

Master Cleanse

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The Master Cleanse is a restrictive diet to follow. Even though 1000's of people have safely completed the Master Cleanse you should check with a doctor before going on the Master Cleanse. If at any time during the Master Cleanse you are concerned about your health please stop immediately.

Introduction to the Master Cleanse

The Mater Cleanse, also called the lemonade diet has been around for decades. The results people have experienced by going on this diet have

been nothing short of amazing. Chronic health problems that people have suffered with for years vanish in as little as 10 days on this amazing diet.

The fact is people today lead toxic lifestyles. The food we eat is loaded with chemicals, the air we breath is polluted, and our daily lives are riddled with so much stress, and anxiety that our bodies just shut down.

We are poisoning ourselves from the inside. Our colon, liver, kidneys, gall bladder, and every other organ in our body is at a breaking point. Failing to adopt a more healthy lifestyle could rob you of years off your life. It could also mean living a life of chronic pain, fatigue, obesity, and a plethora of other negative health problems that tend to manifest in people who lead a toxic lifestyle.

Master Cleansing: The Lemonade Diet

There is a diet for just about anything these days. The small portions diet, the detox diet, the Atkins diet, the South Beach diet, heck, even the corn dog diet seems like an appetizing alternative (although not exactly healthy). Sorting through these diets and finding one that is right for you is a painful process. The simple fact is that no one diet is right for every person and, in fact, for most people, no one diet works, but they will rather end up with a cross between a few different diets.

One such diet to consider working into your diet program is the Lemonade Diet, or popularly known as “Master Cleanse.” This diet is growing in popularity at a considerable rate due to its many beneficial effects that coincide with its core principles of detoxification. Not only does this diet promote health and a healthy body, but using this diet will help the body to cleanse itself.

The Master Cleanse works so well at cleansing your body of years of undigested food that people have reported items they had swallowed as child coming out in their stool while on the cleanse.

In order to better understand the lemonade diet, one must first understand what it is based upon, detoxification of the body, or cleansing the body. Let's get started...

Detoxification

Simply put, our body is filled with a lot of garbage that it can't digest and just ends up sitting around. This thick plaque clings to the inside of your intestines, preventing nutrients from being absorbed, and literally choking you off from the inside. Right now, many people are walking around with 20 pounds or more of this dense fecal matter tightly packed to their insides.

This fecal matter is a breeding ground for bacteria, and if you don't remove it you can slowly poison yourself.

It is no wonder that our body has so much of this needless waste considering what we put in it:

- Processed Foods
- Saturated and Trans Fats
- Artificial Sweeteners

...and other artificial products that the body simply doesn't know what to do with. Too much of this garbage can have many negative side effects on your health and it is important to help the body to rid itself of this junk.

This is where detoxification comes in. Although it might sound like something a heavy drinker would use to sober up, it's actually all about helping the body to cleanse itself of this waste. Doing this will not only make you healthier, it will also lead to increases in energy levels, make you more able to get rid of bad habits, cleanse the body of harmful toxins, and promote weight loss through the increased energy levels and smoother, stronger metabolism rate that will accompany it. Truly, a detoxification diet essentially enables a person and their body a fresh, new start.

Now, the detoxification is just part of the Master Cleanse diet. Let's now take a look at what the Master Cleanse, or Lemonade Diet, is really about...

The Lemonade Diet

The Lemonade Diet has been around for about 50 years. Time and time again it has proven to be an extremely successful way of helping to clear the body of harmful toxins and pollutants and to promote general health and well being. That being said, the Lemonade Diet isn't easy and requires dedication. Essentially, the Lemonade Diet is more like a fast. In order to be able to properly detoxify and "flush" the body, the Lemonade Diet must be followed strictly for up to 10 days.

