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The Master Cleanse

Starting The Master Cleanse with the Ease-in is also a good time to build your confidence and exposure to a Living Food Diet, Raw Food Diet, Green Diet, Vegetarian Diet.. or whatever you call your ideal post-cleanse, food lifestyle. I don't see these diets as "Diets" in a strict sense. To me, they are lifestyle choices regarding the foods we eat. If the style of life you want is healthy, energetic, and long lasting then you must eliminate toxins, de-vitalized foods, processed foods, and otherwise dead-foods from your diet. Detox Diet Recipes such as these (and others), are great templates to base our daily food decisions on. We all know this deep down. The Master Cleanse, for most, is about a transition to a healthier lifestyle.

Ease-In Day 1 - Living Food Diet

To do the Living Food Diet, you only need to eat live foods. Live Foods are foods that have not been heated above 105 degrees F. which means that their enzymes are intact. Simply remove processed foods, meat and dairy from your diet. Enjoy shopping for and eating interesting fruits and vegetables. Savor the rich flavors and textures. Be sure that you don't go too heavy on fruits as they are high in sugar. A 60/40 balance of vegetables to fruits is a good guideline.

Ease-In Day 2 - Juicing, Blending, Soups and Broths

This step preps your body for a liquid diet and delivers macro nutrients more quickly to your bloodstream. By breaking down the foods to liquids we can more readily take in the nutrients from the food. Fruit and Vegetable Juicing is very enjoyable. There are endless combinations of tasty juicing recipes. Blending is equally enjoyable. Green smoothies are like drinking a glass of healing. If you do not have a juicer, you can make soups or broths. Raw is best!

Ease-In Day 3 - Orange Juice

Manually or electrically juice enough oranges to make 2 liters of Orange Juice, mixed with water (to taste). Sometimes I find it hard to get the calories I need through the day and so I add some Maple Syrup to increase my caloric intake.

The Lemonade Diet

Whether you begin The Lemonade Diet immediately or Ease-In, the process of the Lemonade Diet is the same. You will however, need to make two decisions to suit your personal preferences and/or your daily work and family routines. The first Master Cleanse Variation revolves around timing your daily flush. Perhaps equally important as **Ending the Master Cleanse** is the **Daily Detox Bowel Movement**. It is crucial to flush out the toxins your body is eliminating, and since you are not consuming digestible food (fiber) to create a bowel movement, you will have to make that happen. This is why I call this process "The Daily Detox Bowel Movement". It is this process that cleanses your body of the waste and toxins. There are two accepted methods to produce Daily Detox Bowel Movements: **Nightly Laxatives** and the **Salt Water Flush** (SWF). Prior to your first day on The Lemonade Diet you should have taken your Nightly Laxative. On your first full day you do not need to do the SWF so you can start drinking your Lemonade immediately upon waking. This would be a good time to do an Easy Cleanse to clean a little deeper. It is a simple kit with herbs that cleanse your blood, liver, and other major organs as well as your colon, to clear the pathway for everything else to work better.

Lemonade Diet - Step 1 - The Lemonade Diet Recipe

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

Soon after arising you will prepare your daily intake of Fresh Lemon Juice, Rich Maple Syrup, Cayenne Pepper and Pure Water. If you are doing The Salt Water Flush, you should drink your first glass of lemonade after your first bowel movement to allow the process of elimination to begin.

Drink your Lemonade Fresh! I cannot stress this enough. The key to The Master Cleanse is the *fresh* lemon juice, and the *living enzymes* that it contains. The other ingredients are important as well, but the *fresh* lemon juice is irreplaceable (but yes, limes can be substituted).

The Lemonade Diet Concentrate

Don't pre-mix your Lemonade. The longer your Lemonade sits, the more enzymes die. If you need to Pre-mix your Lemonade, then you should only mix a concentrate of just the Fresh Lemon Juice and the Rich Maple Syrup. The maple syrup acts as a preservative. This Lemonade Diet Concentrate will keep the enzymes alive long enough to be consumed during the day. Store The Lemonade Diet Concentrate in a cool, dark, glass container. Do not add the cayenne or water to the concentrate. The cayenne will "steep" like tea, and make the concentrate very hot. The water will dilute the maple syrup and the enzymes in the Fresh Lemon Juice will die. Learn the details about Master Cleanse Enzymes and The Lemonade Diet Concentrate because it is crucial to your success and is a leading cause of Master Cleanse Problems.

