

Master Cleanse: The Right Way



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Master Cleanse Secrets Introduction

The Master Cleanse, also called the Lemonade Diet, has been around for decades. It was created by Stanley Burroughs who was an early advocate of natural health and believed in the body's natural ability to heal itself.

The results that many people have experienced by going on the Master Cleanse have been nothing short of amazing. Symptoms of chronic health problems people have suffered with for years seem to vanish in as little as 10 days.

The Master Cleanse involves drinking a lemonade mixture that will aid your body in flushing out waste that has accumulated over time. There's more to it which will be explained in detail further on in this guide, but you should know that it's a safe and effective way to achieve radiant health.

It's also a great way to lose a large chunk of weight fast and turn your eating habits away from junk food and towards health food.

Going on the Master Cleanse can help you lose a large chunk of weight by flushing out internal waste. The amount you lose varies a lot from person to person, but for some people it can be many, many pounds.

But the real weight loss benefits come after you finish the cleanse...

After finishing the Master Cleanse, most people find they don't have to force themselves to eat better. In fact, high-calorie processed foods can actually make you sick after finishing the Master Cleanse. You'll find you naturally crave light, healthy foods.

Your appetite may also adjust so that you don't need as much food to feel satisfied.

Curbing your addiction to junk food and reducing the amount of food you eat are the two ways you can enjoy weight loss benefits long after you finish the Master Cleanse.

The Internet Is Filled With Bad Advice

The internet is filled with bad Master Cleanse advice. Perhaps the most dangerous advice comes from people who recommend you stay on the Master Cleanse for 30+ days.

I advise against this.

If you've done the cleanse a few times and know how your body will react you might consider attempting a longer cleanse; but for newcomers, I recommend 3-10 days.

Everything You Need To Successfully Finish The Master Cleanse Is In This Guide

Nothing I know of has the ability to make such positive changes to your health in such a short time.

The days you spend on the Master Cleanse will be challenging for most of you. Your body will be cleansing itself and this can cause some discomfort.

You may also likely experience a euphoric feeling that's similar to a runner's high after a few days on the cleanse. This feeling is an absolute delight. Most people also experience a heightened sense of smell which can be really cool. Going out in public turns into an olfactory adventure!

And when you finish the Master Cleanse you may feel absolutely incredible. Not just good -- incredible!

This guide will take you through the entire Master Cleanse process step by step. It's important that each of the steps are followed to make sure you get the most out of the cleanse.

I hope you enjoy this guide and benefit from what it teaches.

Why You Need To Flush Built Up Waste



We are slowly poisoning ourselves. The food we eat is covered with pesticides. There are chemicals in our drinking water. In some cities the pollution in the air becomes so thick that you're warned not to go outside on certain days.

Failing to remove the environmental poisons that accumulate in your body could steal years off your life. It could also mean living a life of chronic pain, fatigue, obesity, and a plethora of other negative health problems.

The Master Cleanse can help remove the built-up waste in your body. In order to better understand the Master Cleanse, you must first understand that it's based upon detoxification.

Your Body Needs To Detox

Simply put, your body is filled with a lot of waste it can't remove or has trouble removing, and just ends up sitting around. This thick plaque clings to the inside of your intestines, preventing nutrients from being absorbed.

It's literally choking you off from the inside. Right now many people are walking around with pounds 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
- Very Little Fiber
- Not Enough Water

The typical western diet is a bad combination of unhealthy foods that burden the body, and not enough water and fiber to help efficiently flush it out.

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 your body cleanse itself of this waste.

Going on the Master Cleanse can help...

- Increase energy levels
- Break bad habits
- Cleanse the body of harmful toxins
- Promote weight loss through the increased energy levels and smoother, stronger metabolic rate that will accompany it
- Strengthen your immune system and protect you against disease

A detoxification essentially gives your body a fresh start.

Next, we'll take a closer look at the Master Cleanse...

Why Go On The Master Cleanse

The Master Cleanse or Lemonade Diet as it's also known has been around since the 1940's. It's helped millions of people cleanse their body and improve their health.

At first it seems too basic to really do anything, but after spending a few days on the Master Cleanse you'll be surprised at how well this silly "lemonade diet" really works.

In order to properly detoxify and "flush" the body, the Master Cleanse must be followed strictly for 3 to 10 days. (If you're more advanced you can stay on longer, but staying on the Master Cleanse too long comes with some potentially serious health risks.)

Don't let that last line scare you, the Master Cleanse does provide you with the nutrition you need to stay healthy and get by.

Following the Master Cleanse can be a difficult task, especially when you're watching TV and a juicy cheeseburger pops up on the screen. Avoiding the temptation to eat is going to play a big part in you succeeding, and I'm going to help you through the entire process.

If you're a little nervous about going on the Master Cleanse don't worry, I'm going to show you how to avoid all the mistakes most people make and make sure you get through it.

When you make it through the Master Cleanse you will be extremely proud of yourself. You'll be able to feel and experience all of the health benefits, and know that you were able to change your life for the better.

One of the ways the Master Cleanse can help change your life for the better is by helping you overcome bad habits...

Going On The Master Cleanse Can Help You Break Bad Habits

Another big point about the Master Cleanse, one that can't be stressed enough, is that it can help you break unhealthy habits.

Cigarettes, alcohol, even caffeine can have a negative impact on your health, but after time addiction sets in and your body starts to crave these unhealthy substances.

When you cleanse your body it's like hitting the reset button. You'll discover that when you finish the Master Cleanse you naturally want to continue feeling healthy and energized - this feeling makes it easy to abandon bad habits.

The confidence you get from finishing the Master Cleanse also makes it easier to take on other health challenges such as kicking bad habits.

Of course, you have to want to abandon the bad habit, but the Master Cleanse can strengthen your ability to control your urges.

Now let's talk about some of the other health benefits you'll enjoy...

The Health Benefits Of The Master Cleanse

The health benefits of the Master Cleanse are diverse and impressive. Not only can the Master Cleanse leave you with a better mental state, a rejuvenated body, a clean & detoxified system, and full of vibrant energy, but it can also help your body fight and stave off many different diseases.

Detoxifying the body is a process that helps flush the body of internal waste.

The buildup of waste can lead to many health problems. Simply put, a buildup of internal waste leaves the body more prone to disease.

By detoxifying, your body is able to fight disease exponentially better. When it's not burdened by internal waste, your body's immune system can operate more efficiently, allowing the body to better be able to fight off anything that comes its way.

Here's an outline of some other benefits of the Master Cleanse:

- The Master Cleanse helps dissolve and eliminate mucus that has formed in the body
- It helps cleanse the kidneys
- It eliminates hardened fecal material and phlegm that has accumulated in your colon and digestive tract
- It helps clean out the glands and cells in your body
- It helps eliminate unusable waste and hardened material in the joints and muscles
- Helps with circulation

The Master Cleanse contains important vitamins and minerals including potassium, calcium, magnesium, manganese, iron, copper.

Vitamin A, B1, B2, B6, C, nicotinic acid and pantothenic acid are also present.

