

# **Master Cleanse Secrets**

## **A Guide for Succeeding On the Master Cleanse**

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# Introduction to the Master Cleanse Secrets Guide

The Mater 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 people have experienced by going on the Master Cleanse have been nothing short of amazing. Chronic health problems people have suffered with for years 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 I'll be explaining in detail further on in this guide, but you should know that it's a safe and effective way to achieve good health.

I've personally experienced tremendous benefits by following the Master Cleanse. I've had a weight problem for as long as I can remember. I tried every diet and fell for every gimmick, going on the Master Cleanse was the turning point for me. Not only did I lose a large chunk of weight on the cleanse itself, but I broke out of cycle of bad eating habits.

After finishing the Master Cleanse I didn't have to force myself to eat healthy. I wanted to eat healthy. It was like pushing the reset button on my health, and all the bad eating habits I picked up over the years went away.

The Master Cleanse also helped clear my skin. I had acne well into my adult years, and even went on the drug Accutane™ which only helped during the time I took the drug - as soon as my Dermatologist took me off Accutane™ my acne came back. My skin started clearing up within days on the Master Cleanse, and I haven't had a major breakout since.

Being overweight and having acne also came with a healthy dose of depression. I can't say that I hated life or anything like that, but I didn't exactly love every minute of it either.

I came upon the Master Cleanse by chance. I've always had a interest in natural health, and strongly believe in the body's natural ability to heal it self. That being

said, I treat everything with slight dose of skepticism, but after reading about the Master Cleanse I was intrigued. It made sense, but I had a few concerns, namely the amount of time people were recommending you stay on the Master Cleanse.

My battle with losing weight taught me that going to long on a restrictive calorie diet can cause your metabolism to slow down. Then when you go back to your regular eating you end up gaining weight.

With the Master Cleanse some people recommend you stay on for 30-45 days. I advise against this, at least for beginners. If you've done the cleanse a few times and know how your body will react you might want to attempt staying on this long, but for newcomers I recommend 3-10 days.

Another problem I found with the traditional Master Cleanse was the lack of protein. Your body needs protein, but because you can't eat meat or dairy on the cleanse it's difficult to get. The solution I came up with is to take wheat grass. Wheat grass is one of the most easily digestible sources of protein available, so it won't interfere with the cleanse. It's also one of the healthiest foods on Earth, often referred to as a "Super Food".

I've done the Master Cleanse many times, and each time I've learned something new, some tip that makes it just a little bit easier. Everything I know about the Master Cleanse went into this guide.

Nothing I know of has the ability to make such radical changes in your health in a short time like the Master Cleanse. The days you spend on the Master Cleanse will be uncomfortable for most of you. Your body will be cleansing itself and this can cause some discomfort, but you'll feel incredible when you're done. *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 be followed to make sure you get the most out of the cleanse.

If you have trouble staying on the Master Cleanse for any reason I've included a special report at the end of this guide called Optimizing Your Body's 4 Main Purifications Systems which is a gentler method you can use to cleanse your body.

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

## Why You Need To Flush Your Body Of Built Up Waste

People today lead toxic lifestyles. The food we eat is loaded with chemicals, the air we breathe is polluted, and our daily lives are filled with so much stress, and anxiety that our bodies just can't deal with it.

We are slowly poisoning ourselves. Our colon, liver, kidneys, gall bladder, and every other organ in our body are at a breaking point. Failing to adopt a healthier 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 with toxic bodies.

The Master Cleanse can help remove the built up waste in your body. This diet is growing in popularity 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 **without drugs or surgery**.

The Master Cleanse works so well at cleansing your body of years of waste that there have been reports of people recovering items they swallowed as a child while on the Master Cleanse. *So don't be surprised if you finally retrieve the allowance money you swallowed when you were a kid.*

In order to better understand the Master Cleanse, you must first understand what it's based upon, detoxification of the body.

## Why Your Body Needs To Detox

Simply put, your body is filled with a lot of garbage 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 it's 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 can't digest. Too much of this garbage can have many negative side effects on your health and it is important to help the body 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 your body cleanse itself of this waste. Doing this will not only make you healthier,

- It will also lead to increased energy levels
- Help you break bad habits
- Cleanse the body of harmful toxins
- Promote weight loss through the increased energy levels and smoother, stronger metabolism rate that will accompany it.
- Strengthen your immune system and protect you against disease

A detoxification diet essentially gives your body a fresh start.

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

## Why Go On The Master Cleanse

The Master Cleanse or Lemonade Diet as it's also known has been around for over 50 years. It's helped thousands of people cleanse their body and improve their health.

The first time I did the Master Cleanse I would have never thought spending a few days on this diet would yield such amazing results, but it really does work.

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 all the nutrition you need to stay healthy and get by.

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

## Going On The Master Cleanse Will Help You Break Bad Habits

Another big point about the Master Cleanse, one that can't be stressed enough is that it's a perfect diet for breaking unhealthy habits.

Smoking, drinking, drug use, overeating all have a negative impact on your health, but after time your body adjusts and even becomes addicted to these substances.

When you cleanse your body it's like hitting the reset button, and you'll return to your natural state of health.

Of course for it to work you'll have to want to abandon the bad habit, but practicing the Master Cleanse at regular intervals will strengthen your ability to control your urges and, more importantly, will help to fix those bad habits you've

developed over the years.

The Master Cleanse promotes healthy nutrition. It's use of natural, fresh-squeezed lemons and organic grade B maple syrup contains tons of nutritional value. This nutrition is extremely important to your body and, although it will cause the body some discomfort at first (since the body is so used to its old way of eating), once the body becomes accustomed to these natural foods it will never want to go back.

The body itself will have less desire for junk foods. This, combined with the disciplined learned and practiced while using the Master Cleanse, promotes the ability for people to change their bad habits for the better.

People who use the Master Cleanse have been shown to take their new found nutritious eating habits and apply them even when they're not on the cleanse. They're able to conquer urges and promote their own healthy bodies thanks to the habits they learned on the Master Cleanse.

## The Health Benefits of the Master Cleanse

The health benefits of the Master Cleanse are simply outstanding. Not only will the Master Cleanse leave you with a better mental state, a fresh, rejuvenated body, a clean, detoxified system, and full of vibrant energy, but the diet also helps the body to fight and stave off many different diseases.

Detoxifying the body is a process that helps flush the body of many harmful toxins and waste.

The build-up of toxins and waste can lead to many health defects and the onset of many diseases. Simply put, these are very unhealthy and leave the body more prone to disease.

By detoxifying, your body is able to fight disease exponentially better. The body's immune system and energy levels also reach new highs, allowing the body to better be able to fight off anything that comes its way.

The Master Cleanse is also extremely effective when dealing with acne, and other skin conditions. Acne is caused by a variety of factors stemming from toxins in the skin and vitamin malnutrition. The diet combats both of these very successfully.

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

- The Master Cleanse helps dissolve and eliminate toxins and congestion that have formed in any part of 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 purify the glands and cells in your body
- It helps eliminate unusable waste and hardened material in the joints and muscles
- The Master Cleanse helps build a healthy blood stream
- It can relieve pressure and irritation in the nerves, arteries and blood vessels
- The Master Cleanse diet contains high levels of 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 also recommended to those who are sluggish, have bloating, joint pains, stomach cramps, gallstones, indigestion, excess fat, kidney problems, infections, gout, arthritis, boils, ulcers, have no appetite, seem sick but don't have a cold or the flu, or those who've tried a balanced diet and your doctor 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 yearly will do wonders with 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 1000's 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 preexisting health conditions and are concerned about the effects of detoxing using the Master Cleanse

## Weight Loss On The Master Cleanse

Many people are concerned with the health effects of losing too much weight too fast. The Master Cleanse is a fast way to lose weight in a very short period of time. In most situations this can be very dangerous. However, most situations are not like this one.

One important thing to note is that 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 of the nutrition it needs to be healthy. This is why organs shut down and some people get very sick from drastic weight loss.

The Master Cleanse is different. It does not promote malnutrition, it promotes perfect nutrition. It gives you a wide variety of vitamins and minerals that the body needs. Most people's current eating habits simply aren't providing their bodies with the nutrition it needs, their lacking vitamins and minerals.

The Master Cleanse *does* cut a lot of calories out of your daily diet and causes weight loss, but it's providing the body with nutrition that it needs. It gives the body vitamins and minerals that it needs to keep running. Rather than causing body parts to shut down, it promotes healthy organs and higher energy levels.

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

Aside from fat that is burned very healthily, a lot of the weight you lose will be internal waste, and water. Some of the weight you lose during the Master Cleanse will be put back on once you go back to normal eating. Therefore, the weight loss is not a concern in terms of health problems when the Master Cleanse is followed as it should be.

There are ways you can incorporate the Master Cleanse into your daily diet that I'll

be sharing with you, but when you're doing the full Master Cleanse it should be done as a short term diet.

## The Master Cleanse And Your Physical Appearance

We all get older and with age comes a deterioration of the body and its cells. This is 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 slow down time or 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.

If you look at two 80 year olds; one is chronically ill and in the hospital while the other is out traveling and working in the garden, would you really say they're the same age? Technically time says they've been around for the same amount of time, but based on their health and activity they are not the same age and all. The one with the healthy lifestyle has a body age that is much lower than their actual age. That body age is what you should be paying attention to.

The Master Cleanse can help slow down the aging process of your body and even reverse it, in the sense that you will feel and look younger as your body becomes healthier. This is a major plus for those who are getting older or just feel like they are due to years of poor exercise and eating habits.

The Master Cleanse's powerful detoxing will rejuvenate your body in every way. Not only will you feel healthier, your body will feel younger and more vibrant.

The Master Cleanse is a perfect diet for people looking for that fountain of youth without plastic surgery.

## Going Without Solid Food

Another criticism of the Master Cleanse is that it doesn't involve solid foods.

People are concerned if this is a problem. To put it bluntly, No, it's not a problem at all, and here's why.

People are simply so accustomed to solid food that it seems unnatural not having it in your 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. Calories are calories and nutrition is nutrition no matter what way you slice it. The important aspect of the diet is not in what form it's being taken, but in the fact that the proper nutrition is being consumed. That is an important principle to remember.

Also, this cleanse is short term! This cannot be reiterated enough. The diet is a detox diet; it lasts 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 will not cause any problems. The Master Cleanse provides all the nutrition you need and the lack of solid foods for this short period will not have any negative health effects.

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

## Rounding Up Your Master Cleanse Supplies

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

Unlike other diets the basic Master Cleanse does not require any exotic or expensive ingredients. In fact it might be the most cost effective diet in history.

There is an optional ingredient that I'll tell you about that can help control hunger (*the biggest reason people don't finish the Master Cleanse*), that's kind of expensive, but it's optional.

### Main Ingredients for the Master Cleanse

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

- Organic Lemons
- Sea salt - Unrefined, (Not iodized) or Epsom Salt

### Secondary Ingredients:

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

### First let's talk about the main ingredients

#### Pure Filtered Water:

The first one (pure filtered water) is probably the most overlooked, and disregarded step in the Master Cleanse. It's also the most important if you want to cleanse your body to use filtered water. I know 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. It's not good to consume this on a daily basis.

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. Most of the time the bottled water you buy is not any better than city tap water - and sometimes

**it is** just plain city water!

The solution is to use a water filtration system. If you're drinking bottled water now it will probably pay for itself in 2 months.

I recommend [Aquasana water filters](#). After looking at many brands I found the Aquasana has the best performance. It also cost a lot less than most water filters I looked at.

You have to be careful when shopping for a quality water filter because a lot of them don't do a good job of filtering out the contaminations found in today's drinking water, and some strip your water of beneficial minerals, which is especially bad for growing children. Aquasana water filters use a combination of carbon filtration, ion exchange and sub-micron filtration to filter out chlorine, lead, VOC's, MTBE and Cysts (chlorine resistant parasites), and leaves in the natural trace minerals.

If you're just looking for some clean water to use while on the Master Cleanse, and 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.



### ***Master Cleanse Tip***

I spent a lot of time searching for a water filter that would filter out the living impurities (bacteria & viruses) and the non-living impurities (chlorine, lead, and other chemicals) from my drinking water.

I looked at some very expensive units, but after a lot of research the water filter that did the best job was also one of the cheapest.

They're sold directly to consumers from their website [www.aquasana.com](http://www.aquasana.com)

They also have shower filters and whole house water systems.