You will drink between 6 and 12 glasses of Lemonade each day. (Some people drink as much as 26 glasses per day.) This will depend on how big or small you currently are (caloric needs), your tolerance to physical and psychological urges to eat, and your desire to lose weight. Master Cleanse Weight Loss results vary according to your pre-cleanse weight and can be managed, to a degree, by how much lemonade you drink. Obviously you can drink more for less weight loss, and drink less to lose more weight. It is not a wise choice to drink less than 6 glasses in an effort to lose "extra" weight.

Weight loss (if any) should occur naturally. It is wise to drink whenever you're hungry, or when you feel a lack of energy (commonly felt as a weakness or mild shakiness), which is quickly corrected by drinking a glass of Fresh Lemonade. Twelve glasses per day should be your starting point from which you will make adjustments.

Lemonade Diet Ingredients

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

- 2 Tablespoons Fresh Lemon Juice
- 2 Tablespoons Rich Maple Syrup
- 1/10 Teaspoon Cayenne Pepper Powder - or to taste (as much as you can stand)
- 8 ounces (250 milliliters of Pure Water)

Roll each lemon firmly between your palm and the counter. Put sufficient downward pressure as you rock the lemon back and forth under your hand. You are softening the lemon to make the extraction of juice more efficient.

NOTE: store your lemons on the counter to ripen, **NOT** in the fridge. Enzymes are dormant in the fridge. You want those enzymes. If you buy 50 lemons in advance, as most people do, store 40 in the fridge at a time and take the 10 most ripe lemons out for your first day or two.

Next, cut the lemon and juice each half on the juicer. (If using an electric juicer, you may want to juice the whole allotment at once, since you will not be sure how many lemons will yield the proper amount of juice. You may initially find you will waste a lemon or two).

Add the rest of the lemonade ingredients into the glass, mix immediately, and drink. I like to drink the glass quickly because it seems to hit my hunger spot quickly. I usually only drink when I need to and when enough time has passed to allow for a nice spread over the day as I try to manage my daily quota.

(Note: You might get a kick out of licking the tablespoon measure after adding your maple syrup. You may even come to look forward to this part of the process -- just don't "eat" the syrup in quantity).

Drink Pure Water throughout the Day

I carry a 1-liter BPA-free water bottle filled with Pure Water with me at all times. This water will cleanse your palate of the lemonade, as well as maintain the illusion that your stomach is full. You can drink as much water as you do Lemonade. All the water you consume (including the water in the lemonade) is a key factor in why this cleanse is so successful. Most of us are chronically dehydrated. And most of us *eat when we are thirsty*. Taking HCG along with the Lemonade is helpful to help re-set your appetite at this time. We don't understand the difference between the cravings for water and food. I drink as much as I can, but like anything, one shouldn't overdo it. Every time I feel a hunger craving, I take a nice big chug of water. I believe I am turning off the switch in my physiology that is telling me that I am hungry. If I feel very hungry, or weak, I drink a glass of Lemonade. Drink -- at least half your body weight in ounces of the purest water you can get every day. An example would be if you weigh 120 lbs, you would drink 60 oz. of water.

Step 3 - Master Cleanse Detox - Induce Daily Bowel Movements.

The Master Cleanse is a Detox Diet. The Detox of The Master Cleanse Diet occurs largely through Bowel Movements. The Daily Detox Bowel Movement is the result from the Nightly Laxative, and The Salt Water Flush. The Salt Water Flush is optional but the Bedtime Laxative is not. Some choose to do a Morning Laxative as well.

Master Cleanse Detox with Herbal Laxatives

There are several herbal laxatives that work well. Some people find that by using Laxative Tablets they are able to better manage the dosage. Often the suggested dosage is not enough to produce the movement in the morning. Trying 4 tablets is a good starting point. If you cramp or wake up early with a movement, scale back to 3 tablets. If your movement doesn't happen in the morning, scale up to 5 tablets. Or better yet, as mentioned earlier, use Easy Cleanse. It's already formulated and ready to get you going. Just follow the directions and add it to your routine.

I choose to do the Salt Water Flush in the evening. The SWF process is a commitment in itself. Once you take the solution, you will have to be on guard, a bowel movement WILL be coming shortly. I don't mean in 5, or even 15 minutes, but generally in 30-60 minutes after taking the salt water, you will have your first movement. The last movements will begin to wind down an hour or so after they begin. This is a, ahem... crappy process, and there is really no way to sugar-coat it. The next few paragraphs will describe in detail what you can expect.

