Lemonade Diet, you should have taken your Nightly Laxative. On your first full day you do not need to do the SWF, so, you can start drinking your Lemonade, immediately upon waking.

### **Ease-Out – Stopping The Master Cleanse**

The Ease-out process of The Master Cleanse is the exact same as the Ease-In, but in reverse. This is also another reason I choose to do the Ease-In – it prepares me for the Ease-Out. You will be tempted to fast-track this process, but DON'T.

### **Why is the Ease – out so important?**

Consider this step as ESSENTIAL. You can become nauseated if you start to eat too soon. Please don't underestimate the importance of this process.

Here is a quote from Tom Woloshyn's book *The Complete Master Cleanse On the Easing – out:* ” The important transition period of moving from lemonade to food, will prepare your digestive system for more and more complex foods, so that it does not become overwhelmed. Just as you wouldn't try running a marathon after being a couch potato for three years, you wouldn't brake a cleanse by launching into full-feasting mode. You want your digestive system to get a well-deserved brake, so that your body can start back on the right track.”

### **Post Cleanse – Adopt a Healthy Lifestyle – After The Master Cleanse**

When you are done with The Master Cleanse, the next and maybe most important step is to begin to Eat Wisely. This sounds so simple, yet so many people go right back to eating emotionally, to sooth their daily worries. Choose to Eat Wisely and you will not put the weight back on. If you go back to Eating Poorly, you will gain back all the weight you just lost – and maybe more!

Make sure to start taking Probiotics after you finished the Cleanse. It is very important to replenish the good bacteria in your body that has been flushed out during the Cleansing process. The word “probiotic” means “for life.” Probiotics are good bacteria

that provides many health benefits and are essential for many vital body functions, including healthy digestion.