Okay, I went off on a bit of a tangent there about filtered water. It's just that water is such a crucial element to good health, and for anyone making an effort to lead a clean lifestyle a simple counter top water filtration system will give you more "bang for your buck" (health wise) 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 use **organic ingredients** – 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 – If you have to you can use non-organic lemons, but you can't use concentrated lemon juice because it's filled with sugar and preservatives.

### **Grade B Maple Syrup:**

It's important that you use organic grade B maple syrup. Some of the commercial brands typically used for pancakes are loaded with preservatives. Most stores sell organic grade B 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.

### **Sea Salt:**

Make sure the sea salt is Unrefined (Not iodized) – This will be used as a laxative, if salt intake is a problem for you I'll show you another type of laxative in the Secondary Ingredients below.

### **Secondary Ingredients:**

These items are the supporting cast. The lemonade mixture and water is what you're going to be consuming the most of. 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 wheat grass, laxative tea and psyllum husk actually make the cleanse **more** effective.

### **Laxative Tea:**

The first of the secondary ingredients, laxative tea can be used in place of, or in addition to the sea salt flush. The purpose of both of these items is to increase eliminations. Of the two the sea salt is the more effective, but if you can't take sea salt the 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 "Smooth Move" and "Laxative Tea"

### **Psyllum Husk:**

Psyllum husk is another laxative. Psyllum husk is very fiber rich; it's also the closest thing to whole food you can consume on the Master Cleanse. It comes in powder or capsules.

### **Wheat Grass:**

Wheat Grass 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 wheat grass have nothing to do with religion.

Wheat Grass 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. Wheat grass is a powerful antioxidant that can boost your immune system and get rid of free radicals. It's also good for detoxing. The chlorophyll cleanses your liver tissues & cells, and purifies your blood.

But the biggest 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 wheat grass won't give you the recommended daily amount of protein your body needs it will give you some.

Wheat grass can also help reduce the side effects of the Master Cleanse.

As the Master Cleanse starts to work it will be breaking loose years of waste that's been stuck inside your body. This is a good thing, but it can lead to your body being exposed to more toxins than usual. Taking wheat grass can help neutralize the effects this has on your body because it's such a potent antioxidant.

You have a few options for how you want to get your wheat grass. I usually take capsules like these from [Whole Health Products](#)

You can also grow your own fresh wheat grass and juice it, but you'll need a high quality juicer because it's difficult to extract the juice from the grass and most juicers aren't up to the task.

Another option is to mix wheat grass powder with water and drink it. I use this as well, but most people don't like the taste. It's not terrible and you *do* come to like it after a while.

The best choice in my opinion is to use the capsules. You should take the recommended dosage of whichever wheat grass product you choose while doing the Master Cleanse.

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, which are:

1. They can't deal with the hunger pangs & food cravings
2. 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 the 2<sup>nd</sup> one "getting bored with drinking just the lemonade". The beauty of the Master Cleanse lies in its simplicity. By going on this diet you allow your body to use the energy it normally spends breaking down, digesting, and assimilating food to cleanse itself, so you can't add much to the Master Cleanse without taking away from its effectiveness.

But you can use herbal teas (decaffeinated) to help break the redundancy of drinking the plain lemonade all day long. These teas come in an assortment of flavors, and can really liven up the taste of the lemonade.

Herbal tea can be found at just about any grocery store.

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

### **Hoodia Gordonii: (optional)**

This next one is optional, but it's something I use whenever I go on 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 100's of years.

Hoodia was first introduced to the main stream 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.”

You can read the entire news report online at

<http://www.cbsnews.com/stories/2004/11/18/60minutes/main656458.shtml>

While that report did a good thing by introducing a natural way to control your appetite – it also had some adverse effects. Now every diet pill company was in a rush to come out with a Hoodia product. The problem is 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 a independent lab

- They have been in business for at least a year
- The business's contact information is clearly listed on the site
- The product only contains Hoodia, and no dangerous stimulants
- The company has a C.I.T.I.E.S. Certificate
- The product contains a large enough dose of Hoodia to be effective - (at least 200mg)
- They offer liquid hoodia which is easier for your body to absorb.

I use [Hoodithin](#). It's one of the few brands of hoodia that has proper certification, and independent lab testing on their product. I use Hoodithin Hoodia every time I go on the Master Cleanse. Especially during the first 3 days which are typically the hardest. It's not a magic bullet, but it does make a noticeable difference in curbing my desire to eat.

I should say that hoodia does help my appetite, but I have read about other people who tried it and said they didn't notice any difference.

You can read more about Hoodithin at their website [www.hoodithin.com](http://www.hoodithin.com)

## The Master Cleanse Recipe

The Master Cleanse works just how it sounds; you consume primarily lemonade for the entire time you're on the diet, and it cleanses your body. So the recipe for the diet is fairly simple. You should drink a minimum of 60 oz of lemonade a day, but no more than 120 oz.

You should also 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 the first is for a single serving or 1 glass and the other is for 60 ounces:

### **#1 (single serving):**

- 10 Ounces Filtered Water
- 2 Tablespoons organic Maple syrup (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 B)
- 12 Tablespoons Lemon Juice
- ½ Teaspoon Cayenne Pepper

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

For one, the lemon juice used must be fresh squeezed. This is very important. It is necessary to use fresh produce. Canned juice won't work and will erase most of the benefits of using the cleanse. Also, the maple syrup must be organic, Grade B maple syrup, not the sugar filled syrup that is used at the breakfast table.

The Cayenne pepper might seem unnecessary, but it is actually very important. Not only does it add a bit of a kick, but the pepper helps to break up mucus and increases healthy blood flow. It's also a good source of B and C vitamins.

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.

## **Adding a natural laxative to help flush out your system**

Taking a laxative with the lemonade has 3 benefits:

1. It will break up the monotony of just drinking the lemonade all day
2. It will help control your hunger, especially the psyllium husk I'll tell you about in a minute
3. 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

There are 3 types of laxatives best suited for the Master Cleanse. These are all ingestible, which means you take them orally (drink them).



**Master Cleanse  
Tip**

Some people will tell you to use an enema if you want to cleanse your insides, but I disagree. The 3 laxatives listed, when combined with the Cleanse are very effective.

If you do insist on taking an enema I would check with a doctor before proceeding because there is the potential to injure yourself if you don't know what you're doing.

The 3 laxatives used during the Master Cleanse are:

- Herbal Laxative Tea
- Psyllium Husk
- Sea Salts

These are ideal methods for cleaning 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 can find it under the brand "Smooth Move" or Yogi Tea "Get Regular". It's also sold online at [Amazon.com](https://www.amazon.com).

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

Drinking the tea on an empty stomach works best.

The tea will make your stool more liquid, and because it's a laxative 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 soften your stool, and allow it to easily pass through your system.

Psyllium Husk can be bought in capsules, or in a bulk powder. I buy mine in bulk and just mix 1 tablespoon of Psyllium Husk with 16 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 the herbal tea or sea salts. The tea and sea salts will both cause frequent bathroom trips, but they don't contain any fiber, so they don't do as good of 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 things you'll more than likely experience on the cleanse is that after the 3<sup>rd</sup> 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.


You might also experience this if you do a mini 3-5 day cleanse, the bowel movement after your first whole food meal tends to contain the most noticeable internal waste.

**Sea Salts (make sure you use unrefined, non-iodized sea salts for this)** - Drinking 1 teaspoon of sea salt and water will flush out your system. The salt water drink should be done in the morning prior to drinking the lemonade for the day, or before bed.

The sea salts work much in the same way as the herbal tea, meaning your stool will consist of mostly water.

To prepare this, mix 1 teaspoon of sea salts with 25-35 ounces of warm water. The water should be heated to the point where it's warm, but you can drink it in the same manner as you would cool water without any discomfort. If the warm water is hard for you to drink it's alright to use normal temperature water.

Warm water is used because it's gentler on your body and it helps flush any mucus in your throat and digestive tract out through your system.



***Master Cleanse  
Tip***

I advise you give yourself at least an hour and a half before you go out when you drink the sea salt flush. This laxative will work fast, and you'll want to be at home near a bathroom when you use the salt water flush.

### How Often Should You Take a Laxative?

While you're on the Cleanse you should use these laxatives twice a day. You can use any combination of the 3 laxatives. The best time to take them is in the morning and before you go to bed. Also make sure you drink plenty of water, these laxatives, especially the tea and sea salt can dehydrate you so drink lots of water.

## Summing Up A Day On The Master Cleanse

Alright you've rounded up your supplies, here's what an average day on the Master Cleanse is like.

1. It's best to start your day with one of 3 laxatives (psyllium husk, sea salt, or laxative tea) because they're more effective on a empty stomach.
2. Next you can make yourself a glass of lemonade using fresh lemons, cayenne pepper, and grade B maple syrup. You can use flavored herbal tea (decaffeinated) for taste and hoodia gordonii to help subdue your hunger if you choose, but it's optional. You might also want to make a whole days worth of lemonade at this time rather than making it glass by glass. You can find the recipe in the above section.
3. 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 and drink my body weight in ounces of water, but the more the better.
4. You can take the wheat grass anytime after the first glass of lemonade. I take 5 grams a day, broken up into 2 doses.
5. Throughout the day continue drinking lemonade and water
6. Before bed take another laxative (psyllium husk, sea salt, 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 2<sup>nd</sup> or 3<sup>rd</sup> day).

I'm also going to show you how to ease into the Master Cleanse. This will help you if you've never done the cleanse before, but next I want to tell you about a crucial step that most people overlook.

# Setting Your Goals And Preparing Yourself For The Master Cleanse



## **Master Cleanse Tip**

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 whip yourself into a white hot frenzy

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 psych 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. 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 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 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 separate sheet of paper 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 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.** Keeping 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.

So every free moment you have (but not while you're driving) 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 color, 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. Plan activities for the free time you'll have while on the cleanse.**

It will be important to keep yourself occupied so you don't think about breaking the cleanse 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 to keep your spirits up. 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 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 because for the next 10 days your house is to contain nothing but the required items for the cleanse.

You might think you have the will power to not eat that package of thin mint cookies now, but 7 days into the cleanse 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.

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.

**8.** Post reminders around your house.

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

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:

---

**Raylen STOP**

*It's only 10 days you can do it*

---

Of course Raylen is my name, and I use the word "STOP" because it gets your attention. Putting it in red also helps make it stand out.

I know 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 8 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 peoples 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 diet 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, filtering, and other activities it endures when you're 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 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 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 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 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.

So it can be unhealthy to stay on the Master Cleanse for more than 10 days. I also recommend giving yourself at least 45-60 days after going off the Master Cleanse so that your body can normalize, and then going back on if you feel it's necessary.

After you finish the cleanse it's best to work 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 to run at 100% efficiency.

After you've done the Cleanse a few times, and know how it affects your body you might want to experiment 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.



### **Master Cleanse Tip**

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 amount of days you want to stay on the Master Cleanse, and meet that goal - even if it's just 3 days.

## Things You Want To Avoid While On The Master Cleanse

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

But the cleanse can also leave you fatigued. I cover the effects of the cleanse in a later chapter of this guide, but for now I want to tell you about some things you should steer clear of while doing the Master Cleanse:

- **Avoid vigorous activity** – If you lift weights or exercise hard you should cut back during the time 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.

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 push 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** – Most of us don't have the benefit of just flying off to a resort for 10 days to relax and do the Master Cleanse, so we're stuck juggling our daily life with the Master Cleanse.

That being said, 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.

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

Don't do the Master Cleanse while on vacation.

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 your all 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 flak for this one because the Master Cleanse is supposed to keep you out of the Doctors office, but it's impossible for me 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.

If your current health does not permit you to go on the Master Cleanse I've included at free report at the end of this guide called "Optimizing Your Body's 4 Main Purification Systems". This plan will also cleanse your body of impurities. It works slower than the Master Cleanse, but it's easier on your body.

- **Avoid any foods or beverages other than the items listed in this guide** – The Master Cleanse is a simple diet, but it must be strictly followed for it to work. That means no food, coffee, or other beverages.

- **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, but if at all possible hold off on taking vitamins during the cleanse.
- **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 very important reason, and it would be irresponsible for me to tell you to stop.

If you feel like your general health does not permit you to do the Master Cleanse I advise you to follow the advice I give in the Bonus report found at the end of this guide called "Optimizing Your Body's 4 Main Purification Systems".