Master Cleanse Detox with The Salt Water Flush

Using 1 liter BPA Free Water Bottle and your teaspoon measure, mix a solution of Sea Salt and Alkaline Pure Water. The original book says 2 teaspoons, but I have used 1 tablespoon almost every time and it works the same for me each way. The last time I did the cleanse, I tried it each way (once with 2 teaspoons and then again with 1 tablespoon), and each time I had success. NOTE: There have been many questions about this process. Many people complain that the SWF doesn't work for them. This is probably the most **common mistake with the master cleanse**. I believe it can work for everyone, but there are no absolutes in this world. The key is to adjust the amount of salt in order to create the right solution for your individual needs. Make sure you don't use iodized table salt. **NON**-iodized sea salt is essential. The Salt Water Flush **MUST** be done on an empty stomach.

Shake the mixture well and move to the sink. I also move into the bathroom and stand in front of the mirror. Somehow, by watching myself, I can manage to drink the whole liter in one try, spilling very little. This too is a challenge in itself, especially once your stomach has become very small from taking no solids. Chances are, you will feel full halfway through, so just keep going. Stopping only makes you taste the salt, and will activate your gag reflex. If you throw up most of the mixture, you will not have success. Do whatever it takes to get it down, and keep it down.

While it is not required to drink the solution in one go, you will find that the taste is such that you will want to get it down quickly. It is not awful, but it is not exactly pleasant, and therefore I choose to get it over with. I also enjoy the little challenge. Many people have submitted their Salt Water Flush Tips that range from sipping the mixture through a straw or adding lemon juice to the mixture.

After you have consumed the solution, you can go about your activities until nature calls. Lying on your right side is said to aid the solution on its journey through your digestive track.

What to Expect from The Salt Water Flush

When you first feel the rumble in your belly and your bowels, **DON'T** go running off to the bathroom. Give it a while. Let it brew! Yeah, I know that is weird to think about, but you should let it build up. You are going to have 3-7 movements, possibly more. Generally speaking, you will end up pushing out what you put in. The entire liter of sea salt water will be immediately expelled. This is because the solution is indigestible. You may have heard that, if you are stranded at sea, drinking sea water will only dehydrate you more. This is why. It just comes right out of you because the mixture is such that it is not absorbed.

NOTE: If your mixture is off or it doesn't work (check to see if you have the right kind of salt. Did you do it on an empty stomach?) Don't worry. The amount of salt you just consumed is far less than your "regular" modern diet. All is well. Just try again the next day with an adjustment in the amount of salt. I suggest adding an amount to the 2 teaspoons until you are successful.

Of course, along with the sea salt, you will be expelling waste. During the first 2 days you will be moving out the remaining solid matter in the digestive tract from the days prior to the Master Cleanse. If you began your diet immediately, this will be more true than if you Eased-in, and therefore have only juice in your system. Nevertheless, for each day you will expel solid matter -- gross, to be certain, but also empowering. You really begin to understand the value of this process when you recognize the elimination of waste that has been stored in your body for months, even decades.

NOTE: Your eliminations will be **MOSTLY** liquid from now on. You will only notice smaller material and clumps of thicker waste. Don't expect large solid movements of any kind. You should be encouraged that even on day-10 you still have dark liquid in your first movements of the day. All the dark matter is retained waste that the cleanse is loosening and removing.

Once you feel you can no longer hold out, go to the bathroom. A word of warning while you wait for this moment. **DO NOT FART!!!** You will most certainly not pass only air - if you know what I mean. This is also true throughout the rest of your day. Don't be fooled or you will be leaving work to change your shorts. The first movement will be rather large and fairly powerful. You will want to flush almost immediately. In order to understand the whole messy details, take a look... if you dare.

Stay close to a toilet and continue to move until the frequency eases. Once you can last 15 minutes without a serious movement, you are safe to go about your day. For this reason, I choose to undergo this process in the morning before I go out for the day.

Lemonade Diet Conclusion - Repeating the Process

That concludes the process of The Lemonade Diet. Just repeat for every day of your intended duration. Most Master Cleanse Practitioners won't recommend less than 10 days. Ten days is a great achievement and will produce far better results as your body can really begin to focus on the deep and dark within. Fourteen days is very challenging and when added to the Ease-in and Ease-out is almost 3 weeks in total. I have heard of, and known, people who go for 30 and more. Some people do "Cleanse Stacks" where they will do 10 days followed by some regular eating and quickly going back on for another 10 days as many as 5 times. My suggestion is that 2 weeks is more than enough. There are reasons for Long Term Master Cleansing such as Disease Cleansing, but that topic is far outside of the scope of this article. Fourteen days is the ideal, because it usually takes 2 days to establish a new habit and break old ones. You want to break your bad eating habits and establish better ones, and this is the ideal time to do it for a lifetime of better health!