Don't let that last line scare you, the Lemonade Diet does provide you with all the nutrition you need to stay healthy and get by. But following the Lemonade Diet can be a difficult task, especially when you're watching TV and a juicy cheeseburger pops up on the screen. Avoiding these temptations is critical and requires a strong will and dedication to the diet. If you can make it through the diet you will be extremely proud of doing so and will be able to feel and experience all of the beneficial effects.

The purpose of the Lemonade diet is listed in the following items:

- To dissolve and eliminate toxins and congestion that have formed inside your body.
- To cleanse the kidneys and the digestive system.
- To purify the glands and cells throughout the entire body.
- To eliminate all unusable waste and hardened material in the joints and muscles.
- To relieve pressure and irritation in the nerves, arteries, and blood vessels.
- To build a healthy blood stream.
- To keep youth and skin elasticity regardless of our years.

What this means is that the lemonade diet can be used by just about anybody who seeks any of the benefits mentioned above. Yes, that means just about everybody. However, the lemonade diet is especially useful for:

- Those with sickness that has developed - for acute and chronic conditions
- Those with a digestive system that needs a rest and a cleansing.
- Those in need of better assimilation and building of body tissue.

The diet can be used at any time and is generally recommended to be used a few times a year. In extreme conditions, such as when it is being used to help with certain illnesses, it can be used more frequently. Repeating the diet a few times yearly will do wonders with keeping the body running properly and in a healthy state.

Now, moving on to how to follow the lemonade diet...

The Steps You Must Take Before You Start The Cleanse That Will Determine Your Success

Finishing the 10 day lemonade cleanse is not easy. For some people it will be the most difficult thing they ever do. Because of this most people never finish the entire cleanse.

But I'm not going to let you do that, because I'm here to make sure you succeed.

So take note of this, and don't attempt to start the Lemonade diet without following these steps.

First you need to whip yourself into a white hot frenzy

This should start this at least 3 days before you go on the cleanse.

You can think of this step as the pre game warm up. You want to psych yourself up, and put yourself in a mental state until you're to the point where you can't wait to start the cleanse.

This is an absolute must, most people starting the lemonade diet skip this part - They roll out of bed in the morning and decide that this would be a good day to start a 10 day detox.

This is a recipe for failure.

Here's what you should do, starting at least 3 days before you actually go on the lemonade diet.

1. Mark your calendar for the day you intend to start the diet. Use a big red marker. Take up the entire calendar if you feel like it, this is an important day and writing it down will help cement it in your subconscious. This will also act as a countdown -- something to look forward to.
2. Get yourself a brand new notebook, and write down all the benefits you will receive by going on this diet. **Do Not Censor Yourself.** This is for your eyes only so write down all the ways your life will be better by finishing this cleanse. It can be physical things like weight loss, or abundant energy. It can also be emotional things like self confidence, or perhaps attracting love into your life. It can be anything as long as it's positive.
3. In that same notebook using a different color pen, and writing toward the back of the notebook write down all the negative things that will happen by not going on the lemonade diet. This is a very hard thing to do, and it can be emotional. That's Okay. Remember no one will see this (unless you want them to).
4. You want to keep adding to both lists during the days leading up to the start of the cleanse.
5. Visualize yourself already having finished the diet and feeling great.

Visualization is something every peak performer does. Professional athletes see themselves as already having won the game before they step out on the field, and should you.

So every free moment you have (but not while your driving) close your eyes and picture yourself as having finished the diet. This is not some wimpy fantasy, so turn it all the way up -- see it in bright vivid color, hear the sounds, feel how good it feels to succeed, really get into it -- don't hold back.

6. Plan activities for the free time you'll have while on the lemonade diet.

It's important to keep yourself occupied so you don't think about breaking your diet and eating so make sure you have a full calendar of low impact activities like reading, movies, spa appointments, or anything else that's not too strenuous to keep your mind occupied. Another tip: if you're going to read or watch movies try make sure they're uplifting stories about people who were triumphant under dire circumstances. That is if you're into that stuff, you can watch slasher films or professional wrestling if that's what it takes to keep your mind off food.