The next chapter will be especially useful for newcomers to the Master Cleanse or people who've tried the Master Cleanse in the past, but could not finish it...

## Easing into The 10 Day Master Cleanse - a Strategy That Lets Your Body Naturally Adjust to The Cleanse

One of the shortcomings of the original Master Cleanse is that there is no transition period for starting the cleanse.

In my opinion that's why many people don't make it past the first day. Going from 3 or more meals a day to a very restrictive diet consisting of mostly water, and lemonade is a hard transition for most people. It's the equivalent of quitting smoking cold turkey.

To overcome this you can ease into the cleanse over the course of 3 days. This strategy is good for first time Master Cleansers because it will let your body slowly adjust to the feeling of not consuming whole food, and will allow you to better deal with the inevitable hunger pangs you'll encounter.

This is an optional technique, and if you feel like jumping right in to the 10 cleanse that's fine. Some of the Master Cleanse purists may point out that you're really only spending 7 "true" days on the cleanse. This is true, and if you choose to follow this method of taking 3 days easing into the cleanse you may stay on for an additional 3 days if you desire.

Another benefit of following this method is that for most people the later days of the cleanse require much less will power than the earlier days.

I've found that taking 3 days to ease into the cleanse and going 10 days on the full cleanse (13 days total) was easier for me than just going from my normal eating habits right in to the 10 day cleanse.

You'll need to find out what works best for you. If this is your first time doing the Master Cleanse I would recommend taking the 3 days to ease into it then after 7 days on the full cleanse decide if you want to continue for 3 more days. This will put you in the best position to succeed, and that's what really matters.

### **Steps for easing into the Master Cleanse:**

Let's get in to the steps you'll be following for the first 3 days on the cleanse. This process allows you to adjust to going without whole food. This is much more than dealing with the physical aspect of not having food in your stomach because more often than not it's your emotions and subconscious habits that will sabotage your efforts - not the physical effects of spending a few days on a restrictive diet.

Each day will prepare you for the cleanse and help you break old, bad eating habits - *that is of course if you have any bad habits that need to be broken, if not it will reinforce your already good eating habits.*

### **Day 1 - Understanding Hunger**

Day 1 is very important. Hopefully you've followed the steps outlined earlier about really getting yourself excited about starting the cleanse, and have written down your goals. If not you are going to have a much more difficult time than those who did.

There are 2 goals you want to accomplish on Day 1, and they are:

1. Getting used to the sensation of going throughout the day with an empty stomach
2. Learning the difference between needing to eat and wanting to eat.

Sound like fun? Good, let's get into more detail:

### **“Getting used to the sensation of going throughout the day with a empty stomach”**

There's really no way around it, you're going to be hungry when you do the Master Cleanse.

The methods you're learning here are better at dealing with hunger than other detox cleanses, but hunger is still something you're going to have to deal with. Don't worry though; hunger is not a big deal. There are many sources of pain and suffering in this world, and I can assure you that going a few days with an empty belly doesn't rank very high on that list.

Don't believe me? Okay let's take a closer look at hunger. What happens when you get hungry? What are the symptoms of hunger? What are the effects of hunger?

Really think hard and try to answer these questions. You probably won't come up with much because being hungry really isn't that big of a deal.

Don't confuse hunger with starvation because that's something altogether different. While on the cleanse you'll be giving your body nourishment. What we're trying to come to grips with here is the feeling of being hungry.

- Being hungry doesn't hurt
- It doesn't manifest itself in any physical way such as scarring

- You can't call 911 and tell them you're hungry and expect a response

So on day 1 you will be putting your hunger into perspective, and realizing that it's manageable for you to live with for a few days.

## **Here's What You Should Do On Day 1**

The first day of the cleanse eat just 1 meal. It can be anything you like (but don't gorge yourself), and you should eat it around your normal dinner time.

The first part of the day drink the lemonade, water, and laxatives. Then in the evening eat a solid food meal.

Doing this will allow you to experience hunger during the morning and afternoon, but it won't be as distressful because you know you'll be able to have a "regular" meal waiting for you in the evening.

You will probably start to have cravings around lunch time. When this happens just take a deep breath, and ask yourself "is this really that bad of a feeling"? Then pour yourself a glass of water or lemonade and drink that.

Another thing I like to do when hunger rears its ugly head is pull out the journal where I've written down all the things I want to achieve by going on the cleanse, and read that, or write new entries. This really motivates me to push on, and put that desire to eat out of my mind.

So Day 1 is really a test run. This will let you feel what it will be like to go on the Master Cleanse while having the safety net with the evening meal.

When that annoying hunger shows up on Day 1 don't right away run for the fridge and grab the first thing you see. Just observe what it feels like. Most people are only eating out of habit anyway. They're not eating because they're hungry, they're eating because it's lunch time or break time at work.

So when breakfast and lunch time rolls around that signal your getting from your brain telling you it's time to eat is not because your body needs nourishment to

sustain life - it's just that you've programmed yourself over the course of years to eat at these times, which brings us to our 2<sup>nd</sup> goal for Day 1 which is...

### **“Learning the difference between needing to eat and wanting to eat”**

A lot of people “live to eat” when they should be “eating to live”, so on this first day you will feel a little uncomfortable without food for the first part of the day but it's only because you're so used to eating 3 or more meals a day. Breaking this habit and understanding hunger will have an enormous impact on your health, especially if you're overweight right now.

Now on to Day 2....

### Day 2 - Natural Food is Good Food

Day 2 will be just like Day 1 in that you'll have just 1 meal, which you should eat later in the evening. The difference is - it can be only uncooked fruits and vegetables.

### **“The goal for Day 2 is to break the habit of eating junk food”**

In the chapter on the weight loss mindset which you'll find later in the guide I discuss how we are conditioned to eat junk food through advertising and by living in a society that uses food to celebrate, for rewards, and even to deal with pain or sadness.

When that big breakup from a 5 year relationship happens what do most people do? Eat a bag of apples? No, it's a tub of ice cream.

When a child wins their first little league game does the team celebrate with carrot sticks? They should, but more often than not it's a trip to McDonald's™.

Eating junk food is a habit many of us formed before we entered preschool. Some of the earliest memories I have are my Dad taking me out for fast food. Why do you think they have playgrounds at many fast food restaurants? It's to lure kids in.

Okay, I'll stop with the conspiracy theories, but the point I'm trying to make is that eating junk food is a habit and you can replace that *bad* habit with a **good** one.

So on Day 2 make sure you have all your fruits and veggies already bought and in your refrigerator, and start your day just like Day 1 with lemonade, water, and laxatives.

Then when you sit down to eat those delicious fruits and vegetables (feel free to eat as much as you like) turn off the TV and any other distractions and really enjoy the taste of eating fresh, natural food.

Savior that nice crisp apple, sweet grapes, crunchy cucumber, tart tangerine, the snap of the celery, delicious water melon - Jeeze my mouth is watering just thinking about it!

There really is no better food on this Earth then fresh fruits and vegetables, and after you've treated yourself to this wonder food just the smell of a greasy cheeseburger will make your stomach churn.

Starting on Day 2 and continuing to the end of the cleanse you will be reprogramming yourself to eat natural food. I'm not saying you'll be a vegan by the end of 10 days, but you will come to appreciate how good it feels to **not** eat heavy fattening foods and food loaded with processed sugar.

Breaking junk food dependency is one of the biggest health benefits of going on the cleanse. If you've never done the Master Cleanse before you might think there's no way you could eliminate your desire for junk food in just 10 days, but after that 10<sup>th</sup> day most people won't be able to stand the thought of a big greasy meat pizza, or any other junk food.

Whether this lasts will depend upon which you desire more - Good health or Eating junk food. I think most of you who have the resolve to finish the 10 day cleanse will undoubtedly desire good health.

### Day 3 - Graduating to All Liquids

All right it's the last day before you go on the "full cleanse". Here's the goal for Day 3 - **"Getting used to consuming only liquids"**.

This is a big challenge. Most people haven't gone a day without solid food since they were infants. So on Day 3 it's going to be all liquids to get you ready for the next 7 days on the full cleanse.

You can drink as much as you like, but it has to be healthy drinks. That means no soda, or other sugar filled drinks, and nothing from animals like beef broth. What you can drink on Day 3 is:

- Any of the normal Master Cleanse ingredients (lemonade, laxatives, water)
- Decaffeinated Tea
- Fresh Squeezed Fruit Juice - ( It's important that you drink only fresh squeezed juice, and not store bought juice which is filled with sugar)
- Fresh Vegetable Juice - ( If you own a juicer this should not be a problem - if not, you can substitute with 1 glass of low sodium store bought vegetable juice)
- Vegetable Broth - (Boil up some vegetables, strain them, and drink the broth like soup)

This might not seem like a very glamorous menu, but it's very light and easy to digest. It will also prepare you for the days you'll be spending on the full cleanse.

One of the things you'll notice by Day 3 is that things will taste so much better. Right now as you're reading this fruit juice or vegetable broth might not sound that appetizing, but by this point in the cleanse they will be delicious.

By the end of Day 3 you should also start to notice some weight loss. If you typically wear a belt don't be surprised if you have to go one notch tighter than you normally do.

By Day 3 you might also begin to experience some of the effects of the cleanse.

These can range from a comfortable sense of lightness and well being to some rather uncomfortable feeling such as headaches, irritability, and cold like symptoms. By easing into the full cleanse these negative effects will be lessened, but for most people they will still be present to a certain degree.

There are a lot of bacteria, and toxins trapped in the built up waste inside your body. As the cleanse begins to loosen that waste the bacteria and toxins will circulate throughout your body causing aches and discomfort.

Drinking plenty of water and taking wheat grass will go a long way to lessening these side effects. I'll also tell you some other ways to lessen the side effects in a later section of this guide.

When you wake up on day 4 you'll start the full cleanse as outlined above. As I mentioned I think anyone who's new to the Master Cleanse should follow these steps and ease into it because it will help your body adjust to the cleanse. Even experienced Master Cleansers might want to use this, especially if it's been a while since your last cleanse.

## 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 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. Here are some important guidelines to follow:

The first day of ending the cleanse you should avoid all solid food. Start drinking orange juice and water. Drink slowly and let it settle. More water never hurt anybody, so drink plenty. Orange juice is good for helping your body 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. It is best to use vegetable soup as this is healthy and very light, and you can also eat Rye wafers. This food will be easy on your stomach and will help it to adjust back properly.

On day three you should continue with soup and drinking plenty of water. For

dinner, you can add in fruits, vegetables, and salad. These foods are still easy on the stomach and very healthy.

For the next couple days follow this plan and ease yourself back into a normal diet.

Don't rush it; let your stomach calibrate itself. Also, avoid meats and milk for at least 5 days. Milk can irritate your stomach during this process and meat is very hard for the stomach to digest.

Finally, when 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. Probiotics aren't carried in most stores but you can order them online at [www.wholehealthproducts.com](http://www.wholehealthproducts.com)

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

The chapter on mentally preparing yourself for the Master Cleanse is essential, and should not be skipped by anyone going on the Master Cleanse. In this chapter I will share some 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 co-worker who you already know beforehand 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!



**Master Cleanse  
Tip**

**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 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 these 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 toxins 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 common for people to have minor aches and discomfort while on the Master Cleanse and soaking in a hot Epsom salt bath can help get rid of that.

I use 2 cups of Epsom salts, (which is sold in the first aid aisle of most stores), and add it to hot bath water and soak for 20-30 minutes. You can also use a wash cloth or loofah sponge to gently exfoliate your skin. This will help open up your pores, and increase the detoxing process.

A hot bath in Epsom salts is really relaxing. It's also good for your skin, but if you're going to moisturize after the bath use 100% Aloe Vera gel. It's a great natural moisturizer, and doesn't contain the chemicals and artificial fragrances other moisturizers do. You can find Aloe gel at most stores or pharmacies in the lotion section. Just make sure it's pure Aloe, and not a lotion that contains Aloe.

### **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 instead of on their day off. 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, or you can jump on the latest internet trend and blog about your Master Cleanse experience.

If you haven't heard about blogs they're online journals that allow you to publish just about anything you want online.

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 <http://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.

In my journal 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**

This tip might not be everyone's cup of tea. I know I was a little hesitant about getting a massage my first time. Now I look forward to it. 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**

Most people don't know this but sweating is one of the best ways to detox your body. If you're feeling aches or soreness while on the Master Cleanse it's 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, but you can help it along by sweating some of that waste out in the sauna.

