

Master Cleanse Recipe

aka Lemonade Diet

Ingredients:

2-3 bottles of Organic Grade B Maple Syrup (diabetics use organic Blackstrap Molasses)

Juicer or squeezer to squeeze your lemons

Bottle of Probiotics (no gelatin pills) for after the Master Cleanse

Box of Herbal Laxative Tea (Smooth Move or other brand with Pure Senna or Senna combination)

Box of Peppermint Tea to drink occasionally

Uniodized Sea Salt (Light Grey Celtic or Other Brand of Natural Sea Salt)

Bottle of Cayenne Pepper (preferably non irradiated)

40 -80 Lemons (Organic preferred, but optional)

Plenty of Spring, Distilled or Purified Water

Daily Routine:

1 quart (32 oz) of spring water with 2 teaspoons of sea salt – Every morning

8 oz of spring water with 2 tablespoons of freshly squeezed lemon juice, 2 tablespoons of Grade B maple syrup and 1/10th of cayenne pepper or as much as cayenne pepper you can withstand. (drink at least 8- 12 glasses per day),

8 oz of spring water with Laxative Tea every evening before heading off to bed.

Time Lapse – 10 Days to spare

Night before starting the Master Cleanse, drink a cup of laxative herb tea with 8 oz of your spring water.

Each morning drink your salt water flush. After about 30 minutes to an hour you will have to go to the restroom. Do not drink any of your lemonade mix for at least an hour. Everyday drink at least 8-12 glasses of your lemonade mix to clean the toxins out your body. Do not eat or drink anything else except the Salt Water Flush, Lemonade Mix, Water, Laxative Tea or Peppermint Tea.

After 10 days, the next three day you will have to eat light. The first day after completing the Master Cleanse drink glasses of freshly-squeezed orange juice (to thick add more water) and drink plenty of water throughout the day. Next day, orange juice again for breakfast and lunch, drink plenty of water and later that evening some homemade vegetable soup with optional rye wafers/crackers. Third day orange juice, lunch more vegetable soup and dinner eat some fresh veggies, fruit or salad for dinner. If you feel nausea or sick you may need to do the Master Cleanse a few more days. Avoid meat and dairy, they only clog the colon back up.