7. Rid your house of all potential traps.

Okay it's the night before the big day, you should be itching to start this diet and make big changes in your life. But first you need to go through your house and get rid of anything that might sabotage your diet. I'm talking about food.

You can donate it, give it away, or toss it in the trash, but do not keep it your house. If you live with people who are not going on the cleanse with you tell them they will have to go eat elsewhere because for the next 10 days your house is to contain nothing but the required items for the diet. Do not skip this step. You might think you have the will power to not eat that package of thin mint cookies now, but 7 days into the diet I guarantee them cookies will be calling out to you in your sleep, and having to look at them every time you go into the kitchen will be maddening. Get rid of all the food in your house, trust me on this one.

What You'll Need To Get Started On The Master Cleanse

Having the right products in place is very important. Look into what you will need for the diet and have enough set aside beforehand so that you can begin your diet.

To help with having all of the right essentials in place, many sites offer Lemonade Diet kits that can be purchased for pretty good prices. [Ebay.com](https://www.ebay.com) and [Amazon.com](https://www.amazon.com) are good places to look for supplies if you can't find them locally.

These kits will include everything you need to get started on the Lemonade Diet. Products including in most Lemonade Diet kits include:

- Grade B Organic Maple Syrup, Formaldehyde free
- Organic Cayenne Pepper
- Lemons
- Laxative teas - Herbal Stimulant Laxative
- Natural Pepper Mint Tea
- Natural Green Tea - Decaffeinated
- Natural White Tea - Decaffeinated
- Sea salt - Unrefined, (Not iodized) or Epsom Salt
- Measuring Non-toxic plastic Bottles
- Water bottle for keeping lemonade with you on the go

Once you've begun the diet itself, that's when the fun begins. The beginning of the diet will be hard to adapt to. The body, first of all, won't be used to all of the natural foods. This will commonly lead to gas, since the body has adapted to processing all of the artificial garbage. You'll also feel many urges to break the diet since the body is so addicted to the fast foods and other unhealthy food that is commonplace in most households. Fighting these urges will be challenging, but conquering them and finishing the diet is well worth the fight.

Lemonade Diet Recipe

The Lemonade Diet works just how it sounds, you consume primarily lemonade for the entire time your on the diet. So the recipes for the diet itself are fairly simple. You should drink a minimum of 60 oz of lemonade a day, but can drink more if you like. You can also drink as much water as needed.

Here is the recipe that should be used:

#1 (single serving):

- 2 Tbsp Lemon Juice (approx ½ of a Lemon)
- 2 Tbsp Genuine Organic Maple Syrup (not Maple flavored sugar syrup you'd put on pancakes)
- 1/10 Tsp Cayenne pepper (red pepper)
- Ten oz. glass of hot water (cold can be used if preferred)

#3 (60 oz. daily serving):

- 60 oz. water
- 12 Tbsp organic Maple syrup (Grade B)
- 12 Tbsp lemon juice
- ½ Tsp Cayenne Pepper

There are a couple important things to remember when using these recipes. For one, the lemon juice used must be fresh squeezed. This cannot be emphasized enough. It is necessary to use fresh produce. Canned juice won't work and will erase most of the benefits of using this diet. Also, the maple syrup must be organic, Grade B maple syrup, not the sugar filled syrup that is used at the breakfast table.

Also, to help improve the effects of the drink, part of the lemon skin and pulp may be thrown into the blender for further cleaning and laxative benefits. However, know that commercially grown lemons have been sprayed with insecticides so you will have to only use the inside of the lemon peel if you can't obtain organic lemons (which is heavily recommended).

The Cayenne pepper might seem unnecessary, but it is actually very important. Not only does it help to add a bit of a kick, but the pepper helps to break up mucus and increases healthy blood flow. It also is a good source of B and C vitamins, commonly referred to as "Super Vitamins" due to their many benefits for the body.