Make sure you're well hydrated if you're going to use a sauna, and just like with the Master Cleanse 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 book - especially if you're a first time Master Cleanser.

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 case of an emergency".

These safe foods are fruits and vegetables which are made up of primarily water. Foods like cucumber and water melon. 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
- Oranges
- Grapefruit
- Celery
- Tomatoes
- Grapes (seedless)
- Any type of **fresh** fruit or vegetable juice

These tips should make your Master Cleanse experience a little easier. Now I want to 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 then your current dieting habits. It's 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.

Your body will usually take a couple days to adapt to the Master Cleanse. After

that you will feel normal again, or rather better than normal. Once the body adapts to the Master Cleanse 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 Master Cleanse will provide your body with all the nutrition it needs to be healthy, your body is still not used to the lack of food.

This is a major change for your body and it will react accordingly. There will be hunger pains 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 3<sup>rd</sup> day, from that point on the rest of the cleanse gets easier.

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 while on the Master Cleanse. This is completely normal as the toxins in the body and other garbage are being circulated and disposed of. This will be an awkward feeling; frequent stomach groans will also be common. This is just the body's way of cleaning itself out and 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, toxins, and garbage have 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 tiered at first, but begin to perk up as their body begins to dispose of internal waster.

The Master Cleanse helps the body pick itself up and helps get it running properly again, boosting your energy levels drastically. Within a couple days you will notice a new spring to your step. Take advantage of this, use it to get things done, make an impression on other people, and get outside. Don't let this energy go to waste.

Chronic fatigue is one thing in particular that the Master Cleanse can help with. People who constantly feel tired and just can't make it through an entire day usually have poor nutrition and excess waste in their system to blame.

When the body isn't being nurtured properly it shuts down. The metabolism slows, the glands work slower, 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 Cleanses combination of vitamins and minerals provided in the form of tasty lemonade and wheat grass will help to 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 engines performance would slowly decline, after a while your engine would surly seize up. Your body is the same way. If you don't flush out the garbage that builds up every bodily function becomes less efficient.

Most 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 fresh start, and use the high energy levels to get out there and get into an exercise plan that will help you to cure your chronic fatigue ailments.

### **A Better Outlook on Life**

Another thing that the Master Cleanse has been shown to do, as reported by users of the cleanse themselves, is raise your outlook on life.

All sorts of people have used the Master Cleanse, ranging from those suffering from fatigue, those who are overweight, those with poor nutritional habits, and even those with various illnesses. In all of these different situations people have reported drastic changes in whatever their problem is. Illnesses have receded, activity levels have picked up, and people are left healthier and feeling better about themselves and life.

Energy levels are tied in very closely with mental attitude. Many people who suffer from chronic fatigue also have poor outlooks on life. Those suffering from various ailments have similar problems. The Master Cleanse has been proven to alter these outlooks not by targeting the symptoms but rather by going directly to the source. The Master Cleanse's high nutritional values and detoxification techniques help to

clean out the body, strengthen it against diseases, and help it to reach new heights in energy levels.

This combination helps people to improve their mental states. Countless numbers of Master Cleanse users have reported much higher levels of satisfaction in their lives. The benefits of this are unmatched. Having a higher satisfaction level increases your attractiveness to others, allows you to converse better with friends and acquaintances, improves marriages, leads to promotions in the workplace, and also leaves people with a better view on life itself. It's only too important to have a good outlook on life.

## Overcoming The Master Cleanse Side Effects

As you begin to 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 common 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 the source of the side effects.

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

- Drink lots of water. You eliminate waste through your urine, and drinking water will flush out your body.
- Make sure you're taking wheat grass 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 like 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.

Those 4 tips above really do work, and if you're suffering from any side effects of the Master Cleanse I would suggest using all 4 of them. Another thing that will help is following the advice given in the chapter about easing into the Master Cleanse because it will allow your body to slowly adjust to the Master Cleanse.

Up next is using the Master Cleanse for losing weight. Losing weight is one of the biggest reasons 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 by reading online discussions about the Master Cleanse, and it's that people are using the cleanse strictly for weight loss. And 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 3-15 days this will not be a problem, it's when you stay on the cleanse for 30 or more days that this becomes an issue.

Many dieters know this effect all too well. It's called yo-yo dieting. 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 will also lose muscle with this type of dieting. Some people might not worry much about this because they typically associate muscles with body builder 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.**

1. You can replace 1 meal a day with the Master Cleanse lemonade
2. 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 pour 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, ect.*

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.

Another thing, when you're using the Master Cleanse for weight loss as described here you can cut back, or eliminate altogether 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 stick to either one of these plans, and don't just eat more during the meals you're not on drinking the lemonade.

Using the replacing 1 meal day method as an example: You won't lose any weight if you replace your normal lunch with the lemonade, and gorge yourself at super 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 up to a pound a week. The best part is you'll be losing fat, and you won't be slowing your metabolism like you would by depriving yourself of food.

## Weight Loss Mindset

Have you ever thought about the way you think of food? It sounds paradoxical, but here's what I mean. Food only has one purpose: To provide fuel for our body, that's all food needs to do.

Our cultures growing weight problem is due in large part with the fact that we now associate food with more than just survival:

- We eat to celebrate
- We eat when we're sad
- When we're with friends we go out to eat
- If we go to a movie we must have a lap full of popcorn, candy and soda
- We reward our kids with food (usually junk food)
- People eat because they like the way food tastes
- People eat when they are bored

This shift from “eating to live” to “living to eat” has a lot to do with the advertising we are exposed to. One of the principals of advertising is to link positive emotions to the product. If you watch a McDonald's™ commercial you're likely to see a parent bringing their kid to McDonald's™, and as the children devour their happy meal they adorn their parents with loving smiles.

The underlying message is, if you want to be a good parent, and have your children love you bring them to McDonald's™. In reality if you loved your children, and cared for their health you wouldn't let them near a McDonald's™.

The most recent soft drink commercials try to link their product to “extreme” behavior. Their advertising shows young, attractive people consuming their product then jumping off a cliff, snowboarding down a steep mountain, and living life on the edge.

Drinking soda will not give you the courage or the ability to accomplish any of the activities shown in their advertising. And if you drink too much soda you'll likely end up overweight and increase your chances of getting diabetes. And you can forget about snowboarding down a mountain when that happens.

## **Breaking the Connection Between Food and Emotions**

When you follow the advice in the Master Cleanse you will automatically be reprogramming the way you feel about food. The cleanse will 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 pangs 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 will also break junk food addiction. Most people don't realize how much damage they are doing to their body by eating junk food. But when you cleanse your body, and stop eating junk food for 10 days it will change the way you look at food.

When you go off the cleanse most people will want to maintain the good health they have achieved, and 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 will literally make you sick to your stomach. That greasy cheese burger and 30oz soda will feel like a lead ball in your gut. For some just the smell of a fast food restaurant will make them queasy.

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 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

On my blog <http://mastercleansesecrets.com/blog/category/master-cleanse-questions/> I try to answer the questions readers post. There's a lot of good information that can help anyone who's doing the Master Cleanse so I thought I would publish them here.

***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 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. So 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: Thank 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, dose that do something to it, and 2 my bowl movements are really watery is that normal? Like diarrhea.***

Answer: Microwaving the lemonade shouldn't make a difference as long as you're not boiling it. If you're concerned you can always use a tea kettle to warm it up, that's what I do.

As far as weight loss, like I mention in my master cleanse guide a lot of the weight you lose is waste and water. For some people this could be 20 or more pounds, 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 begin 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 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 Raylen I have not yet started using the Master Cleanse, but I will I just had a few questions. After the weight start 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 weight 178lbs I don't know how much body fat I have but it is more than 30%. Please help.***

Answer: Hello, when you say you did a full body cleanse was it similar to the master cleanse, or did you use a colon cleansing product and stay on your regular diet? If you did something similar to the master cleanse I would let my body rest for 60 days.

When you say "is extensive exercise possible for the weight loss?" do you mean while doing the master cleanse? You should take it easy while doing the master cleanse, but while on 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. The only people I've seen flabby skin be an issue with are people who've lost 200+ pounds. I think you'll be fine.

***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 of 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: Grade A is not the best choice because it goes through a different refinement process, and it does not contain as many minerals as grade B maple syrup.

I did a quick Google search and found this website <http://www.morsefarm.com/pages/syrup.php> that sells grade B maple syrup if you can't find any locally.

The Master Cleanse affects everyone different, and it's possible that using Grade A syrup was to blame. One thing I've noticed is that if your current lifestyle habits are bad (fast food, no exercise, ect.) 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 nursing you should hold off on doing the Master Cleanse.

Here's some more information that should help

<http://curezone.com/blogs/mp.asp?f=714&i=2>

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

Answer: In the original Master Cleanser 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 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, and I agree its best not to. 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.

The way 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.

I mentioned above Stanley Burroughs, the creator of the Master Cleanse warned that vitamins can be harmful because they can contain too much or too little of

certain vitamins. Most of the time they contain far too much, and you can actually overdose on vitamins if you're not careful.

I written more about vitamin overdose and if you're currently taking vitamins or other supplements you'll want to read this short article and take the vitamin survey to get your own personal vitamin profile. Here's the link <http://mastercleansesecrets.com/vitaminoverdose.html>

## 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 toxins and helping it to perform at healthy levels.

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, the diet 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, and poisoning your system with parasites and bacteria from your body?

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

After you finish the Master Cleanse, (note how I say "After" not "If you finish it" because I know you can do it) there's another secret benefit that I haven't told you about yet.

It doesn't specifically have to do with better health, but it certainly can apply to it if you so choose. Do you know what it is? Okay I won't keep you waiting any longer...

**By finishing the Master Cleanse you were able to focus your mind on a very difficult task, and willed yourself to follow through and complete it. It wasn't easy, and there were times when you felt like giving up, but you didn't - you persevered and accomplished your goal.**

This is a major accomplishment, and here's the secret: You can apply the same desire and perseverance you used to complete the Master Cleanse to any goal you have in life. This is a winner's attitude that will serve you in every aspect of your life.

Say you want to start a business, just apply the same formula you used for the cleanse to your business.

1. Get motivated. You have to have a burning desire to own your own business. Motivation is the foundation for any goal, without it you're going to be fighting an uphill battle, and will more than likely give up at the first sign of adversity
2. Write down how much better off you'll be by starting a business.
3. Get everything in order. When you started the Master Cleanse you got all your supplies, planned some activities, and got organized before you started. The same principal applies to starting a business, you have to get organized and plan ahead.
4. When you faced adversity during the cleanse you just took a deep breath, relaxed, and reaffirmed to yourself that you really wanted this, and that the slight discomfort you're facing now is trivial compared to how great you'll feel when you finish the cleanse.

In business you will face adversity, it's unavoidable. Being able to put your head down and plow ahead while staying cool and relaxed will give you an advantage over 90% of the other would be business owners that just give up as soon as they encounter the first road block to success.

5. You're business will flourish

Here's my success formula. It's the same one I use for the Master Cleanse, my martial arts training, my business, and any other goals I want to accomplish:

Burning Desire > Well Thought Out Goals > Organized Plan > The Ability to Deal With Adversity, and Stay Cool Under Fire = SUCCESS!

Seems easy enough right? But I can tell you most people do not follow it. They sleep walk through life with no goals, no burning desire for anything, and blame their negative condition on outside circumstances.

I know you're not that type of person, but I bring it up because these people have a nasty habit of sucking everyone around them into their gloomy world. You need to avoid these people like the plague...

- If you tell them you're starting the Master Cleanse - they will tell you "it's stupid, and to just go to the doctor if you're sick". (The whole point of the cleanse is to prevent sickness in the first place)
- Tell them you're starting a business - and the first thing out their mouth will be "You don't know anything about running a business" or "You know 9 out of 10 business's fail"

I used to be a machinist before starting my own business. I never went to college, or had any previous business experience, but I made it work, and my business is a success.

You should have heard all the nasty remarks from my coworkers when I put in my 2 week notice, and told them I was starting my own business.

They told me I would fail, they said I should give up that pipe dream and just keep working here, they even accused me of doing things illegal because in their mind it was impossible for someone like me to run a legitimate business.

I succeeded because I was determined, had a goal, had a plan, worked hard to achieve, and believed I could do it.

It doesn't have to be about money for you, the skills you used to complete the Master Cleanse can help you succeed at anything you desire.