The Master Cleanse is can also help those who have bloating, joint pains, stomach cramps, gallstones, indigestion, excess fat, kidney problems, infections, gout, arthritis, boils, ulcers, poor appetite, or sluggishness; and those who seem sick but don't have a cold or the flu or those who feel sick but can't figure out what is ailing them.

The cleanse can be used at any time and is generally recommended to be used a few times a year with a 45-60 day rest period in between cleanses. Repeating the cleanse a few times each year can do wonders for you - keeping your body running properly and in a healthy state.

The Master Cleanse should not be done if you are pregnant, or nursing

The Master Cleanse is a restrictive diet, and even though thousands of people have successfully completed the Master Cleanse, it's always best to check with a doctor before going on it - especially if you have any pre-existing health conditions or are concerned about the effects of detoxing using the Master Cleanse.

Weight Loss On The Master Cleanse

Some people are concerned about losing too much weight too fast. The Master Cleanse is a fast way to lose weight in a very short period of time. In some situations this can be very dangerous. However, this is different.

Most of the health problems that occur when losing too much weight in a short period of time are due to the malnutrition. People overwork themselves and then starve themselves trying to lose weight. Sure, it works, and the pounds drop, but they are starving their bodies. This is why organs shut down and some people can get very sick from drastic weight loss.

The Master Cleanse is different. It does not promote malnutrition. It gives you a wide variety of vitamins and minerals that the body needs.

Also, the Master Cleanse is a short-term diet.

Needless to say, if someone tried to use the Master Cleanse as their usual diet then they would indeed suffer many health problems after a while. The Master Cleanse is not meant to be used long-term. It is a short-term cleanse that is extremely successful when used properly.

The main reason that the drastic weight loss you experience on the Master Cleanse is not alarming is that most of the weight you lose will be internal waste, not body tissue.

The Master Cleanse And Your Physical Appearance

We all get older and with age comes a deterioration of the body and its cells. That's all aging really is. Your body breaks down and the cells take longer to repair and replace themselves. People are constantly looking for ways to slow down, or even reverse aging.

Obviously, you can never reverse the clock, but if you look at aging in the sense of the body's health and its ability to repair itself, then you can definitely slow down aging.

The Master Cleanse can flush out the waste that burdens your body. As many people will tell you, just a few days on the Master Cleanse can leave you fresh and glowing.

Next, we'll talk about one of the biggest worries about doing the Master Cleanse...

Going Without Solid Food

A criticism of the Master Cleanse is that it doesn't allow you to eat solid foods. People always ask if this is a problem. The answer is no, it's not a problem at all, and here's why:

We're so accustomed to solid food that it seems unnatural not having it in our diet. Sure, solid food is important to have in the long run, but we are just so used to solid food that we think it is necessary at all times. It isn't.

Nutrition is nutrition no matter how you slice it. The important aspect of the Master Cleanse is not in what form you consume nutrition, but in the fact that the proper nutrition is being consumed.

That's important to remember.

Also, as I mentioned before, this cleanse is short-term. This cannot be reiterated enough. This is a detox cleanse that should last only for a little while.

Naturally, it's not good to go without solid foods for a long time, and this is for many reasons, including the health of your teeth.

But using the Master Cleanse for the recommended period of time should not cause any problems for healthy individuals.

Okay, we've covered the basics, now let's get started with the actual cleanse....

Rounding Up Your Master Cleanse Supplies



Having your supplies in place is very important. Look into what you will need for the Master Cleanse and buy enough for the entire cleanse before you start.

Going on a grocery store run and being surrounded by food during the cleanse can tempt you to cheat - you should try to avoid it.

Let's go over what you'll need...

Main Ingredients for the Master Cleanse:

- Pure Filtered Water
- Grade B Organic Maple Syrup, Formaldehyde free
- Organic Cayenne Pepper
- Organic Lemons

Secondary Ingredients:

- Laxative herbal tea
- Psyllium Husk
- Natural Herbal Tea (decaffeinated)
- Wheat Grass
- Hoodia Gordonii Extract (*optional*)
- Epsom Salt

First, let's talk about the main ingredients

Pure Filtered Water:

This is probably the most overlooked step in the Master Cleanse. It's also the most important if you want to cleanse your body. There are people who won't go near non-organic fruits and vegetables, but they constantly drink and cook with unfiltered tap water.

Your local water treatment facility does not do an adequate job of providing you with clean, safe drinking water. The standard water treatment practice is to dump chlorine into the water to kill off the bacteria and viruses. Chlorine is a poison and has been linked to cancer.

There are also chemicals from corporate waste and farm runoff - as well as the sediment and toxic metals that are found in the pipes that bring water into your home.

Bottled water is not a good choice either.

In addition to being very expensive, the manufacturing processes for bottled water are not tightly regulated. Sometimes the bottled water you buy is not any better than city tap water - and sometimes it is just plain city water!

After a four-year review of the bottled-water industry and its safety standards, NRDC concluded that there is no assurance that bottled water is cleaner or safer than tap. In fact, **an estimated 25 percent or more of bottled water is really just tap water in a bottle** sometimes further treated, sometimes not.

Of the 1,000 bottles tested, the majority proved to be relatively clean and pure. About 22 percent of the brands tested contained chemicals at levels above state health limits in at least one sample. If consumed over a long period of time, some of those contaminants could cause cancer or other health problems for people with weakened immune systems.

SOURCE: Natural Resources Defense Council

The solution is to use a water filtration system. If you're drinking bottled water now it will probably pay for itself in a few months.

You have to be careful when shopping for a quality water filter because a lot of them don't do a proper job of filtering out the contaminants found in today's drinking water.

If you don't have a water filter most grocery stores sell filtered water by the gallon. This water is usually filtered using reverse osmosis, which is not the best filtering technology, but it's better than tap or bottled water.

[Amazon has a number of filters ranging from inexpensive pitcher filters up to whole house units.](#) Consider investing in a decent water filter because even after you're finished with the cleanse, you'll want to keep drinking clean water.

Okay, I went off on a bit of a tangent there about filtered water...

It's just that water is such a crucial element for good health. For anyone making an effort to lead a healthy lifestyle, a simple countertop water filtration system is as important (and less expensive) than organic produce, free range meat, or nutritional supplements.

As for the other main ingredients, they're pretty standard fare and can be found at most grocery stores.

When picking up your ingredients make sure to buy organic - The goal of the Master Cleanse is to remove toxic substances from your body so stay away from ingredients that have been sprayed with pesticides

Lemons:

Don't use concentrated lemon juice – concentrated lemon juice is filled with sugar and preservatives.

Grade B Maple Syrup:

It's important that you use organic grade B maple syrup (or actually what used to be considered Grade B; see below). Some of the commercial brands typically used for pancakes aren't even real maple syrup; they're high fructose corn syrup with artificial maple flavor!

There was a change in the grading system for maple syrup a few years back. Grade A was divided into 4 different classifications. What used to be known as Grade B is now Grade A dark color and robust flavor. So when shopping for Grade B, look for Grade A dark and robust.

Most major grocery stores sell organic grade B (Grade A dark and robust) maple syrup; it might not be in the same section as the breakfast syrups so check the health food section. If your local store does not carry any [you can order it online](#).