Mixing teas with the recipe is one way to help modify things, just make sure it's decaffeinated tea because caffeine can restrict blood vessels and we want to keep your body passages as open as possible.

Adding a Natural Laxative Will Really Help Flush Out Your System

If you haven't heard it by visiting sites on the Lemonade Diet, taking some sort of laxative is usually done in conjuncture with the Master Cleanse.

I prefer ingestible laxatives like, sea salt, epsom salts, herbal tea. These are ideal methods for cleaning the colonic tract without the harmful effects of colonics and enemas.

Drinking 1 teaspoon of unrefined non-iodized sea salt mixed with 25-35 ounces of water will flush out your system. The salt water drink should be done first thing in the morning prior to beginning your Lemonade Diet process for the day.

Also, it is advised that you give yourself at least an hour and a half before you go out when you do this. This laxative will work fast, and you will discover why you should probably be at home near a bathroom when you use the salt water flush.

You can also use herbal laxative tea in place of, or in addition to the salt water drink.

The tea can be found at most grocery stores, or online.

The Master Cleanse is for Detoxing Not Weight Loss

Most people who go on the Master Cleanse do lose weight. Many lose a lot of weight, as much as 20 pounds. But for the most part this is not fat. It would be almost impossible to lose 20 pounds of fat in 10 days. Much of the weight lost while on the Master Cleanse is fecal matter that has built up over the years inside your body. You will also lose water weight while on the cleanse.

It is important to know that the Lemonade Diet is essentially a fast of sorts. It does provide you with all the nutrients you need to be healthy and be energized, but at the same time it is not a long term diet and it would be unhealthy to use it similar to, say, the Atkins diet. The Lemonade Diet is a short term, usually 10 days, fast that is meant to only be done periodically.

Because the Lemonade Diet is a fast, there will be some pretty drastic weight loss initially. The weight loss surprises many people and scares some into quitting early. However, it is important to note that the Lemonade Diet will not cause you to lose weight unhealthily. Yes, it will promote healthy fat loss. There will be a few pounds of fat shed on the diet, this is good.

But do know that the Lemonade Diet is not designed to use as a weight loss diet. That is not it's intention at all. It promotes health, and it will promote the loss of fat, but the Lemonade Diet is a detoxification diet. It is meant to clean the body and promote it's running properly. The Lemonade Diet is something that is done purely for it's health benefits, not for it's dieting purposes in the sense of weight loss.

However, weight loss diets are commonly used in conjunction with the Lemonade Diet, and this can be a very good and healthy thing. The Lemonade Diet, used appropriately and in the right intervals, is extremely healthy and will help to cleanse the body. But the majority of the year you will not be on the Lemonade Diet and during these times it is important to practice good eating habits. By having a good diet program and watching what you eat you will be able to lose weight successfully, keep it off, and promote even more health benefits even when you are not actively on the Lemonade Diet.

What the Lemonade Diet does do in the long run in terms of weight loss is promote craving control. The Lemonade Diet requires much discipline in the first place, a valuable lesson to learn since controlling cravings is all about discipline, and the nutrition being taken in during the Lemonade Diet also promotes craving control. This is greatly to your advantage. By using the Lemonade Diet, you will be better able to control your cravings even when you are not on the Lemonade Diet, allowing you to be able to cut those pounds and be healthier throughout the year.

Healthy Weight Loss Plan Without the Hype

The weight loss plan I follow when not on the cleanse is called [Burn the Fat Feed the Muscle](#)

The guy who designed this program is a natural body builder, and fat loss expert who defiantly “walks the talk” when it comes to weight loss. I’ve tried a lot of different diets, and bought into more weight loss scams than I care admit, but it wasn’t until I applied the techniques in this program that I was able to lose fat, and even add some lean muscle.