And whatever it is you desire I sincerely hope you succeed.

I really can't express what a great pleasure it's been sharing these good health strategies with you. When followed they have the ability to perform miracles.

Raylen Sterling

<http://www.mastercleansesecrets.com>

PS. If you would like to stop by and introduce yourself you can go to my Master Cleanse blog at <http://www.mastercleansesecrets.com/blog>

PPS. If you've found this guide helpful would you mind taking a second to share your thoughts, let me know about your Master Cleanse experience, or leave a testimonial. And would you mind if I use it on my Master Cleanse website?

I set up a webpage that lets you leave a written or audio message at <http://www.mastercleansesecrets.com/link/testimonial.php>

Thanks, and good luck with the Master Cleanse!

## **\*\* Bonus Reports \*\***

Below are the bonus reports that I promised you, enjoy!



# Optimizing Your Body's 4 Main Purification Systems

The Master Cleanse is a powerful way to turn your health around in a very short period of time, and for most people it's a blessing. But for others the Master Cleanse can be too drastic a measure.

When I read the email I get from my newsletter subscribers the problems I often hear are:

- *I'm currently taking medication and too sick to go on the Master Cleanse what can I do?*
- *I'm can't make it past the 2<sup>nd</sup> because I get hungry, is there any other way to cleanse my body besides the Master Cleanse?*
- *When I try to do the Master Cleanse the side effects are so bad I have to quit, how can do this without the side effects?*

Yes, you can be too sick to go on the Master Cleanse. The Master Cleanse is designed to bring you back to health, but if you're currently in a state of health that won't allow you to follow the strict Master Cleanse diet, I put together this plan that will still cleanse your body but do it in a much gentler way.

I call it "*optimizing your body's 4 main purification systems*", and it's meant to be used by anyone who has trouble finishing the Master Cleanse.

I know how hard the Master Cleanse can be. Some people can't deal with the hunger. Some experience bad side effects while on the cleanse. Even though I've showed you ways to deal with these two road blocks in this book I still wanted to give you a way to cleanse your body that anyone would be able to follow and benefit from.

While the Master Cleanse is something you do a few times a year, these techniques for optimizing your body's 4 main purification systems can be practiced year around.

Optimizing your body's 4 main purification systems will not take major sacrifice or even very much effort on your part. You will have to add some things to your diet, make some minor adjustments to some of your current habits, but if you've completed the Master Cleanse this will be a walk in the park. Even if you *haven't* finished the full Master Cleanse you should have no problems incorporating these methods into your daily life.

First I'm going to tell you about the 4 purification systems and how you can optimize them. Then I'll tell you about how you use them together with the Master Cleanse to gently cleanse your body.

Before we begin I want to tell you that this system will give you many of the same health benefits as the Master Cleanse, but it works slower. My advice to you is; if you're healthy enough and able too, go on the Master Cleanse, if not what you're about to learn will help you make a tremendous difference in your life.

## The 4 Purification Systems Your Body Uses To Cleanse Itself Are:

1. Breathing
2. Sweating
3. Urinating
4. Defecation

You can prime these 4 systems and have them running at optimum levels with very little effort, and by doing so you will notice a major change in your energy levels and overall health.

These methods will use all your body's natural detoxifying mechanisms to purge your body of unwanted toxins and waste.

I will deal with each of these 4 purification systems separately starting with breathing.

### Proper Breathing

The majority of adults today are slowly suffocating themselves due to improper, shallow breathing. By not taking full, deep breaths that fill your abdomen and lungs you are depriving your body of vital oxygen.

The type of breathing practiced by most people only uses a very small section of their lungs - this allows waste to build up in the unused portions of this vital organ.

Shallow breathing is also inefficient. You can't survive without oxygen, and by taking small little sips of air you are depriving yourself of this vital component of life.

By practicing Deep Breathing you will expel built up waste and carbon monoxide from your body, charge you body with fresh oxygen, and increase energy levels.

There are many schools of thought on proper breathing. Volumes have been written about it, and many tie deep breathing with spiritual practice, yoga for example.

After you become more adept at the methods described bellow I would encourage you to study further into the more complex techniques for proper breathing such as yoga or chi gung, but for now I'll give you some simple techniques that I use every day:

**This is the Basic Deep Breath Which Can Be Done Sitting, Standing, or Lying Down.**

- Think of the front of your torso, from the top of your lungs to the bottom of your abdomen as one empty chamber
- Make sure your back is straight, your shoulders are relaxed, and your chin slightly tucked towards your chest
- You're going to breathe in through your nose and exhale through your mouth
- As you take a breath feel it start to fill the very bottom of your stomach. You should notice your stomach expand as you do this. As you continue taking the breath and your abdomen has filled with air start filling your lungs with air, from the bottom all the way to the top of the lungs.

- When you have filled your entire abdomen and lungs with air you can hold the breath for a second then slowly release the breath through your mouth, first releasing the air at the top of your lungs and working your way down to your lower abdomen.

As you do this for the first time it's going to feel unnatural because you're working and expanding parts of your lungs that have been dormant for so long. But you will notice a big difference in the way you feel by practicing deep breathing.

It's funny how much of a difference this can make. There's been times when I've been stressed to the max, and as soon as I become aware of it I'll take a few deep breaths and I'm completely relaxed.

### **Part 2 of the Basic Deep Breath**

After you've become comfortable with the basic deep breath adding these next steps will increase its effectiveness, and help cement this practice into your subconscious making a habit.

First you want to add a cadence to your breath. For example you will:

Slowly breathe in on a 4 count  
Hold the breath for a 4 count  
Exhale on a 4 count.

I'm using the 4 count, or roughly 4 seconds as an example. You may want to extend or shorten the count to suit your level of comfort, but give equal time to the inhalation, hold, and exhalation.

The benefits of this practice are you will give your body ample time to assimilate the fresh in breath of oxygen, and more effectively discharge carbon monoxide on the out breath.

As you become better at deep breathing try to increase the amount of time you take for each complete breath this will help you become a more efficient breather.

## Adding Visualization to the Deep Breath

Your mind has the ability to do amazing things. It can even heal. I'm sure the big drug companies would rather you didn't believe this, but the evidence supporting this is overwhelming.

Just look at the studies done on the placebo effect where sick people were given sugar pills and they recovered because their mind thought they were getting medicine.

This next breathing technique will use some mind over matter healing techniques.

I can't promise you'll be able to heal yourself by doing this breathing exercise, but at the very least it will be relaxing.

You should practice this in a quiet place free from distractions for at least 10 minutes.

You will follow the same breathing instructions outlined above, but you should be totally relaxed and have your eyes closed. You will be visualizing breathing in a brilliant white healing light, and exhaling all the impurities in your body. Here's how it works:

As you slowly breathe in picture a brilliant white healing light enter your body. This light permeates to every part of your body.

As you hold the breath visualize any pain, disease, or impurities being absorbed by the cleansing white light.

As you exhale, visualize all those impurities leaving your body in the form of a light gray mist which dissolves into the atmosphere.

If you're open minded enough to try this (*if you're reading this I assume you are*) it can really have a profound effect on your overall well being. In addition to using this technique to cleanse your whole body you can also focus the light on just one area of your body if you have a specific health problem.

This visualization technique also works for negative emotions or stress. Just use the white light to absorb the stress or negative emotions, and feel it leave your body as you exhale.

When it comes to our health it really is the simple things that matter most. Proper breathing does not cost anything and can be practiced by anyone, but it can make a really big difference in how you feel.

When you first start out you'll find yourself slipping back to your old shallow breathing, but after a while it will become a habit that you won't even have to think about.

The next cleansing system we'll talk about is sweating...

## Sweating

If you live on a mountain, far away from the dense polluted city air, eat nothing but fresh vegetarian meals, and don't have any stress in your life - then you're probably pretty healthy. But for most of us it would be impossible to lead that sort of lifestyle.

As a result our bodies are exposed to many unnatural substances. It's our kidney's job to purify the waste that enters our body, but given that we are breathing polluted air, and eating food that's laced with pesticides this vital organ is being pushed to its limits.

The good news is you can help ease the burden placed on your kidneys by sweating. When you work up a good sweat a great deal of undesirable substances are cleansed from your body. Toxic metals that build up in your system are purged out through your pores when you sweat.

### **The Best Way To Sweat**

The best way to work up a good sweat is with a dry sauna. The reason for a dry sauna over a steam sauna is that with a dry sauna you can turn the heat up much

higher. The temperature in a steam sauna has to be kept low because the steam has the potential to scold your skin if it's too hot.

When you take a sauna it's important that you don't spend too much time in there. 10-15 minutes is enough to make a big impact on your cleansing efforts. You should also make sure your healthy enough to use a sauna, and make sure that you stay hydrated.

For an average person a 15 minute sauna session can remove the same amount of impurities that would take your kidneys 24 hours remove.

A sauna is so effective at cleansing your body that researchers have found that towels smokers used to sit on in saunas turn yellow from the impurities and toxins that come out in their sweat. And when benches in saunas are replaced, workers often find deposits of thick, black tar underneath them. So you can see how effective sweating can be at removing waste from your body

### **Other Benefits of Taking a Sauna**

Weight Loss - During a 10-15 minute sauna session, your heart rate increases by 50-75%. This provides the same metabolic result as physical exercise.

Relaxation - Lactic acid which causes soreness and muscle fatigue is also released through sweating. This makes a trip to the sauna especially desirable for anyone who works out, or engages in rigorous physical activity.

Increased Circulation - Spending time in a sauna will expand blood vessels and help circulation.

Most health clubs and hotels have saunas. You can also have one installed in your home. But if you don't have access to a sauna that's okay, because you can still get all the benefits of sweating without a sauna.

Any type of activity that causes you to sweat will give you the same result a sauna will.

It's important you don't wear any tight clothing made from synthetic fibers while working up a sweat. This will clog your pores and restrict sweating. So if you

choose to go for a jog to get a good sweat going do it in loose fitting cotton clothing.

Another tip that applies to both people sweating with a sauna or physical activity is to exfoliate your skin using a lufa, or natural sponge.

Removing dead surface skin will make it easier for the sweat to flow. Another thing to avoid is covering your body with chemical filled lotions. A good alternative is Aloe Vera. You can get 100% pure aloe gel from most stores, and it's a very effective natural moisturizer.

It's important that you stay hydrated if you are doing a lot of sweating, and speaking of staying hydrated that brings us to the 3<sup>rd</sup> purification systems urinating....

### Urinating

This one is easy, you simply drink water. I recommend you drink 1 ounce of water for every pound you weigh. So if you weigh 120 pounds, drink a 120 ounce of water.

It's important that you drink filtered water. Not tap water **or** bottled water. There have been many reports of bottled water being no better than plain tap water. Bottled water is also expensive, and the plastic bottles are bad for the environment.

What I recommend is getting a filter that you install on your home faucet.

The filter I recommend is the [Aquasana](#). For the price you won't find a better performing water filter.

Keeping well hydrated has a cleansing effect on your entire body. Depending on whom you ask we're made up of 60%-70% water, and we can't survive more than a few days without it. The problem is most people's fluid intake consists of diuretic beverages like coffee, soda, and alcohol which dehydrate your body.

Drinking plenty of water will:

- Flush out toxins and metabolic waste from your body
- Keep your joints well lubricated
- Help balance your bodies ph levels
- Keep your skin healthy

It will also aid in controlling your appetite. I drink a tall glass of water 10 minutes before every meal, and I find I eat substantially less because of it.

I like to start every day with a glass of warm water. The reason I drink warm water first thing in the morning is that my body is just waking up from a night's sleep, and I don't want to shock it by drinking ice cold water.

A good way to tell if you are getting enough water is to look at the color of your urine. It should be clear, or very light yellow. There are exceptions to this rule because some drugs, and vitamins (mainly B vitamins) will turn your urine bright yellow.

There are a lot of different products out there for detoxing. Many costing a lot of money, but few can match the cleansing power of water. There's such an abundance of water, and it costs almost nothing so why not drink to better health.

## Defecation

Yes, this is kind of an awkward to talk about, but I would be doing you a great disservice if I didn't mention it.

Much of the waste our body produces is eliminated through bowel movements. A healthy person should have between 1-3 bowel movements a day. Less than 1 a day and it could mean waste is building up inside your body.

It's been said that many people who indulge in the typical eating habits of Western culture are walking around with up to 20 pounds of fecal material in their colon and intestines. Due to bad eating habits this material becomes very dense, and hard. Because of this it doesn't move freely through your system, and out with regular bowel movements.