Cayenne Pepper:

Cayenne pepper is usually sold in powder, but some stores sell a liquid cayenne extract that will work as well. If you have trouble consuming spicy drinks, it's alright to use cayenne pepper capsules - you can find them in the supplement section of most stores.

Secondary Ingredients:

These items are the supporting cast. The lemonade mixture and water is what you're going to be consuming the most of, but these secondary ingredients are also very important to the cleansing process.

Besides the lemonade, there's not much you can add to the Master Cleanse without stripping it of its effectiveness.

These secondary ingredients can be safely added, and in the case of the wheatgrass, laxative tea and psyllium husk, actually make the cleanse more effective.

Laxative Tea:

Herbal laxative tea can be used in place of the sea salt flush. The purpose of both is to increase eliminations. Of the two, the sea salt may be more effective, but if salt intake is a concern, laxative tea will work as well. The tea can be found in most grocery stores and is sold under different brand names. The two I use are [Traditional Medicinals "Smooth Move"](#) and [Yogi Tea "Get Regular."](#)

Psyllium Husk:

Psyllium husk is another laxative. Psyllium husk fiber is very rich. It comes in powder or capsules.

Wheatgrass:

Wheatgrass is often called a "Super Food" because it's said that just a small amount contains the nutritional equivalent of pounds of other fruits and vegetables. There are even stories of wheat grass being referenced in the Bible and used by Jesus himself.

But the benefits of wheatgrass have nothing to do with religion.

Wheatgrass contains high concentrations of chlorophyll, enzymes, and vitamins - including vitamins A, B complex, C and E, trace elements calcium, iron, magnesium and potassium, enzymes and amino acids. Wheatgrass is a powerful antioxidant that can boost your immune system and get rid of free radicals.

It's also good for detoxing. The chlorophyll can cleanse your blood and your liver tissue & cells.

The main reason you should take wheat grass while on the Master Cleanse is wheat grass contains protein.

Lack of protein is one of the biggest downsides to the traditional Master Cleanse, but wheat grass, unlike meat or dairy is a safe source of protein that won't interfere with the cleansing process.

Protein is crucial to maintaining a healthy body. It's not a good idea to go too long without it, and while wheatgrass won't give you the recommended daily amount of protein, it will give you some.

Wheatgrass will help reduce the side effects of the Master Cleanse.

Feeling faint and not being able to focus are common Master Cleanse side effects. Getting a little bit of protein can help overcome that.

You have a few options for how you want to get your wheat grass. I usually take capsules or [powdered wheatgrass](#) mixed with water.

You can also grow your own fresh wheatgrass and juice it, but you'll need a [high-quality Masticating Style Juicer](#) because it's difficult to extract the juice from the grass and most juicers aren't up to the task.

The other two secondary ingredients are to help you finish the Master Cleanse by addressing the two main reasons people don't finish the Cleanse:

- They can't deal with the hunger & food cravings
- They get bored with drinking just the lemonade

I'll start off by saying that most of you will at some point during the Master Cleanse be hungry, and get tired of drinking the lemonade. There's no way to avoid it, but adding these ingredients can help you better manage these two distractions, and help you successfully complete the cleanse.

Herbal Tea:

Let's start with "getting bored with drinking just the lemonade". The beauty of the Master Cleanse is its simplicity. By going on this cleanse, you allow your body to use the energy it normally spends breaking down, digesting, and assimilating food to heal itself, so you can't add much to the Master Cleanse without taking away from its effectiveness.

But you can use herbal teas (NATURALLY decaffeinated) to help break the redundancy of drinking water and lemonade all day long. These teas come in an assortment of flavors and can be found at just about any grocery store. It is important to choose teas that use a natural process of decaffeination; chemical decaffeination often takes away some of the healthy benefits of the tea ingredients.

Epsom Salt:

The original Master Cleanse recommendations include a salt water flush every morning. However, as a medical professional, I'm wary of giving general advice to add that amount of salt to their intake. The salt water flush basically acts as a laxative, so the

other laxatives I mention in this guide should be adequate for an effective cleanse. But you can use Epsom salt in a bath while doing the Master Cleanse – which I go into more detail later.

Now let's talk about how to deal with hunger....

Hoodia Gordonii: (optional)

This next one is optional, but it's something people like to use when doing the Master Cleanse. It's called Hoodia, and by adding a few drops to your lemonade it can help curb your appetite and make it easier to stay on the Cleanse.

Hoodia Gordonii belongs to the Succulent plant family, which is similar to a cactus. Hoodia has been used by the indigenous people of South Africa for hundreds of years.

Hoodia was first introduced to the mainstream of Western culture when the news show "60 Minutes" aired a story about it which had reporter Leslie Stahl visit the South African region and try Hoodia for herself.

Here's what Stahl had to say about Hoodia...

"Stahl says she had no after effects - no funny taste in her mouth, no queasy stomach, and no racing heart. She also wasn't hungry all day, even when she would normally have a pang around mealtime. And, she also had no desire to eat or drink the entire day. 'I'd have to say it did work,' says Stahl."

While that report did a good thing by introducing a natural way to control your appetite - it also had some adverse effects. Every diet pill company was in a rush to come out with a Hoodia product.

The problem is that Hoodia is very scarce, so many companies were, and still are, making exaggerated claims about the Hoodia they're selling. If you're going to use Hoodia, it's important that you know what to look for.

Here are some things to look for to make sure you get a quality hoodia product.

- Make sure the company is selling real hoodia that's been tested by an independent lab
- The company has been in business for at least a year
- The product only contains Hoodia and no dangerous stimulants

- The product contains a large enough dose of Hoodia to be effective - (at least 200 mg)
- The company offers liquid hoodia which is easier for your body to absorb.

Hoodia is not a magic bullet, but it can make a noticeable difference in curbing your desire to eat.

We'll go over the Master Cleanse Recipe next...

The Master Cleanse Recipe

The Master Cleanse recipe is very simple. You should drink a minimum of 60 oz of lemonade a day, but no more than 120 oz.

Make sure you drink a lot of water while on the cleanse because the laxatives you'll be taking can dehydrate you

I suggest you drink your body weight in ounces of water. So if you weigh 125 pounds you should drink 125 ounces of water.

Here's the Master Cleanse recipe that should be used. #1 is for a single serving or one glass and #2 is for 60 ounces:

#1 (single serving):

- 10 Ounces Filtered Water
- 2 Tablespoons organic Maple syrup (Grade A dark & robust, formerly Grade B)
- 2 Tablespoons Lemon Juice (approx ½ of a Lemon)
- 1/10 Teaspoon Cayenne Pepper

#2 (60 oz. daily serving):

- 60 Ounces Filtered Water
- 12 Tablespoons organic Maple syrup (Grade A dark & robust, formerly Grade B)
- 12 Tablespoons Lemon Juice
- ½ Teaspoon Cayenne Pepper

There are a couple of important things to remember when using this recipe.

The lemon juice used must be fresh squeezed. This is very important.

Canned juice won't work and will erase most of the benefits of doing the cleanse. Also, the maple syrup must be organic Grade A dark & robust (formerly Grade B) maple syrup, not the imitation syrup that is used at the breakfast table.

