



The Master Cleanse Recipe

Unlike other diets the Master Cleanse doesn't require any exotic or expensive ingredients. In fact it might be the most cost effective cleanse in history.

Main Ingredients for the Master Cleanse Recipe

- Pure Filtered Water
- Grade B Organic Maple Syrup, Formaldehyde free
- Organic Cayenne Pepper
- Organic Lemons
- Sea salt - Unrefined, (Not iodized) or Epsom Salt

Optional Ingredients:

- Laxative tea
- Natural Herbal Tea (decaffeinated)

First Lets Talk About The Main Ingredients You'll Need For The Master Cleanser Recipe

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 make sure you get all the detoxing benefits you should make the lemonade with filtered water. You can find filtered water at most grocery stores, but a more convenient option is to own you're own home water filter pitcher or tap filter.

The other main ingredients are pretty standard fare, and can be found at most grocery stores. A few things to keep in mind

- 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
- Don't use concentrated lemon juice If you have to you can use non-organic lemons, but you cannot use concentrated lemon juice because It's filled with sugar and preservatives.
- Make sure the sea salt is Unrefined or Not iodized This will be used as a laxative

Optional Ingredients:

The first of the optional ingredients, the 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 take sea salt the laxative tea will work fine. 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. 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.



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. So the recipes for the diet itself are fairly simple. You should drink a minimum of 60 oz of lemonade a day, but can drink more if you like. You can also drink as much water as you want. I suggest you consume your body weight in ounces of water.

Below are two different recipes. The first is for a single serving of the master cleanse lemonade. The second will make 6 servings

#1 (single serving):

- 2 Tablespoons of organic lemon Juice (about 1/2 a Lemon)
- 2 Tablespoons of Organic grade B maple syrup (not the commercial maple flavored syrup you use on pancakes)
- 1/10 Teaspoon Cayenne pepper powder

- Ten-twelve ounces of filtered water (hot or cold)

#2 (60 oz. daily serving):

- 60 ounces of filtered water
- 12 Tablespoons of organic grade B maple syrup
- 12 Tablespoons of organic lemon juice (50% limes may be used too)
- 1/2 Teaspoon cayenne pepper powder

There are a couple important things to remember when preparing the lemonade.

For one, the lemon juice used must be fresh squeezed. This cannot be emphasized enough. It is necessary to use fresh produce. Canned juice won't work and will erase most of the benefits of using the master cleanser diet. Also, the maple syrup must be 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 help to add a bit of a kick, but the pepper helps to break up mucus and increases healthy blood flow. It also is a good source of B and C vitamins, commonly referred to as Super Vitamins due to their many benefits for the body. Mixing teas with the recipe is one way to help modify things, just make sure it's decaffeinated tea because caffeine can restrict blood vessels and we want to keep your body passages as open as possible.

Recommended length is 10 days (3 days if that is just too much due to time constraints) (alternate hungry periods with the lemonade or just water)...for future trials, it is said that you can work up to 30 days. You should practice no more than 3-4 times per year. Continue or increase exercise daily. Upon completion, ease into eating for 4 days eat only fruits, vegetable, juice, plain basmati rice & smoothies. Then resume normal diet.

Benefits: It is great for detoxing, losing weight (.5-1 #/day—will stay off with change of diet/exercise), a lot of energy after a couple of days, rejuvenation, and better complexion and tone to skin. The benefits of doing a detox diet are many and include pain relief, chronic ailment alleviation, allergy alleviation, and increased sex drive and potency. To dissolve and get rid of toxins and congestion that have formed inside your body, cleanse the kidneys, colon, and liver, To purify the glands and cells, To eliminate all unusable waste and

hardened material in the joints and muscles,
To relieve pressure and irritation in the
nerves, arteries, and blood vessels, To

maintain a healthy blood stream, To reduce
acne and maintain a youthful skin.

Notes: You may want to use a salt water cleanse/laxative 1-3 days prior to cleanse to make sure you do not become stagnant in the bowels or constipated.

Master Cleanse Salt Water Flush

One of the key aspects of the Master Cleanse is to flush your system of any toxins and accumulated waste which is clogging your system. The way this is done is by using a salt water flush or herbal tea. Both of these will clear your colon and get your internal organs into a much faster and better working mode. Drinking 1 teaspoon of unrefined non-iodized sea salt mixed with 25-35 ounces of water will flush out your system completely. One suggestion: whether you use the salt water flush or the herbal tea flush, it's best to be near a bathroom.

If you experience flu like symptoms during the detox, continue but add in more water to help flush the toxins out.