This excess waste is the perfect breeding ground for bacteria, and if you don't do something to remove this fecal material you can literally poison yourself from the inside.

### **How to Remove the Years of Built up Waste**

Many people will turn to enemas in order to cleanse their colons. This is effective, but I feel that in addition to being obtrusive it's also not necessary.

To cleanse your body of built up fecal material fast you should go on the Master Cleanse, and be sure to take the recommended laxatives. After the 3rd or 4th day on the cleanse you will have emptied your bowels, then your body will naturally start to cleanse itself of all the built up waste that has accumulated over the years.

This is one of the truly amazing aspects of the Master Cleanse. The waste that will come out of your body will not be like your normal bowel movements. It will be much more foul. This should not deter you; in fact it should motivate you to continue.

### **Having Healthy Bowel Movements and Preventing Waste From Building up Inside You**

Ideally you do not want to get to the point where you have 20 pounds of hardened feces built up inside you. Preventing this is easy; in fact I can sum it up in one word. Fiber, or roughage as my Grandma used to call it.

The average American adult is only getting about 50% of the recommend amount of daily fiber, and kids are even worse, getting just 20% of the fiber they should.

What's taking the place of fiber in people's diets?

Sadly, fiber has been replaced by empty carbs, and heavy fat filled food that produces dense stool which is very hard to pass. But adding fiber to your diet can get your internal plumbing running at maximum efficiency in just days.

You'll want to take in at least 30 grams of fiber a day. If you're doing this as part of a colon cleanse you can use a little more, 40-50 grams would be perfect.

There are a number of ways you can get your fiber. I think it's best to get it through your daily meals, but there are fiber supplements available. Here's a list of foods that will make your colon sing:

### **Cereals & Grain Products**

- All Bran (cereal)
- Bran Flake (cereal)
- Whole grain bread, muffins, and bagels
- Whole wheat pasta
- Brown Rice
- Barley

### **Beans & Vegetables**

- Kidney beans
- Lima beans
- Black-eyed beans
- Chick peas
- Lentils
- Peas
- Brussels sprouts
- Broccoli
- Parsnip

### **Fruits**

- Apple (with skin)
- Banana
- Orange
- Pear (with skin)
- Prunes
- Raisins
- Raspberries
- Strawberries

Another good source of fiber is ground up flax seed. This not only gives you fiber, but also omega-3 oil which is a healthy fat. You can sprinkle the ground up flax seed over salads, add it to oat meal, mix it in with yogurt, or mix it with juice and drink it. If you're going to use flax seed as a source of fiber make sure you get ground up seed and not processed flax seed oil.

Psyllium husk is another excellent source of fiber. It also comes ground up, but it's much lighter than flax seed, this makes it a good choice to use while on the Master Cleanse. Psyllium husk has very little taste to it so it can be easily mixed in with many different foods. It also comes in capsules which are sold at most health stores.

It won't take long to notice the effects of the added fiber in your diet. Within days your stool will be less dense, and will pass with less effort.

This will also prevent internal build up in your intestines and colon, which will have a big impact on your health.

#### **Other benefits of adding fiber to your diet:**

- Weight Loss - Fiber is very hardy, and slow to digest. When you eat a high fiber meal or snack you'll feel fuller so you'll eat less throughout the day
- Fiber is also known to help - Hemorrhoids, lower blood pressure, gallstones, and reduce cholesterol levels.
- New research is showing that fiber can also help combat heart disease and some cancers

Using The Master Cleanse And  
Optimizing Your Body's 4 Main  
Purification Systems Together To Gently  
Cleanse Your Body

Now that you've learned about the 4 systems your body uses to cleanse itself, and how you can optimize them to improve your health I want to show how you can use this together with the Master Cleanse to really improve your health.

My newsletter subscribers are very serious about their health. They're also passionate and motivated about making positive changes in their life, but just can't complete the Master Cleanse. I completely understand, and that's why I came up with this alternative.

If you have a hard time with the full Master Cleanse described in the main section of this book because of hunger, or side effects this will be a much easier approach to cleansing your body. This is also good for people who can't do the Master Cleanse for health reasons.

1. **Follow all the steps for optimizing your body's 4 purification systems:** They might seem like common sense things, but a lot of people neglect to do them. It's up to you to make a conscious effort to work these things into your lifestyle.
2. **Replace 1 meal a day with the Master Cleanse lemonade:** The full Master Cleanse can be hard to follow because it's too restrictive, but you should have no problems replacing one meal a day with the lemonade. I suggest you replace lunch because it's sandwiched in between two other meals (breakfast and dinner) so the issue of getting hungry will be less of an issue.
3. **Replace 1 meal a day (and all snacks) with raw foods:** If you drink the Master Cleanse lemonade for lunch, then for breakfast or dinner eat just raw fruits and vegetables. Fruits and vegetables are loaded with vitamins, antioxidants, and fiber that will keep you healthy and cleanse your body.
4. **Take wheat grass:** Wheat grass is often called a "super food" because it packs such a high concentration of vitamins and minerals. Wheat grass

is sold in most health food stores, vitamin shops, and online. It's comes in capsules, powder, or you can grow it fresh.

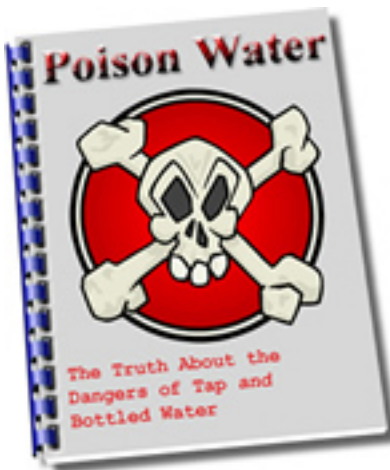
- 5. For the final meal of the day make sure to get some protein:** So you've got the lemonade for lunch, and raw foods for breakfast or dinner, that leaves just one meal. For this I suggest you eat a healthy meal, but make sure it contains protein. Your body needs protein and even though you'll get some protein from the wheat grass you should take in more.

The protein does not have to come from meat. There are many sources of protein besides beef, chicken, and pork. You can eat eggs, dairy products like milk and cheese. Other good choices are oatmeal, tofu, brown rice, yogurt, lentils, and most other beans.

These 5 steps are just a rough outline for you to follow. I encourage you to customize it to fit your situation. For example, you might want to drink the lemonade for 2 meals a day and eat raw foods for the other. This would be even better for you, and would be almost as good as doing the full Master Cleanse. Just remember to not go more than 10 days without giving you body some protein.

### Final Thoughts on Optimizing Your Body's 4 Main Purification Systems

Talking about your body's 4 main purification systems wouldn't make for polite dinner conversation, but it's important that you understand how they work, and get them working at maximum efficiency. The Master Cleanse will yield major results in a short period of time, but it's a restrictive diet that can't be followed every day of the year. When you make a daily effort to breath properly, sweat, drink plenty of water, and get lots of fiber you'll be cleansing your body all year around.



## Poison Water

Water. It's important to help your body work properly. Not only do you need it to live, but you use it to cook with; wash your body; clean your house and your car; give to your pets and your plants; brush your teeth; cool yourself off and get exercise (by swimming); and warm yourself up (a hot, steamy shower in the winter).

But what would you say if I told you that impure water might actually hurt you? AND damage your clothes, your appliances, your plants, and your pets?

You want all the water that enters your body to be safe. And since water enters your body every time you soak in it, you should make sure that all of the water that touches your body on the outside, as well as the water you drink, is pure.

That means you should use pure water for cooking. Use pure water for showers. And even use pure water for cleaning, in order to stay healthy.

## The problems with Tap Water:

You've probably heard that some tap water is unsafe. But maybe you weren't sure whether your own tap water had anything wrong with it.

Well, chances are that your tap water could be cleaner. Maybe it's OK on most days. But sometimes more pollutants enter your groundwater than normal. When that happens, you might have some potentially dangerous substances in your tap water. Things like:

- Fecal matter – This is a carrier for certain communicable diseases.
- Sediments from aging water lines – Things like rust and slivers of metal.
- Bacteria, algae, parasites, and other microorganisms – These can give you long-term, difficult to diagnose diseases.
- Excess amounts of calcium, iron, and other minerals– These are hard on your kidneys.
- Fluoride – Get too much of this and it can kill you.
- Chlorine – This too is toxic at high levels.
- By-products of chlorine treatment; examples are trihalomethanes and haloacetic acids–These can give you cancer and reproductive problems.
- Arsenic, radon, perchlorate (rocket fuel) and other toxic chemicals-- These can cause long-term health problems such as cancer.
- Lead and other heavy metals – These collect in your body slowly over time and cause nervous system damage and brain damage.

So even if you're lucky enough to have tap water that's safe most of the time, things from the list above may still be finding a way into your water.

And the worse pollution gets, the more often this will happen.

Global warming, urban sprawl, population increase, increasing industry, and increasing use of chemicals in farming methods are just a few examples of things that are increasing water pollution, and making your drinking water unsafe.

The fact that most cities don't violate national drinking water contamination standards might sound like good news, until you take a closer look, and realize the health standards for public drinking water are terribly low.

For example, arsenic causes cancer. There is no safe level of arsenic in your water. Arsenic kills. Yet the EPA standard for arsenic in your drinking water for 2006 is 10 ppb (parts per billion). The truth is that about 22 million Americans drink water that has average levels of arsenic of 5 ppb. Sure it's just a trace amount, but do you want to be drinking any arsenic?

You can't rely on EPA regulations to keep your tap water safe. They don't completely protect you.

But where does all of this extra stuff in your water come from? Most of it comes from pollution:

- Farm pollution. This is especially a problem in well water. Some of the pollution comes from farms. The farm animals leave their wastes on the ground. Crop farmers also use natural and chemical fertilizers and pesticides to protect their crops and help them grow fast. Then the rain washes these feces and poisons down into your water supply.
- Industrial pollution. Businesses sometimes dump hazardous wastes right onto Mother Nature for her to deal with.
- Biohazards. Many hospitals and nursing homes don't properly dispose of used needles and syringes; plastic tubing; or contaminated bedding properly. These may be covered in some germs that get washed into the water supply. Then you drink them and get sick.

- “Natural” pollution. This includes urine and fecal matter from wildlife and human septic systems. The soil can only filter out so much. When it rains, these things get washed into the water supply.
- Natural contamination. Arsenic and radon leaches from rocks into your groundwater .
- Urban pollution. Rain washes chemicals and microorganisms out of the air and ground and into the water supply. Here are some examples:
  - Some people still dump chemicals on the ground, where they sit until the rain washes them down into the ground, where it slowly makes its way into the water. Examples are oil, transmission fluid, and antifreeze from car maintenance; beauty products; and household cleaners.
  - People sometimes let their washing machines and dishwashers drain directly out of their windows onto the ground, rather than into the sewer.
  - Garbage dumps are full of chemicals and rotting garbage. Contamination from this gets washed into the water supply when it rains.
  - Runoff from cars that have been washed or waxed with chemicals often makes it into the ground water.
  - Car washes don’t always drain into the sewer. The excess can get into the drinking water supply.
  - Rain washes over dirty, oily parking lots and roads onto the nearby ground, where it sinks down through the ground and mixes with drinking water.
  - Vehicles pollute the air with their exhaust and the rain washes that into the ground, too.
  - Runoff from insecticides and fertilizers people spray on their lawns is potentially toxic, but ends up in your drinking water.

- Spills and leaks of petroleum products- from gas stations, automotive repair facilities, automobile collisions, and boats- all end up in the ground, and (eventually) in your water
- Sewage systems sometimes overflow after a heavy storm. Guess where the excess sewage seeps down to?

What a cocktail, huh?

But pollution isn't even the whole story!

Even if you get your tap water from the city instead of from a well, you're still not safe.

That's because the city *adds* poisonous stuff to help "clean" the water. If chlorine kills the stuff in the water, what do you think it's doing to your body?

Here's another problem: City water treatment systems often can't get rid of all the dangerous stuff in the water, especially if the purification techniques are outdated. After all, most of them were designed and built around 1940's.

There was much less pollution at that time and there were far fewer contaminants to deal with. There were also far fewer customers, so the facilities didn't have to pump out so much clean water at once.

The facilities now are outdated and can't handle such a workload. So despite regulations, there are frequent spikes above the EPA's standards. These don't usually trigger a violation, though, because the EPA uses an average level of water purity to determine whether the water meets its standards.