Mixing herbal teas with the recipe is a good way to add some flavor to the lemonade, 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.

If you use hoodia to help manage your hunger you should follow the recommended dosage listed on the bottle, and mix it in with your lemonade.

You should also take 2 servings of wheatgrass per day.

How Natural Laxatives Help Flush Out Your System

Taking a laxative with the lemonade has 3 benefits:

- It will break up the monotony of just drinking the lemonade all day
- It will help control your hunger, especially the psyllium husk
- It will break up the compacted fecal matter that's built up inside your colon and intestines, and help it pass out through your body

The 2 Laxatives To Use During The Master Cleanse

- Herbal Laxative Tea
- Psyllium Husk

These are ideal methods for flushing the colon and intestinal tract without colonics and enemas. During the Master Cleanse, you should use these laxatives in any combination twice a day, ideally first thing in the morning and before you go to bed.

Herbal Laxative Tea - This is a common item that's sold in most grocery stores. You may want to try the brands I've used, [Traditional Medicinals "Smooth Move"](#) or [Yogi Tea "Get Regular."](#)

You brew it just like any other tea, and almost every brand I've tasted has a very pleasant taste to it.

Drinking the tea on an empty stomach works best.

The tea will stimulate your bowels to move, so you'll experience frequent bathroom trips

Psyllium Husk - Psyllium husk is very fiber rich, so it does a good job of loosening compacted material that's built up inside your colon. Psyllium husk will give your stool bulk, soaking up water in the gut and allowing the stool to easily pass through your system.

[Psyllium Husk can be bought in capsules, or in a bulk powder.](#) I buy mine in bulk and mix 1 tablespoon of Psyllium Husk with 10 oz of water. This mixture is not as pleasant tasting as the tea, but that should not discourage you from using it because it will accomplish 3 things the other laxatives won't:

1. When you take the Psyllium Husk it will expand in your stomach giving you the feeling of fullness. Hunger is the biggest reason people fail at the Master Cleanse, and Psyllium Husk can help control that hunger.

2. Psyllium Husk has a different effect on your bowel movements than herbal tea or sea salt. The tea and sea salt both cause frequent bathroom trips, but they don't contain any fiber, so they don't do as good of a job at loosening the hard fecal matter that lines the inside of your intestines.

3. The psyllium will force the waste material out of your body. One of the things you'll more than likely experience on the Master Cleanse is that after the 3rd day your bowel movements will be almost purely liquid. When you take in psyllium which is more solid than any of the other ingredients, it will help force the solid material out of your intestines and colon.

How Often Should You Take A Laxative?

While you're on the Cleanse, it is recommended to use these laxatives twice a day.

You can use any combination of the 2 laxatives. The best time to take them is once in the morning and once before you go to bed. Also make sure you drink plenty of water because these laxatives, especially the tea, can dehydrate you.

Summing Up A Day On The Master Cleanse

Alright, you've rounded up your supplies and are ready to start... here's what an average day on the Master Cleanse should look like.

It's best to start your day with one of 2 laxatives (psyllium husk or laxative tea) because they're more effective on an empty stomach.

Next, you can make yourself a glass of lemonade using fresh lemons, cayenne pepper, and grade B (grade A dark & robust) maple syrup.

You can use flavored herbal tea (naturally decaffeinated) for taste and hoodia gordonii to help subdue your hunger if you choose, but that's optional. You might also want to make a whole day's worth of lemonade at this time rather than making it glass by glass.

You can find the recipe on page 19.

I like to alternate between a glass of water and lemonade. Remember, the goal is to flush out your system so be sure to get plenty of fresh filtered water. Try to drink your body weight in ounces of water.

You can take a serving of wheatgrass any time after the first glass of lemonade.

Throughout the day continue drinking lemonade and water.

Before bed, take another laxative (psyllium husk or laxative tea).

That's all there is to it. You might be thinking "there's no way I can do that", but trust me it's not that hard after your body adjusts (usually after the 2nd or 3rd day).

Setting Your Goals And Preparing Yourself For The Master Cleanse

The steps you take before starting the cleanse will determine your success.

The following steps will help crystallize your goals, motivate you, and help you deal with the desire to quit should it arise.

You're probably anxious to start the cleanse so you might be tempted to skip this part and jump right in. I can tell you from experience that the people who don't follow these steps have a much harder time than those who do.

This will really help you through Master Cleanse. I promise.

Here's what you need to do:

Before you start the Master Cleanse you need to GET MOTIVATED!

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

You can think of these steps as your pre-game warm up. You want to psyche yourself up and put yourself in a peak mental state. If you follow this advice, you'll be at the point where you can't wait to start the cleanse.

This is an absolute must, most people starting the Master Cleanse 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.

That's a recipe for failure.

Here are the steps you should follow, starting at least 3 days before you actually go on the Master Cleanse:

1. Mark your calendar for the day you intend to start the cleanse. This is an important day and marking it down will help cement it in your subconscious. This will also act as a countdown -- something to look forward to.
2. Open a word document or notebook and write down all the reasons why you want to finish the Master Cleanse.

Do Not Censor Yourself.

This is for your eyes only so write down all the ways your life will improve 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 self-love. It can be anything, as long as it's positive.

3. In that same word document or notebook write down how **not** finishing the Master Cleanse will have a negative impact on your life. 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).

This step helps you gain leverage against yourself. When you have a big list of negative things in your life that can be helped by the Master Cleanse, the discomfort you experience on the cleanse will seem trivial in comparison.

There have been many times when I felt hungry and cranky while on the Master Cleanse and wanted to quit, but pulled out this list and realized how insignificant my hunger and bad mood was compared to the things I stand to gain by sticking to the Master Cleanse.

4. Keep adding to both lists during the days leading up to the start of the cleanse.

You'll find that after these lists get past 10-15 items the really meaningful stuff starts to come out.

5. Visualize yourself already having finished the cleanse 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.

Every free moment you have, close your eyes and picture yourself as having finished the cleanse. This is not some wimpy fantasy, so turn it all the way up -- see it in bright vivid colors, hear the sounds, feel how good it feels to succeed, really get into it -- don't hold back -- and don't forget to smile!

6. Rid your house of all potential traps.

Okay, it's the night before the big day. You should be itching to start the cleanse 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 efforts.

I'm talking about food.

You can donate it, give it away, or toss it, but don't keep it in 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 for the next 10 days.

You might think you have the willpower to not eat that package of thin mint cookies now; but 7 days into the cleanse, I guarantee those 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.

If you can't get rid of all the food in your house at least get rid of the foods that don't require a long preparation before you can eat them. I'm talking about things like cookies or microwavable dinners. Anything that you can tear into quickly should be removed from your sight.

7. Post uplifting reminders around your house.

I like to take the list of things I want to gain by going Master Cleanse from step 2, type it up, print it, and post it around the house (refrigerator, bathroom mirror, door, etc.).

You can also post a message to yourself to keep you from eating. For example, I like to put this message on my door so I see it every time I leave the house:

STOP

It's only 10 days - you can do it.

I use the word "STOP" because it gets your attention. Putting it in red also helps make it stand out.