There are other good weight loss plans out there, unfortunately there’s many more that flat out don’t work. Burn the Fat Feed the Muscle is the opposite of most diet’s because he doesn’t promise fast and easy weight loss like you find on late night infomercials. I respect anyone who’s willing to be up front with people, and tell them that healthy weight loss is not easy, but if you’re willing to put in a little effort I can help you.

More on Burn the Fat Feed the Muscle can be found at:

<http://mastercleansesecrets.com/burn.html>

How Long Should You Stay on The Master Cleanse?

I've been exposed to a lot of different peoples "takes" on fasting and the lemonade diet. While most people stick to the 10 day rule, there are some who say that it's okay to stay on the diet for 30 or more days. This is nonsense.

Your body needs nourishment, and that comes from food. Now, the lemonade diet gives your body a much needed rest which is good. And by only consuming the lemonade your body can take a break from the usual digesting, detoxing, filtering, and other activities it endures when you are eating your normal diet.

This allows your body to turn its attention on the internal impurities, and work at getting rid of them -- which in the 10 days on the lemonade diet it will.

Why don't you want to stay on the lemonade diet longer than 10 Days

Our body is a wonderful device. Beyond our conscious awareness there are millions of processes going on every second of the day. Things like.

- Breathing
- Circulation
- Digestion
- Thinking

Of course there are many more, but you get the point. Your body also has the amazing ability to adapt to certain conditions. For example if you're hot you will sweat to cool off.

Another thing your body can adapt to is lack of nourishment.

Let me give you an example -- Lets say in order for your body to operate at 100% it requires 2000 calories a day. Now this will vary from person to person, but this is just to illustrate my point.

So 2000 calories fuels all your physical and mental activities.

Now if you drop down to 700 calories for an extended period of time, say 15 days or more your body will adapt because it doesn't know your doing this for health purposes, all it knows is that there is a sustained lack of food, and that it needs to adjust to this new 700 calorie day intake.

So the first thing that happens is your metabolism slows down. If you've ever tried to lose weight by going on a starvation diet the first thing happens when you go back to normal eating is you gain back all the weight and then some. That's because your body is not burning as many calories as it was before you went on the diet. It adjusted to the restricted calorie intake

Your energy levels will also drop. Food is fuel, and your body thinking it needs to conserve all the energy it can because it doesn't know the difference between a voluntary fast and starvation, will cut back on energy expenditures. This will result in:

- Fatigue
- Lack of concentration
- Irritability
- And decreased mental function.

So it's not good to stay on the lemonade diet for more than 10 days. What I recommend is giving yourself at least 45 days after going off the diet so that your body can normalize, and then going back on if you feel it's necessary.

Another mistake some people make is they jump right back into fast food and pizza after they finish the Master Cleanse. Going from fasting to fast food is ping ponging between 2 extremes, and won't provide you with sustained health.

After you finish the cleanse it's best to work into a long term healthy. I follow the advice in [Burn the Fat Feed The Muscle](#). You can go on a [Raw Food Diet](#), Mediterranean diet, or any other type of healthy eating plan. Just make sure you are giving your body the proper nourishment it needs to run at 100% efficiency.

The Master Cleanse can undo many years of damaging habits in one fable swoop, but it's not a long term solution. For good health all year around it's going to take healthy habits all year around.

What You Can Expect The First Time You Go On The Master Cleanse

It is important to know that you will definitely go through a lot of changes when first starting the Lemonade Diet. Needless to say, the diet itself is extremely different than your current dieting habits. It is a major change, and

that will cause reactions from your body. You will receive some strange signals, you will feel weird for a while. This is completely normal.

The body usually will only take a couple days to get adapted to the new diet. After that you will feel normal again, or rather better than normal. Once the body adapts to the Lemonade Diet you will experience the high energy levels and the corresponding high levels of satisfaction that associate with it.