And even if the water was safe when it left the treatment facilities, you can't be sure that it's still safe when it comes out of your tap.

That's because the water may pick up stuff on its way to you. Old pipes crack or break and let in dirt, chemicals, sewage, and contaminated groundwater.

They can also corrode. That puts rust, metal slivers, and heavy metals (such as lead) into the water. This can be especially dangerous. Lead can cause brain damage.

Many of the U.S.'s biggest cities have threatened or unsafe water supplies. If you live in one of the following cities, you may want to ask the local officials about the safety of your drinking water:

- Albuquerque
- Atlanta
- Baltimore
- Chicago
- Denver
- Detroit
- Fresno
- Houston
- Los Angeles
- Manchester
- New Orleans
- Newark
- Philadelphia
- Phoenix
- San Diego
- Washington, D.C.

I'm sure you already realize some of the problems these impurities in your water can cause: cancer, brain damage, and nervous system damage, just to name a few.

But you can also get infectious diseases and parasites from your tap water.

According to the CDC (Center for Disease Control and Prevention) website, here are some of the diseases you can get from contaminated water:

- **E. coli infection**

*Escherichia coli* infection can give you severe bloody diarrhea and abdominal cramps. In people with weak immune systems, especially young children and the elderly, the infection can also cause a complication called hemolytic uremic syndrome (HUS). HUS will destroy your red blood cells cause your kidneys to fail. In the United States, HUS is the most common cause of acute kidney failure in children.

- **Viral Hepatitis A**

This disease can give you jaundice; fatigue; abdominal pain; loss of appetite; nausea; diarrhea; and fever.

- **Amebiasis (*Entamoeba histolytica* Infection)**

Amebiasis can cause amebic dysentery which causes stomach pain, bloody stools, and fever. *E. histolytica* can cause abscesses on your liver. It can also spread to other parts of your body.

- **Cryptosporidium Infection (Cryptosporidiosis)**

The most common symptom of cryptosporidiosis is watery diarrhea. Other symptoms include stomach cramps or pain; dehydration; fever; weight loss; nausea; and vomiting.

- **Cyclosporiasis (*Cyclospora* Infection)**

*Cyclospora* usually causes watery and explosive diarrhea. It can also cause muscle aches, loss of appetite, fever, weight loss, bloating, stomach cramps, gassiness, nausea, vomiting, and fatigue.

- **Dracunculiasis (Guinea Worm Disease)**

Symptoms show up when the worms begin to emerge from your body- usually on your legs and feet. When the worms emerge, they usually cause painful skin lesions which get infected and become even more painful. These lesions can lock up your joints and even cause you to be permanently crippled.

- **Giardiasis (*Giardia* Infection)**

*Giardiasis* can cause diarrhea; flatulence; stomach cramps; nausea; weight loss; and dehydration.

Obviously, some of the stuff that you find in tap water can be extremely dangerous...

And most bottled water is not any better.

## The problems with bottled water

### Problem #1: Fraud

Most people think of bottled water as a healthy drink.

Unfortunately, the truth is that bottled water is often just tap water in a fancy plastic bottle. Some bottled water manufacturers even commit fraud.

Bottled waters go way out of their way to make you think that you're getting "special water." Something from a clear mountain stream or a spring in Alaska. But the truth is that about 40% of bottled water is actually tap water, not spring water.

The pictures on the labels may show pristine mountain landscapes. This leads you to believe that that's where the water comes from. This was the manufacturer's intention. They count on you jumping to that conclusion.

But the glaciers, mountains, and other artwork on the bottle labels usually have nothing to do with the real source of the water.

The FDA (Food and Drug Administration) only requires the labels on the bottled water to tell you 3 things about the water: what type of water it is, who manufactured it, and the volume of water in the bottle.

And don't think that just because it says spring water, that it actually comes from a clear blue spring. That "spring water" can come from any source of water that occasionally bubbles to the surface—even if it bubbles up in a parking lot!

When you buy bottled water, you should be wary of certain words. The words "pristine," "pure," "glacial," "natural," "premium," and "healthy," for examples, are all meaningless fluff. Bottled water manufacturers put these words on the labels to make you feel like you're getting water that's better for you than tap water.

You can't trust the advertising on the labels, either.

Some of them flat out lie about where the water comes from. For instance, one bottled water had a label that read "Alaska Premium Glacier Drinking Water: Pure

Glacier Water from the Last Unpolluted Frontier." This water was actually tap water from the Juno Public Water System!

Purified water can come from anywhere at all, as long as it's been treated. So what's the difference between purified water and tap water? The tap water might actually be purer.

The two top-selling brands of bottled water in the U. S., Aquafina (sold by Pepsi) and Dasani (sold by Coca-Cola), are nothing more than tap water. According to U.S. News & World Report, "Aquafina is municipal water from spots like Wichita, Kansas... Coke's Dasani (with minerals added) is taken from the taps of Queens, New York, Jacksonville, Florida, and elsewhere."

Another way that a manufacturer makes their bottled water seem more pure is to give it a nice name that makes it seem to come from a pristine place, even when the water actually comes from some place less exotic.

For example, Everest bottled water comes from Texas; Yosemite brand bottled water is from L.A. And Poland Spring? Not Poland. And not a spring. Nope. The water comes from man-made wells in Maine.

Scientists at one university who studied bottled water concluded that in half of the samples they studied, the only way the bottled water was different than the tap water was that it contained extra minerals and salts—and that didn't make the water any healthier.

The United Nations agrees. According to the UN Food and Agriculture Organization, bottled water isn't any more nutritious for you than tap water.

In fact, having too many minerals in your water can cause damage to your kidneys.

For the price you pay for one bottle of bottled water, you can buy about 1,000 gallons of tap water. Bottled water is not only expensive, but can be unsafe.

Problem #2: Bottled water is NOT necessarily SAFE. It's often less pure than tap water!

In most cases, tap water has to follow stricter purity standards than bottled water. The Environmental Protection Agency (EPA) regulates tap water. But not bottled water. The EPA has no authority at all over bottled water!

Bottled water has very few manufacturing, handling, and storage restrictions compared to public water supplies.

This means that there are holes in the system that allow bottled water manufacturers to market substandard water. This water can be especially dangerous for people who get sick easily, such as elderly people or babies.

It's legal for bottled water manufacturers to get their water from just about anywhere. This includes unsafe places such as springs and wells that are close to dumps and industrial facilities.

Some bottled water may even come from sources that are near hazardous waste or contamination by industrial chemicals...

Have you ever bought a brand of "spring water" with a graphic of mountains and a lake on the label? BE CAREFUL. In one case, water in a bottle just like that came from a well in the parking lot of an industrial facility. That's NOT the healthiest place to get your water from!

In the U. S., there's almost no one employed by the government to regulate the quality of bottled water.

Although the EPA has hundreds of people on staff to watch over the nation's tap water, the FDA (which is supposed to regulate bottled water that crosses state lines) doesn't even have one full-time regulator in charge of bottled water.

And you can't even trust the bottled water when it says it's been tested. Even bottled water that has been tested is not necessarily safe, because the manufacturers can choose any lab they want to perform the tests, and they don't have to test very often- once a year is fine...

The EPA's rules allow no E. coli or fecal coliform (bacteria that indicate possible contamination by fecal matter) contamination in tap water, but bottled water gets off easier. It's legal in the US for bottled water to contain small amounts of harmful bacteria such as E. coli and fecal coliform.

The FDA allows a certain level of E. coli and fecal coliform in bottled water.  
Gross!

Here's another loophole: "carbonated water," "soda water," "seltzer water," and most flavored waters have even fewer standards of purity to meet than bottled water does.

The NRDC tested more than 1,000 bottles of 103 brands of bottled water. The results? 1/3 of the brands contained contaminants (arsenic, for example) that exceeded state or industry standards. 1/3! That means that, on average, one out of every 3 times you grab a bottle of water, you're ingesting this stuff.

If you can't count on the bottled water to be purer than tap water, then what are you paying so much for?

The Kansas Department of Health and Environment did similar tests on 80 samples of bottled water and came up with scary results. They found:

- nitrate in 78 samples;
- 33 contained bromodichloro-methane;
- 53 tested positive for chloroform 25 had arsenic in them;
- and 15 held detectable amounts of lead.

Chloroform. Lead. Arsenic. This is a list of poisons!

The moral of the story: why pay for something you think is healthy, when it contains substances that promote cancer and other fatal health conditions?

Bacteria are another common contaminant in bottled water. Any time you leave tap water bottled at room temperature for more than a few days, significant amounts of bacteria will grow.

When you buy bottled water, it's usually been on the store shelves for more than a few days before you get it. Can you imagine all of the diseases these bacteria can give you?

And although sometimes chemicals are used to disinfect bottled water, they may react unpredictably with things that are already in the water. This can create cancer-causing substances in your water.

Translation: the chemicals that disinfected the water may make you get cancer!

Another problem with disinfection: disinfecting the water wipes out the bacteria that are in it; but this leaves the water clear. New bacteria can then settle there and breed with no competition.

No U.S. government agency actively searches for incidents of illness from bottled water. But on the Internet, you can find plenty of anecdotes and news reports about people who claim to have gotten sick from tainted bottled water.

Of course, many people think that bottled water just tastes better than tap water. This is questionable, though.

Good Morning America conducted a taste test of its studio audience pitting New York City tap water against 3 bottled waters: the oxygenated water O2, Poland Spring bottled water, and Evian. The result? The tap water won hands down.

So although some people drink bottled water because they think it tastes better... You have to wonder if maybe it just tastes better to them because they just paid so much for it.

### Problem #3: The Price

Bottled water can run you about \$6 a gallon if you buy it 12 ounces at a time from a gas station- maybe even more! In comparison, filtered water costs much, much less.

Water filtered with an [Aguasana water filter](#), for example, only costs about 9 cents per gallon.

### Problem #4: Negative Environmental Impact

Both Co-op America and the World Wide Fund for Nature (the parent organization of the World Wildlife Fund) consider bottled water to be environmentally unfriendly. “Friends of the Earth” encourages people to drink from the tap to save waste.

If these environmentalist groups take this stance, then it makes you wonder why? Well, here are some of their many concerns...

1. Because bottled water relies mostly on gas-guzzling trucks rather than a preexisting infrastructure, distributing bottled water uses a lot more fuel than

delivering tap water-- especially when it's shipped internationally. For the same reason, it releases large amounts of ozone-harming emissions.

2. Keeping bottled water cold until you buy it uses extra energy.
3. Bottled water processing takes energy.
4. It takes about 1.5 million tons of plastic each year to make plastic water bottles. Most water bottles are made of polyethylene terephthalate, or PET. Manufacturing PET creates large amounts of toxic emissions such as nickel, ethylbenzene, ethylene oxide, and benzene.
  - Making enough water bottles for one year uses enough oil to fuel 100,000 cars for a year.
5. The bottled water plants pump so much water out of nearby aquifers that they deplete municipal water supplies and run wells dry. Obviously, it's not fair for these companies to deplete and possibly even exterminate the water supply in their region just so they can make a ridiculous profit. Not to mention the damage this dry-up can do to local ecosystems.
6. The biggest problem is all of the waste the bottles generate. Bottles which end up as trash can take up to 1,000 years to biodegrade.

And a LOT of the bottles end up as trash - in one case 18% of the litter recovered from the Hudson River was comprised of beverage containers. In fact, 9 out of 10 plastic water bottles end up as either garbage or litter- that's 30 million per day.

When they're buried in landfills, toxic additives in the plastics can leach out into the groundwater. Disposing of all of these water bottles is an ecological nightmare.

#### Problem #5: Hassles

Let's face it. If you're going to need a lot of water, it's a pain lugging those heavy, inefficient, polluting bottles all over the place.

You have to drive to the store to get the bottles. Move stuff around in your trunk to make room for them. Move more stuff around on your shelves to store them.

Lift the jugs when you want to pour some water. And smash the jugs down when they're empty in order to make them fit nicely in the trash or recycling container.

Then you have to do it all over again when you run out of bottled water!

Yet people sometimes buy bottled water because it's convenient - when there's no tap water around, for example.

Given all of the health problems and negative environmental impact associated with bottled water, it would make more sense for them just to bring a water bottle with them and then refill from a tap when they get a chance.