Some of you might think these steps are corny and that you don't need to follow them. Maybe you don't; many people have completed the Master Cleanse without them, so it's not impossible. But I do know that for many people, these steps have been the difference between success and failure, so I hope you give them a try.

How Long Should You Stay on The Master Cleanse?



I've been exposed to a lot of different people's takes on the Master Cleanse. While most people stick to the 10-day rule, there are some who say that it's okay to stay on the cleanse for 30 or more days.

If you're just starting out on the Master Cleanse it's best not to stay on it for more than 10 days. Even if you are experienced, staying on the Master Cleanse for too long can have adverse effects.

Your body needs nourishment, and that comes from food.

Now, the Master Cleanse 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 and other activities it endures when you're eating your normal diet.

This allows your body to turn its attention to healing and cleansing - which during 10 days on the Master Cleanse it will.

What can happen if you stay on the Master Cleanse too long?

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 much 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 a lack of nourishment.

Let me give you an example -- Let's 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 fuel all your physical and mental activities.

Now if you drop down to 700 calories for an extended period of time, say 30 days or more, your body will begin to adapt because it doesn't know you're doing this for health purposes; all it knows is that there's a sustained lack of nourishment and that it needs to adjust to this new 700 calorie a day intake.

First, your metabolism starts to slow down.

If you've ever tried to lose weight by going on a starvation diet, the first thing that typically happens when you go back to normal eating is you gain back all the weight you lost and then some. That's because your body is not burning as many calories as it was before you went on the diet.

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.

For these reasons I suggest sticking to 10 days.

I also recommend waiting 45-60 days between each Master Cleanse so that your body can normalize.

After you finish the cleanse, it's best to transition into a long-term healthy diet.

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.

After you've done the Cleanse a few times, and know how it affects your body you could consider experimenting with staying on it for longer than 10 days, but you should know that the Master Cleanse is a restrictive diet and that staying on it too long could be unhealthy.

If you're new to the Master Cleanse, it's okay to stay on for less than 10 days. What's most important is that you set your goal for the number of days you want to stay on the Master Cleanse, and meet that goal - even if it's just 3 days.

Precautions & Things To Keep In Mind

Going on the Master Cleanse causes some dramatic changes to happen to your body in a short time. It's one of the reasons people like it so much, it gets the job done fast.

But the cleanse can also leave you fatigued. I want to share some precautions and things you should keep in mind while doing the Master Cleanse:

Avoid vigorous activity - If you lift weights or exercise intensely, you should cut back while you're on the Master Cleanse.

If heavy lifting is part of your job, consider scheduling the Master Cleanse during your time off from work because your body will be taxed when you go on the Master Cleanse.

As the cleanse starts to work at purging waste from your body, you'll likely feel depleted at first. It's best not to stress your body any further by engaging in strenuous activities.

It's okay, and even advisable to do some light exercising such as walking or stretching, just avoid any high-impact stuff.

Keep stress to a minimum - you don't want to make it any harder on yourself by doing the Master Cleanse during a high-stress time. Avoid doing the Master Cleanse during Holidays or in the middle of a personal or professional crisis.

If you have an important deadline at work, wait until the project is finished before going on the cleanse.

If you already have too many irons in the fire, adding the Master Cleanse to the mix will only lead to compounding stress. Wait until you're caught up with work, and don't have any pressing family obligations before going on the Master Cleanse, if at all possible.

If you currently have a medical condition, check with your doctor before going on the Master Cleanse - I know I'm going to get some criticism for this one because the Master Cleanse is supposed to keep you out of the Doctor's office; but it's impossible to know the current health situation of every person who reads this guide. If you're not sure if you're healthy enough to go on the Master Cleanse, please check with your doctor before doing it.

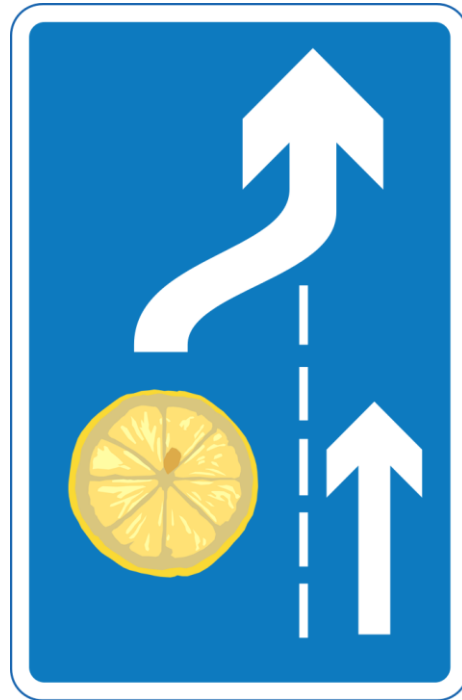
Avoid coffee - The Master Cleanse is a simple diet, but it must be strictly followed for it to work. That means no coffee or other beverages that aren't listed in this guide.

If possible, you should avoid taking vitamins - The Master Cleanse works best when you keep as much out of your body as possible and let your body cleanse itself.

If you feel like going a few days without vitamins is going to have a negative impact on your health, it's okay to continue taking them.

About prescription drugs - I get asked a lot about whether or not a person should continue taking doctor-prescribed medicine while doing the Master Cleanse. The honest answer is with so many drugs on the market, it's impossible for me to know how each one affects the Master Cleanse. If you're taking prescription drugs, it's obviously for a reason that was important to your doctor; and it would be irresponsible for me to tell you to stop. Definitely consult your doctor if you're considering a stop in your medication use.

Exiting the Master Cleanse



Due to the massive changes in your body that happen during the Master Cleanse, exiting requires a careful process.

It's not good to just drop the cleanse and go back to eating the same foods you were eating prior to starting the Master Cleanse. This will wreak havoc on your body and can even make you sick.

Since your body has adjusted to the Master Cleanse, some important steps should be followed to help your body come off the Master Cleanse properly.

The first day after ending the cleanse you should avoid all solid food. Start drinking fruit juice and water. Fruit juice is good for helping your body adjust back to digesting regular food.

On the second day, continue drinking fruit juice and lots of water. Now you can add in light soups. It is best to use vegetable soup as this tends to be a healthier choice.

Burroughs also allows rye wafers/crackers. This food will be easy on your stomach and can help it to adjust back properly.

On day three, you should continue to eat soup and drink plenty of water. For dinner, you can add in fruits, vegetables, and a light salad (no meat, eggs, or dairy). These foods are still easy on the stomach and very healthy.

Don't Rush Back Into Your Normal Diet

You'll have to let your stomach calibrate itself. Dairy products can irritate your stomach during this process and meat is very hard for the stomach to digest.

After your stomach adjusts to solid food you should consider eating some yogurt. The Master Cleanse eliminates a lot of waste and bacteria that are bad for your body, but you will also lose some good bacteria that are actually beneficial to your body.

Yogurt contains this healthy bacteria.

Another option would be to take dietary supplements called Probiotics that you can find in some health food stores [or you can order them online.](#)

That's all there is to it. If you can commit to the Master Cleanse, you will reap some incredible rewards.

Next, I'll share some more tips to help you through the cleanse...

Other Tips To Help You With The Master Cleanse

In this chapter, you will discover more tips that can make your Master Cleanse experience as easy as possible...