Ease-Out - Stopping The Master Cleanse

The Ease-out process of **The Master Cleanse** is the exact same as the Ease-In, but in reverse. This is also another reason I choose to do the Ease-In -- it prepares me for the Ease-Out. You will be tempted to fast-track this process, but DON'T. Consider this step as ESSENTIAL. You can become nauseated if you start to eat too soon. Please don't underestimate the importance of this process. On the other hand, don't be scared of it either. You do risk some serious constipation or some of the worse complications of The Master Cleanse -- but if you eat something too soon, you will likely be okay in the long run. If you are unsure at any time -- consult a doctor. My words here are opinion only and should always be considered informational not medical advice.

The most important factor to keep in mind during this stage of The Master Cleanse is to drink a lot of water, especially when you are Fruit Juicing and Vegetable Juicing. If you do not make broth and opt for juices instead, it is important you understand that the juice will have a great deal of fiber, and you need to make sure you have enough water in your system to keep you from becoming constipated.

Ease-Out Day 1 - Orange Juice

Manually or electrically juice enough oranges to make 2 liters of Orange Juice, mixed with water (to taste). Sometimes I find it hard to get the calories I need through the day and so I add some Maple Syrup to increase my caloric intake.

Ease-Out Day 2 - Juicing, Blending, Soups and Broths

This step preps your body for a liquid diet and delivers macro nutrients more quickly to your bloodstream. By breaking down the foods to liquids we can more readily take in the nutrients from the food. Fruit and Vegetable Juicing is very enjoyable. There are endless combinations of tasty juicing recipes. Blending is equally enjoyable. Green smoothies are like drinking a glass of healing. If you do not have a juicer, you can make soup or broths.

Ease-Out Day 3 - Living Food Diet

To do the Living Food Diet, you need only to eat live foods. Simply remove processed foods, meat and dairy from your diet. Enjoy shopping for and eating interesting fruits and vegetables. Savor the rich flavor and textures. Be sure that you don't go too heavy on fruits as they are high in sugar. A 60/40 balance of vegetables to fruits is a good guideline.

Post Cleanse - After The Master Cleanse - Adopt a Healthy Lifestyle

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

You would need to mix the following ingredients together in order to make the lemonade mixture:

1. 2 tablespoons of lemon juice
2. 2 tablespoons of organic maple syrup grade B
3. 1/10 teaspoon of cayenne pepper powder
4. 10 oz glasses of distilled water (This is around 295ml of water)

Lemon juice – you would need approximately half a lemon to make 2 tablespoons of lemon juice. If you want to create the lemonade for the whole day, it can only last for 8 hours before it turns bad (even if you have to put it into the fridge).

Do take note **not to use canned lemon juice** as the vitamins and nutrients are no longer in the canned lemon. It is essential for your body to absorb the lemon nutrients because you are drinking the lemonade for 10 days.

Maple syrup – When you read all the free information online, the standard instructions are to use organic maple syrup grade B. They would tell you not to use other kinds of syrup as they are not suitable for the master cleanse diet. Usually, you can only find the grade B maple syrup in the United States only and if you are from other parts of the world, chances are you won't be able to find grade B maple syrup.

Maple syrup is one of the wonders of the natural world. It is one of the world's healthiest foods. Maple syrup is extremely rich in potassium, calcium, magnesium, manganese, zinc, iron, and other minerals. Maple syrup has fewer calories and has a lower glycemic index than honey or Agave syrup, which by the way, is worse than high-fructose corn syrup.

Cayenne pepper – do not underestimate the power of cayenne pepper. It is one of the best healing herbs in the world. The pepper can increase the blood flow in the body, has a rich source of vitamins B & C, and can save one from heart attack. We would recommend you to buy the powder form of cayenne pepper.

Most people find it difficult to drink the lemonade with the cayenne pepper in it. If you find it difficult too, here's a tip... Put the cayenne pepper powder into empty capsules and when you drink the lemonade and maple syrup, just swallow the capsules. Or just get cayenne capsules!

Laxative Herb Tea

Usually one can take the green or peppermint tea but take note that it should not be caffeinated. You can take Senna, or Smooth Move. This is usually taken the night before the start of the master cleanse, and it is best to drink it every evening before you go to the bed.

Note: You don't want to drink the laxative tea together with the salt water flush as it would cause diarrhea. Do one in the morning and the other in the evening.

Salt Water Flush Recipe

You would need to prepare a teaspoon of organic sea salt (not iodized salt) with 25 – 35 oz of warm water. Mix well and do your best to drink the solution in one go. If it is difficult to drink, use normal water temperature then. The purpose of the salt water flush and the laxative tea is to help you in bowel elimination.

It is best to drink the salt water flush before drinking the lemonade in the morning, as it is more effective with empty stomach.