This whole time, I've been comparing bottled water to tap water. But remember, tap water isn't without problems; it's far from perfect. In fact, it's what you were trying to avoid in the first place.

So if tap water won't work, and bottled water won't work, what can you do?  
Filtered water is the solution!

## FILTERED WATER

Filtered water has many benefits over tap water and bottled water. Filtered water is:

- Pure
- Good for you and your family
- Good for your pets
- Better for your plants
- Great for Cooking
- Inexpensive
- Hassle-free
- Convenient
- Environmentally friendly
- Easy on your clothes
- Easy on your appliances
- Odor-free
- And delicious!

It's easy to see that when you want water, filtered water is clearly the best way to go!

### Benefits of pure water

The easiest way to see how water affects your health is to look at what happens when you don't get enough of it.

Here are some of the problems that dehydration can cause in your body:

- weakness
- dizziness or lightheadedness
- restlessness
- irritability
- fatigue
- cramps in your arms and legs
- dry or sticky mouth
- dry skin
- dry scalp
- headaches
- low blood pressure
- fainting
- wrinkly skin
- convulsions
- breathing problems
- fast, weak pulse
- irregular pulse
- getting sick easily
- arthritis
- problems with bowel movements
- eye problems
- build-up of toxins in your body
- too little blood
- all your cells and organs function poorly
- shock
- possibly even death

It's easy to get dehydrated because your body is about 2/3 water. You're basically a walking bag of water, with some other stuff dissolved in it.

You may feel solid on the outside, but you have a lot of blood and other body fluids sloshing around inside of you.

Your body's cells hold water. They use the water to move food and wastes. They can't live without it.

Pure water is crucial to making your body work right. But most people don't get enough to stay in top health.

Drinking *something* isn't the same as drinking pure water. Because other drinks are full of all kinds of "extras" that your body has to filter out to get to the water it needs, they strain your stomach, your liver, and your kidneys.

When you get thirsty, your body is really asking for water. Give it what it asks for! Pure filtered water is the finest drink you can give your body.

Consuming plenty of pure, filtered water can help you stay healthy. It flushes impurities, chemicals, wastes, and other health-stealing substances out of your body. This helps you look and feel healthy and young.

Notice that I didn't say "drinking," I said "consuming." There's a crucial difference.

Your body consumes water through more than just your mouth. Actually, water enters your body *through your skin*.

Surprised? I can prove it. Next time you soak in a bath for a while, look at your fingers. Do they look like prunes?

Well, they haven't shriveled. They've actually soaked up water! In fact, they've soaked up so much water, that the water made them expand... The lines you see are where your fingers are held together by little connecting pieces. Notice that the spots in between them are swollen.

Whenever you enter water, your body starts to soak it up like a sponge, only more slowly. Your body absorbs the water and any chemicals that are dissolved in it. That means that you absorb water (and whatever's dissolved in it)

- when you're in a shower or bath;
- when you're swimming;
- and when you have your hands in cleaning solutions.

So if you wouldn't drink it, you don't want it to touch your skin.

By filtering ALL of the water that comes from your taps, you'll help make sure that ONLY pure, filtered water will enter your body.

An [Aquasana water filter](#) helps take out most of the impurities such as:

- germs
- fecal matter
- dirt, soil, and mud
- iron
- metal slivers
- industrial chemicals
- excess minerals
- and chlorine.

This makes your drinking water healthier! Water filtered by an Aquasana water filter is great for your family, your pets, and your plants, too.

A nice side benefit of filtering your water with an Aquasana filter is that all of your water will taste better, including

- your drinking water
- the water you brush your teeth and rinse your mouth with
- and your ice cubes.

Your soups, pasta, oatmeal, stews, and gravies will be more delicious because you'll make them with pure water.

The beverages that you make with pure water will taste better. Your punch, iced tea, coffee, and cocoa will come out without a funny aftertaste.

And, if you use a whole-house filter, your shower water will improve too.

Another nice benefit is that your water will smell better. That's extra important when you're taking a shower in hot water; also, when you do dishes, or just when you're rinsing out a cleaning rag with hot water.

Water that's heavy with iron, calcium, and other minerals can..

- leave stains in your tub, toilet, and sinks
- do damage to your washing machine and hot water heater
- put stains on your clothes
- and make your clothes wear out sooner

With a [whole house Aquasana water filter](#) you'll save money by lengthening the life of your clothes, fixtures, and appliances.

Finally, smelly or dark tap water can be embarrassing when you have guests over. Clear, filtered water on the other hand, can earn you compliments.

Price comparison:

**Bottled water is expensive, especially considering:**

- its initial price
- the cost of going out of your way to get the bottled water
- and the environmental costs

Tap water (whether city water or well water) is expensive, considering:

- its eventual costs to your health
- the wear and tear on your clothes
- and the wear and tear on your hot water heater, washing machine, dishwasher, and other water-using appliances

Convenience comparison:

Bottled water is very inconvenient to obtain; you have to

- drive to the store frequently to buy it;
- lug heavy bottles around;
- take up valuable storage space with the bottled water;
- and dispose of the bottles after you use them.

Filtered water, on the other hand, is very convenient. Just turn on your tap. Change the filter once in awhile. No big deal.

Aquasana meets or beats bottled water and tap water in every way that matters, including:

- purity
- price
- convenience
- environmental friendliness
- health benefits
- and taste.

[There's Nothing Else Like It On The Market.](#)

Here's how we beat other water filters:

- Price per gallon. At only 9 cents per gallon, our filtered water is less expensive than 90% of the competition.
- Effectiveness. The California Dept. of Health, which contains the most stringent regulations in the U.S., has certified Aquasana's contaminant reduction capabilities (certificate #99-1407.)

Choose one or all of the following models of Aquasana water filters... Because the quality of your water matters:

The countertop model AQ-4000

***Voted "Best Buy" by Consumers Digest Magazine 2003!***

Puts filtered water where you need it most

- Better tasting water, guaranteed!
- Easy, one-touch operation.
- Easy to install.
- **Highly effective. In fact, it removes more chlorine, lead, synthetic chemicals, VOCs, THMs, MTBE, Turbidity, and Cysts (chlorine resistant parasites) than any other filtration system!**

The Shower model AQ-4100

***Voted "Product Of The Year" by Cosmetology Today Magazine!***

A convenient way to bring pure water to your shower.

- You'll have softer skin and hair within 1 week!
- No more disgusting, impure water in your mouth while you bathe.
- Even hot, steamy showers will smell clean.
- Makes your soaps and shampoos go much further.

The whole house system EQ-300

**Purifies ALL of your household water- dirt cheap (about 50¢ a day)!**

- Delivers pure water throughout the whole house, protecting you at every tap.

- Protects your expensive clothes, plumbing, and appliances from hard water.
- Very affordable- your best value!
- Only one filter to change.

You can find all the different water filters available from Aquasana at [www.aquasana.com](http://www.aquasana.com)



# Master Cleanse Success Journal

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I suggest you print this journal out. If you want a copy of just this 12 page Master Cleanse Journal **without** the rest of this guide you can get a copy at <http://mastercleansesecrets.com/journal.html>

\*\*\*\*\*

This journal will help you keep track of your daily progress on the Master Cleanse.

It starts out by having you fill in the number of days you intend to spend on the Master Cleanse and signing your name.

Then there are 2 columns where you can enter your goals and motivation for doing the Master Cleanse

Next, there's a page for each day you'll spend on the cleanse (up to 10), and check boxes for each of the Master Cleanse ingredients. *There's 10 check boxes for the*

*lemonade and water, you may use more or less depending on the amount of lemonade and water you drink and the size of the glass you use.*

Then there are 3 more entries for each of the days:

**“Goals and Motivation:”** - Here’s you can make additional daily entries to help keep you motivated during the cleanse

**“Daily Activities/Schedule:”** - It’s good to plan daily activities and schedule low stress activities to help keep your mind off food, you can enter those in this section.

**“Master Cleanse Journal:”** - During the Master Cleanse you might want to write down your experiences, you can do that here.

# My Master Cleanse Journal

I’m committed to finishing \_\_\_ days on the Master Cleanse

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*(Sign your name)*

*See the chapter on Mentally “Preparing Yourself For The Master Cleanse” (page 25) in the Master Cleanse Secrets Guide for information on filling out this section*

Reasons why I want to finish the Master Cleanse.	How <b>not</b> finishing the Master Cleanse will have a negative impact on your life

# 1

Glasses of Lemonade	1	2	3	4	5	6	7	8	9	10
Glasses of Water	1	2	3	4	5	6	7	8	9	10

Twice a Day Laxative: <i>(Psyllium Husk, Tea, Sea Salt)</i>	1	2
Twice a Day Wheat Grass	1	2

## **Goals and Motivation:**

## **Daily Activities/Schedule:**

## **Master Cleanse Journal:**

# 2

Glasses of Lemonade	1	2	3	4	5	6	7	8	9	10
Glasses of Water	1	2	3	4	5	6	7	8	9	10

Twice a Day Laxative: <i>(Psyllium Husk, Tea, Sea Salt)</i>	1	2
Twice a Day Wheat Grass	1	2

## **Goals and Motivation:**

## **Daily Activities/Schedule:**

## **Master Cleanse Journal:**

# 3

Glasses of Lemonade	1	2	3	4	5	6	7	8	9	10
Glasses of Water	1	2	3	4	5	6	7	8	9	10

Twice a Day Laxative: <i>(Psyllium Husk, Tea, Sea Salt)</i>	1	2
Twice a Day Wheat Grass	1	2

## **Goals and Motivation:**

## **Daily Activities/Schedule:**

## **Master Cleanse Journal:**

# 4

Glasses of Lemonade	1	2	3	4	5	6	7	8	9	10
Glasses of Water	1	2	3	4	5	6	7	8	9	10

Twice a Day Laxative: <i>(Psyllium Husk, Tea, Sea Salt)</i>	1	2
Twice a Day Wheat Grass	1	2

## **Goals and Motivation:**

## **Daily Activities/Schedule:**

## **Master Cleanse Journal:**

# 5

Glasses of Lemonade	1	2	3	4	5	6	7	8	9	10
Glasses of Water	1	2	3	4	5	6	7	8	9	10

Twice a Day Laxative: <i>(Psyllium Husk, Tea, Sea Salt)</i>	1	2
Twice a Day Wheat Grass	1	2

## **Goals and Motivation:**

## **Daily Activities/Schedule:**

## **Master Cleanse Journal:**

# 6

Glasses of Lemonade	1	2	3	4	5	6	7	8	9	10
Glasses of Water	1	2	3	4	5	6	7	8	9	10

Twice a Day Laxative: <i>(Psyllium Husk, Tea, Sea Salt)</i>	1	2
Twice a Day Wheat Grass	1	2

## **Goals and Motivation:**

## **Daily Activities/Schedule:**

## **Master Cleanse Journal:**

# 7

Glasses of Lemonade	1	2	3	4	5	6	7	8	9	10
Glasses of Water	1	2	3	4	5	6	7	8	9	10

Twice a Day Laxative: <i>(Psyllium Husk, Tea, Sea Salt)</i>	1	2
Twice a Day Wheat Grass	1	2

## **Goals and Motivation:**

## **Daily Activities/Schedule:**

## **Master Cleanse Journal:**

# 8

Glasses of Lemonade	1	2	3	4	5	6	7	8	9	10
Glasses of Water	1	2	3	4	5	6	7	8	9	10

Twice a Day Laxative: <i>(Psyllium Husk, Tea, Sea Salt)</i>	1	2
Twice a Day Wheat Grass	1	2

**Goals and Motivation:**

**Daily Activities/Schedule:**

**Master Cleanse Journal:**

# 9

Glasses of Lemonade	1	2	3	4	5	6	7	8	9	10
Glasses of Water	1	2	3	4	5	6	7	8	9	10

Twice a Day Laxative: <i>(Psyllium Husk, Tea, Sea Salt)</i>	1	2
Twice a Day Wheat Grass	1	2

## **Goals and Motivation:**

## **Daily Activities/Schedule:**

## **Master Cleanse Journal:**

# 10

Glasses of Lemonade	1	2	3	4	5	6	7	8	9	10
Glasses of Water	1	2	3	4	5	6	7	8	9	10

Twice a Day Laxative: <i>(Psyllium Husk, Tea, Sea Salt)</i>	1	2
Twice a Day Wheat Grass	1	2

## **Goals and Motivation:**

## **Daily Activities/Schedule:**

## **Master Cleanse Journal:**