Do the Master Cleanse with a friend:

It's not always possible to find a person willing to go on the Master Cleanse with you, but if you can, it will help. Having someone to support you and hold you accountable on the cleanse will greatly increase your chances of succeeding.

Find a health-conscious friend, family member, or coworker whom you already know would be interested in improving their health and you'll have a much easier time on the cleanse. Doing it with a friend is also a lot more fun!

Warning: Be careful who you ask to join you on the cleanse.

Not everyone will be as open-minded as you when it comes to natural health. In fact, narrow-minded is a good way to describe certain people. Telling them about your efforts to cleanse your body will draw nothing but ridicule and negativity from these people.

Don't try to convert them or convince them about the benefits of the Master Cleanse. It's best to avoid such people because their toxic personalities seem to rub off on everyone they meet.

Take a Hot Epsom Salt Bath to Ease Aches and Pains:

Soaking in Epsom salts is often used to ease aches and pains after a hard workout. An Epsom salt bath will also remove waste through your skin (when you take an Epsom salt bath, it's common for the water to turn light gray after soaking in it for a while).

It's normal to have minor aches and discomfort while on the Master Cleanse and soaking in a hot Epsom salt bath can help minimize that.

I take 2 cups of Epsom salts, (which is sold in the first aid aisle of most stores), and add it to hot bathwater and soak for 20-30 minutes. You can also use a washcloth or loofah sponge to gently exfoliate your skin. This will help open up your pores and increase the detoxing process. If you have heart problems (cardiac issues), then you should consult your doctor to determine if it is safe for you to immerse yourself in a hot bath.

Drink From a Straw If You Have Sensitive Teeth:

Some people find the lemonade is hard on their teeth. To avoid this you can drink the lemonade through a straw which will minimize contact with your teeth.

You can also rinse your mouth out with water after you drink the lemonade if you have sensitive teeth.

The Best Day To Start The Master Cleanse

The best day to start the cleanse is going to depend on the type of person you are.

Most people find it difficult to work while on the cleanse. For them, it's best to start when they have some time off from work. If you work a typical Monday through Friday job try starting the cleanse on a Friday. The first 3 days are the hardest, and this way you can spend days 2 and 3 at home.

Other people find it's easier to do the cleanse while working. Keeping busy with work allows them to keep their mind off food. For these people, it's best to start the cleanse on a Monday, or the first day of their work week.

Blog Or Keep A Daily Journal Of Your Results

Keeping a progress journal is another way to hold yourself accountable while on the Master Cleanse. This can be a simple pad of paper, a post on social media, or you can blog about your Master Cleanse experience – whatever you feel comfortable doing.

There's a lot of ways to get started with a blog, but the easiest way is to sign up for a free blog at www.blogger.com. It only takes a few minutes, and you don't have to be a tech wizard to use it - you just type in your entry, click publish, and it's online for the world to read.

I like to write about what I'm feeling (good and bad). If I feel like I can't continue on the cleanse, I'll often take a deep breath, and just start writing about anything to keep my mind off eating. There's no right or wrong here. It's your journal and you can write about anything you want.

Get A Massage

A massage will help you relax. It will also help release waste that's trapped deep inside your body tissues. It's also a good activity for getting out of the house and taking your mind off being hungry.

Take A Sauna

Sweating is one of the best ways to detox your body. If you're feeling aches or soreness while on the Master Cleanse, it may be because of the heavy amounts of waste being released into your body as the cleansing process takes place. Your body will naturally dispose of this waste and you can help it along by sweating some of that waste out in the sauna. Again, if you have heart problems (cardiac issues), then consult your doctor before using a sauna.

Make sure you're well hydrated, if you're going to use a sauna, and be sure your current health permits you to sit in a sauna

If You Absolutely Have to Eat - Make Sure You Eat "Safe Foods"

This might be the most important tip in this whole guide - especially if you're doing the Master Cleanse for the first time.

If you get to the point where you absolutely can't go another minute without eating, don't completely throw in the towel and order a pizza or raid the refrigerator.

If you eat heavy food in the middle of the cleanse you can't just pick up where you left off. It's back to square one. But there are a few foods you can turn to "in the case of an emergency."

These safe foods are fruits and vegetables which are made up of mostly water, and natural sugars that are similar to what's found in the maple syrup you're using in the lemonade.

These foods are easy for your body to breakdown, and unlike a pizza for example, you can safely eat these while on the Master Cleanse.

These foods should not be thought of as part of the Master Cleanse, and you should do your very best to avoid eating anything while on the cleanse, but if you're to the point where you can't continue with the cleanse you can turn to these "safe foods" to help you get through.

List Of Safe Foods:

- Cucumber
- Watermelon
- Lettuce
- Green Peppers
- Oranges
- Grapefruit
- Celery
- Tomatoes
- Grapes (seedless)
- Any type of fresh fruit or vegetable juice

You want to avoid dense fruits and vegetables like avocados because the effort it takes to digest them interferes with the cleansing process.

These tips should make your Master Cleanse experience a little easier.

Now let's talk about what it's like to do the Master Cleanse. Keep in mind that everyone's experience will be different, but this should help give you an idea of what it's like...

What You'll Experience During The Master Cleanse

It's important to know that you'll definitely go through a lot of changes when you do the Master Cleanse.

Needless to say, the cleanse itself is extremely different than your current eating habits.

It's a major change, and that will cause reactions in your body. You will receive some strange signals; you will feel weird for a while.

This is completely normal.

Your body will usually take a couple days to adapt to the Master Cleanse. After that, you will feel *almost* normal for the rest of the cleanse as long as you don't push yourself too hard.

This is a major change for your body and it will react accordingly. You will be hungry at first as you get used to the cleanse.

The first 3 days are the most difficult. The hunger tends to subdue for most people after the 3rd day, from that point on the rest of the cleanse gets easier.

It is crucial to be strong and disciplined and to find the strength to get through it knowing that it is for your own benefit.

You will feel stirrings in your body while on the Master Cleanse. This is completely normal as internal waste is being circulated and disposed of.

Frequent stomach groans will also be common. - it's something that just goes along with the detox process.

Also, know that you will be making more frequent visits to the bathroom while you're on the Master Cleanse.

This is a detoxification diet after all, and associated with that is the fact that the body is cleaning itself out. The waste has to be disposed of somehow, and you will definitely

notice more frequent trips to the bathroom. This is normal and healthy and is just the body's way of disposing of the junk.

The Master Cleanse Will Optimize Your Energy Levels

Many people notice a feeling of lightness and more energy while on the Master Cleanse. Some people will feel tired at first, but begin to perk up as their body begins to dispose of internal waste.

The Master Cleanse helps the body pick itself up and helps get it running properly again. Within a couple days, you will notice a new spring to your step.

Chronic fatigue is one thing in particular that the Master Cleanse can help with.

When the body isn't being nurtured properly it shuts down. The metabolism slows, hormone levels are askew, and the body itself will slow down. Energy levels drop and you will feel fatigued all the time. This is not a good sign.

The Master Cleanse will help combat the effects of chronic fatigue, and aid your body in cleansing itself.