You will probably feel hungry at first. Although the Lemonade Diet will provide your body with all the nutrition it needs to be healthy, your body is still not used to the lack of the consumption of high levels of solid foods. Now you will be consuming low levels of just liquids. This is a major change for the body and it will react accordingly. The stomach will shrink, which is a good thing since when you get off the Lemonade Diet it won't feel the desire to eat large meals, and there will be hunger pains at the start. It is crucial to be strong and disciplined and to power your way through it knowing that it is for your own benefit.

You will feel stirrings in your body during the first 2-3 days of beginning the diet. This is completely normal as the toxins in the body and other garbage is being circulated and disposed of. This will be an awkward feeling, along with frequent stomach groans and stirrings that will also be common. This is also just the body's way of cleaning itself out and it is something that just goes along with the detox process.

Also know that you will be making more frequent visits to the bathroom while being on the Lemonade Diet. This is a detoxification diet, after all, and associated with that is the fact that the body is cleaning itself out. The waste, toxins, and garbage have to be disposed of somehow, and you will definitely notice more frequent trips to the toilet. This is normal and healthy and is just the body's way of disposing of the junk.

Exiting the Master Cleanse

Due to the massive changes in the body that the Lemonade Diet incurs, exiting the diet requires a careful process. It is not good to just drop the diet and go back to eating the same foods you were eating prior to the diet. This

will mess up your system and cause it to go haywire. Rather, since the body has adjusted to the Lemonade Diet, some important steps should be followed to help the body come off the Lemonade Diet properly. Here are some important guidelines to follow:

The first day of ending the diet is when you should still only consume liquids. Start drinking a lot of orange juice and water. Drink slowly and let it settle. More water never hurt anybody, so drink plenty. Orange juice is good for helping the body to adjust back to digesting regular food.

On the second day, continue drinking orange juice and lots of water. Now you can add in light soups to the diet plan. It is best to use vegetable soup as this is healthy and very light, and you can also use Rye wafers. This food will be easy on the stomach and will help it to adjust back properly.

On day three you should continue eating should and drinking plenty of water. For dinner, you can now add in fruits, vegetables, and salad. These foods are still easy on the stomach and very healthy.

For the next couple days follow this sort of plan and ease yourself back into a normal diet. Don't rush it, let your stomach calibrate itself. Also, avoid meats and milk for a while. Milk can mess up your stomach during this process and meat is very hard for the stomach to digest. Both of these should be avoided for at least a couple weeks after coming off of the Lemonade Diet.

Other Suggestions

Remember, the Lemonade Diet is only a detox diet and it is only used occasionally. If you are using the Lemonade Diet to promote your own health, then you need to also practice good dieting habits and exercise habits even when your not on the diet. Don't think that you can use the diet once in a while and then go back to being lazy and eating poorly the rest of the year.

Rather, in order to really be healthy and maximize the benefits, practice proper dieting all year round. Get on a good plan and be dedicated to it. Exercise regularly. Doing these things will help your body to stay fit and performing at high levels for a very long time.

Conclusion

The Lemonade Diet is an excellent detoxification diet. It is successful in what it aims to do: clearing out the body of harmful toxins and helping it to perform at healthy levels. The Lemonade Diet is something that every person should consider doing at least once just to see how it goes. For those who enjoy the process and the benefits, practice the Lemonade Diet a few times a year. Reap the health benefits that it offers.

The Lemonade Diet has a lot to offer everybody. For those suffering from illnesses, the Lemonade Diet can help the body to heal itself. Those who are fatigued, the diet offers a pick-me-up. For those with bad eating habits, the diet can help to break these. In any situation, it is good to consider the Lemonade Diet as a possible diet to use in order to help promote your own health and well being.

I hope you enjoyed this report, and are able to use some of the advice to obtain better health. Remember to always pay attention to your body, and don't be afraid to stop in the middle of the cleanse if you start to feel any adverse effects. The goal is good health, and you should not jeopardize your current health in the obtainment of that goal.

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<http://www.mastercleansesecrets.com>