Could you imagine what would happen if you never changed the oil in your car?

At first, your engine's performance would slowly decline, after a while your engine would surely seize up. Your body is the same way. If you don't flush out the waste that builds up, every bodily function becomes less efficient.

Many people with chronic fatigue don't know what's causing it and don't realize that they can do something about it. Well, here it is - you can do something about it! Change your eating habits; use the Master Cleanse to help clean out your system and give you a jump start.

Overcoming The Master Cleanse Side Effects

As you begin the Master Cleanse it's common to experience some aches and pains.

Your body will be going through some radical changes in a short period of time, and almost everyone who does the Master Cleanse experiences some side effects.

The most common side effects are minor aches and pains, headaches, fatigue, stiff joints, foggy mind, dizziness, gas, sleeplessness, diarrhea, and cramps.

Another common occurrence is to experience discomfort at the source of a preexisting pain.

For example, I used to get really bad migraine headaches, and it would always hurt the most above my right eye. When I do the Master Cleanse I'll always feel a little throbbing (nothing like the migraines I used to get) in that spot. It usually lasts a day or two before it subsides.

As the detoxing process starts to work there will be a lot of waste circulating throughout your body. This is often the source of the side effects.

Things you can do to ease the side effects...

- Drink a lot of water. You eliminate waste through your urine, and drinking water will flush out your body.
- Make sure you're taking wheatgrass because it's one of the best natural detoxing supplements available.
- Sit in the sauna. Our bodies eliminate waste through sweating, and 15 minutes in the sauna is a full body cleanse. It's also very relaxing.
- Finally, take a hot bath with Epsom salts. Our body purges waste through the pores of our skin; a hot Epsom salt bath will help suck out the excess waste floating around inside your body during the cleanse.
- Remember, if you have heart problems (cardiac issues), consult your doctor before sitting in a sauna or hot bath.

These tips really do work, and if you're suffering from any side effects of the Master Cleanse, I would suggest using all of them.

Up next, we'll talk about using the Master Cleanse for losing weight.

Losing weight is the reason many people go on the Master Cleanse, so I felt I should talk about the right way to use the cleanse specifically for weight loss, and also clear the air about some common misconceptions.

Losing Weight With The Master Cleanse

There's a new trend I've noticed when reading online discussions about the Master Cleanse, and it's that people are using the cleanse strictly for weight loss. That's fine of course, but the problem is they are staying on the cleanse for 30 more days to achieve their weight loss goals.

That is not a good way to lose weight.

Let me explain why, and share with you the right way to use the Master Cleanse for losing weight.

The problem with staying on the Master Cleanse too long is that your metabolism will slow down to adjust to your new restrictive way of eating. If you do the Master Cleanse for 3-10 days this will not be a problem, it's when you stay on the cleanse for 30 or more days that it becomes an issue.

Many dieters know this story all too well. You cut your food intake way back and lose a bunch of weight, then start eating a "normal" diet and gain back all the weight you lost and then some because your metabolism has slowed down.

You can also lose muscle with this type of dieting.

Some people might not worry much about this because they typically associate muscles with bodybuilder types; but it doesn't matter who you are - if your goal is to lose weight you should at the very least keep the muscle mass you have.

Even better, you should try adding a few pounds of muscle. 1 pound of muscle can burn an additional 35-50 calories a day. You don't want to sacrifice muscle in order to lose weight.

You can use the Master Cleanse for long term dieting; you just need to make a few adjustments. There are 2 options available.

- You can replace 1 meal a day with the Master Cleanse lemonade
- You can eat your regular diet and go on the Master Cleanse 1 or 2 days a week

If you're replacing 1 meal a day it's best to replace lunch. After a long sleep, you want to eat a healthy breakfast in the morning. This will keep your metabolism running high, and keep your energy levels going strong.

Drinking the lemonade for lunch is also more convenient for most people because they're either pressed for time at work or being pulled in every direction at home around lunch time.

This way you don't have to drop everything to prepare a lunch, or waste time at a restaurant - you just make yourself a glass of lemonade and use the rest of your normal lunch time to enjoy life; read a book, meditate, catch up on work, etc.

Going on the cleanse 1 or 2 days a week is another option.

There's no perfect day to do this. For some people, they'll find it works better to do this on their day off. For others being busy with work actually makes it easier to do the cleanse because it keeps their mind occupied, and they don't sit around thinking about food.

Both of these are good options for using the Master Cleanse to lose weight.

When using the Master Cleanse for weight loss for the long term as described here, you can cut back or eliminate the maple syrup. This will drastically reduce the amount of calories in the lemonade drink

When you're doing the full Master Cleanse the maple syrup is vital for proper nutrition, and should not be eliminated. But it's okay to cut back or avoid it when you're using the lemonade as part of your regular diet.

For this to work, it's important that you don't just eat more during the meals you're not on drinking the lemonade.

Take replacing the 1 meal a day method as an example: You won't lose any weight if you replace your normal lunch with the lemonade, and gorge yourself at supper time. You have to commit to eating sensible full time, or it will not work.

How Much Weight Will You Lose?

The amount of weight you lose using these methods will vary from person to person, but if you follow either of these methods and don't cheat by eating more during your regular meals you could lose a pound or two a week. The best part is you'll be losing fat, and you won't be slowing your metabolism like you would by starving yourself.

Breaking the Connection Between Food And Emotions

When you follow the advice in the Master Cleanse, you are automatically reprogramming the way you feel about food. The cleanse can change you into a more body conscious person who willingly gives up eating junk food without sacrifice or willpower.

As you get a few days into the cleanse you probably won't be looking forward to drinking your daily lemonade or psyllium husk.

In fact, you'll probably wait until you can't stand the hunger before you get up and fix yourself a glass. This is the secret, and part of the reason the Master Cleanse can completely turn your health around.

Going on the Master Cleanse teaches you to eat only when you are hungry. Not when you are bored, or because everyone else is eating.

The cleanse can also break junk food addiction.

Most people know junk food is bad, but they don't realize how it absolutely ravages your body.

After you finish the Master Cleanse there could be a moment when you eat something incredibly bad for you - fast food for example. It will assault your stomach. You will feel your blood sugar levels climb and the anxiety that comes with it.

Junk food has always done this to you - going on the Master Cleanse has brought your body back to normal and allows you to feel the shocking difference between healthy food and unhealthy food. It's not a pleasant feeling.

When you go off the cleanse most people will want to maintain the good health they have achieved, and will naturally avoid junk food. Others may go back to their old eating habits, but they'll find that after being on the cleanse their body has adapted to this new healthy lifestyle, and will reject most junk food.

Eating junk food after going on the Master Cleanse can literally make you sick to your stomach.

Your body naturally wants to be in a state of good health, and it will help you move toward this goal. That being said, if you are bound and determined to go back to your old eating habits, or not willing to put up with some minor discomfort as you break your old bad habits, you will continue to poison yourself with junk food.

Breaking your bad eating habits and replacing them with good ones is not that hard. Anyone, no matter how old or how young, can do it; but there is no "quick fix." You will have to set your mind to wanting to change.

Are you willing to do that in exchange for radiant health? If you've read this far I'm sure you are, and I'm sure you'll succeed.

Frequently Asked Master Cleanse Questions

The following are questions submitted by readers...

Question: *I started the fast and lasted 54 hours, but blew it by being near the refrigerator full of food. I will try it again tomorrow. I am 57 years old and I run a few times a week, does anyone know if this could be dangerous to over exercise while on the cleansing fast?*

Answer: Being around food while doing the Master Cleanse can be maddening. If you can, try to clear your house of food, or at least get rid of the food items that are quick to eat like chips, soda, and microwaveable foods.

About exercising. When you do the Master Cleanse, a lot of waste that was previously trapped inside your body will be circulating around as the cleansing process starts to work.

This takes a toll on your body and is a big reason why you get aches and feel fatigued while doing the Master Cleanse. Doing vigorous exercise will only put more stress on your body.

I would avoid intense cardio workouts and weight lifting while doing the cleanse, especially if you're doing the cleanse for 10+ days.

This doesn't mean you should stay welded to the couch the whole time you're on the cleanse. It's good to move around; just don't push yourself too hard. I like to go for a walk or a light jog, do yoga, and ride my bike when I'm on the Master Cleanse.

Keep in mind that what one person considers an intense workout might be effortless to another. If you're an experienced runner going for a jog while you're on the cleanse should be fine, but if you're out of shape jogging might be too much for you to handle.

There is no one rule that fits every person when it comes to exercising and the Master Cleanse. Just remember to pay attention to your body, and don't push yourself too hard.

Question: *Thanks for all the information regarding Master Cleanse, however I have a couple of questions. I have been on the cleanse 5 days and haven't lost any weight and I was wondering is it because I'm warming my lemonade up in the microwave, does that do something to it, and 2 - my bowel movements are really watery; is that normal? Like diarrhea.*

Answer: I feel that the concern about microwaves "zapping" the nutrients out of your food is pretty much based unfounded. Some nutrients do break down when they're exposed to heat. And if you cook food in water, some nutrients do leach out. So when

heating food, in order to preserve as much of the nutrient value as possible, you want to do it in as short a time as possible and use as little water as possible. Microwaving is actually great for those 2 reasons. Now in the case of the lemonade, since you're drinking the water, there is no reason to worry about the nutrients leaching out into it.

As far as weight loss, a lot of the weight you lose is waste and water. For some people, this could be a lot of weight, for others it could be very little; but the real benefit of doing the Master Cleanse is to purify your body. Fat loss usually comes after you finish the cleanse because you'll have a natural tendency to eat healthier, and your body will be running more efficiently.

Yes, liquid eliminations are normal.

Question: *I'm looking forward to beginning my first attempt of the Master Cleanse. But before I begin, I have a question. I plan to do a cleanse 2-3 days a month, every month while I'm on my period (because my appetite is decreased during that time). Is that a good idea? I'm using the cleanse as both a detoxifier and a weight loss method.*

Answer: I'm a big fan of doing a "mini-cleanse." So, yes, it will help with weight loss and detoxing, but to really get the hardened waste out of your body, you'll need to do the 10 days.

Question: *Hi, I have not yet started using the Master Cleanse but I will. I just had a few questions. After the weight starts coming off, will I have a lot of flabby skin hanging? Is extensive exercise possible for the weight loss? If I just did a full body cleanse for a month with another product how long should I wait to start your cleanse? By the way, I am 5' 3" and I weigh 178 lbs. I don't know how much body fat I have but it is more than 30%. Please help.*

Answer: If you did something similar to the Master Cleanse, I would let my body rest for 60 days.

You should take it easy while doing the Master Cleanse; but during your regular diet, exercise is a great way to lose weight.

Flabby skin can be an issue for anyone who loses a lot of weight. It depends on your age, genetics, and how much weight you lose.

Question: *Hi, in my part of town, Northern NJ, I could not find the grade B of maple syrup. There is only grade A. That is what I used and I did the cleanse for a*

precautionary 3-day period. I did not notice a change in the way I felt at all. Is that normal? I'm not worried, just thought I'd feel different somehow. Could this be because I only cleansed for 3 days?

Answer: The grading system has changed. Grade A is currently divided into 4 different classifications. What used to be Grade A is now called Grade A amber and rich. It is not the best choice because it goes through a different refinement process, and it does not contain as many minerals as Grade A dark and robust (formerly Grade B) maple syrup.

[You can buy grade B maple syrup online.](#) if you can't find any locally.

The Master Cleanse affects everyone differently, and it's possible that using Grade A (or Grade A amber and rich) syrup was to blame. One thing I've noticed is that if your current lifestyle habits are bad (fast food, no exercise, etc.), then doing the Master Cleanse will have a bigger impact on how you feel.

This does not mean healthy people shouldn't do the Master Cleanse; it's just that your body will go through less of a change if you're currently in very good health.

Question: *I am extremely hungry? Why? I have read that many people do not feel hunger. I just had a baby about 8 weeks ago? Would this make a difference?*

Answer: It's normal to be hungry for the first few days. Most of the time the hunger goes away after the 3rd day but don't be surprised if you have hunger all the way through the Cleanse. If you're still recuperating from your pregnancy or are currently nursing, you should hold off on doing the Master Cleanse.

Question: *Is it okay to take vitamins on the Master Cleanse?*

Answer: In the original Master Cleanse book, Stanley Burroughs, the creator of the Master Cleanse says taking vitamins and supplements will prevent you from getting the desired result from the Master Cleanse. The reason he gives is that vitamins and supplements will never be able to match the nutritional benefits of the real food Nature provides us with.

He also warns that the improper balance caused by taking vitamins can be harmful to your body.

Here's my advice: Try doing the Master Cleanse without taking vitamins if you can. If you feel like you can't complete the cleanse without vitamins, then try taking only half a vitamin a day, or half of what you normally take on an average day.

I know some people will say you absolutely can't take any vitamins on the Master Cleanse. But, if you feel like taking vitamins will help you during the cleanse, and that you won't be able to finish the cleanse without vitamins, then go ahead and take them.

Here's how I see it. If taking vitamins is the deal breaker for you - meaning it's either take vitamins and finish the cleanse, or not take vitamins and don't finish the cleanse, then by all means, take the vitamins.

Final Thoughts And A Few Words of Encouragement

The Master Cleanse is an excellent detoxification diet. It's successful in what it aims to do: clearing out the body of harmful waste and helping it perform better.

The Master Cleanse is something that every person should consider doing at least once. For those who enjoy the process and the benefits, doing the Master Cleanse a few times a year will bring about tremendous health benefits.

The Master Cleanse has a lot to offer everybody. For those suffering from illnesses, the Master Cleanse can help the body heal itself. Those who are fatigued, the cleanse offers a pick-me-up. For those with bad eating habits, it can help to break them.

Are you willing to invest a few days of discomfort to eliminate years of built-up waste that's choking your body off from vital life-giving nutrients?

Are you willing to make this slight sacrifice to undo years of bad eating and lifestyle habits, and start with a clean slate?

I really can't express what a great pleasure it's been sharing my Master Cleanse tips with you. When followed the right way, the Cleanse has the ability to perform wondrous things for you.