



## **Master Cleanse**

### **Where did the Master Cleanse Diet come from?**

The Master Cleanse diet was created by Stanley Burroughs, an early advocate of natural health and believer in the body's natural ability to heal itself. If used correctly, it can assist in alleviating chronic health problems that people have suffered for many years. In some cases, symptoms of disease disappear as quickly as 10 days.

### **Is the Master Cleanse the same as the Lemonade Diet?**

The Master Cleanse Diet has been called a couple of different names including the Lemonade Diet, the Maple Syrup Diet, the Cayenne Pepper Diet or the Master Cleanser. They all are alternative names for the Master Cleanse Diet used for detoxification and sometimes weight loss.

### **Why should I go on the Master Cleanse Diet?**

The Master Cleanse, under proper professional guidance from a licensed practitioner, can help you cleanse and detoxify your body so that you stay healthier and feel better. The reality of modern living is most people lead toxic lifestyles. Much of the food we eat is loaded with chemicals, pesticides, hormones and antibiotics. We also eat food that has been heat treated, irradiated and pasteurized. Some of it is even grown from Genetically Modified Organisms (GMOs). Further, our water supply is tainted and chemically treated and the air we breathe is polluted. Many of us also consume pharmaceuticals, prescription drugs and alcohol. To complicate things further, daily lives are riddled with so much stress and anxiety that over time our bodies lose the ability to deal with it.

Cumulatively over time the toxicity builds up in our bodies and we are slowly poisoned. Our colon, liver, kidneys, gall bladder and every other organ in our body is tasked and weakened. Failing to take measures to help combat the effects of altered foods and environmental stressors can render us unhealthy and rob years from one's life. It could also mean living a life of chronic pain, fatigue, lethargy, obesity and a plethora of other negative health problems and issues that tend to manifest in people that lead toxic lifestyles.

The good news is the Master Cleanse or other cleanses, under proper professional guidance, can help remove the built-up waste in your body. If used correctly, you can detoxify and cleanse the body for a healthier more vibrant life.

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## Where are the toxins in my body and how does the Master Cleanse help get rid of them?

Simply put, over many years our bodies fill up with a lot of garbage that was never fully digested. This “garbage” sits around and becomes toxic plaque. The plaque clings to the inside of your intestines preventing beneficial and necessary nutrients from being absorbed, literally choking you off from the inside. It also prevents toxic by-products from being processed and dumped out of your body. For many of you, even those of you that are thin, you are walking around with 20 pounds or more of dense, toxic, fecal matter tightly packed in your intestines. This fecal matter is a breeding ground for “bad” bacteria and if you don’t remove it you can ultimately become sick. Do you find it is surprising that we have so much toxicity (i.e. pounds of toxic fecal matter) considering many of us eat processed foods, artificial sweeteners and chemically altered foods? The good news is the Master Cleanse can help by gently breaking up this toxic fecal matter, allowing the absorption of beneficial nutrients and the purging and dumping of toxic chemicals from your body.

## How do I do the Master Cleanse?

The diet takes from **3 to 10 days** depending on the needs of the individual.

The only nourishment that you take is a special **lemonade** concoction made from the Master Cleanse ingredients: lemon juice, maple syrup, cayenne pepper, and filtered water, six to twelve glasses per day, each glass containing about 110 calories in sugar carbohydrates. We have found that this cleanse, used in conjunction with juicing and other cleanses can be effective depending on the needs, health conditions and history of the individual.

An **herbal laxative tea** is drunk at night and a quart of **salt water** is drunk first thing in the morning, resulting in several liquid bowel movements every day — you need to always be near a toilet when you do this diet, and you need to stock up on toilet paper.

You come off the diet by transitioning to solid food over a few days or by becoming a raw food vegetarian in Stanley Burroughs’ version of the diet.

**What is the recipe for the Master Cleanse?** You need organic lemons, unsulfured maple syrup (Grade B), cayenne pepper and filtered water. Below are the proportions:

**2 tablespoons of freshly squeezed lemon juice** - Burroughs recommends organic lemons, fresh, not bottled juice. Limes may be substituted. Lemon zest and pulp may be added. Make sure lemons are organic and not artificially colored or treated with pesticides.

**2 tablespoons of maple syrup** - Pure maple syrup must be used; no substitutions. Burroughs recommends unsulfured Grade B, which has more color and nutrients than Grade A. He also suggests insuring that formaldehyde and plastic tubing have not been used in the production process.

**1/10 teaspoon of cayenne pepper** - According to Burroughs, cayenne pepper is important but you can start with a lesser amount and build-up to the 1/10<sup>th</sup> teaspoon if necessary. Cayenne pepper is a detoxification support herb, heating the body in order to help streamline detoxification.

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**10 oz of filtered water** - Burroughs recommends medium hot filtered water although cold water can be used too. It is critical to use filtered water as most tap water contains chlorine and other toxins which defeat the purpose of trying to eliminate unhealthy substances from our bodies.

## **What else do I need to start the Master Cleanse?**

You need a laxative herbal tea and an internal salt water bathing solution to help induce colon cleansing.

**Laxative Herbal Tea** – Most laxative herbal teas are acceptable. Traditional Medicinals sells Organic Smooth Move; an herbal stimulant laxative. There are many options. Consult your licensed health care practitioner if unsure.

**Internal Salt Water Bathing Solution** - Dissolve 1 to 2 teaspoons of uniodized sea salt in warm water. Alternatively, you can take 6 capsules of disodium phosphate with warm water. For most, disodium phosphate is easier to use.

**Unsulphured, cold pressed olive oil** – One tablespoon of olive oil, taken several times a day, can also aid in clearing toxins from the colon. Consult your licensed health care practitioner for a recommended schedule each day.

## **What benefits do I get from the ingredients in the Master Cleanse recipe?**

**Organic Lemons** – Lemons are known for their therapeutic properties, helping to strengthen your immune system and to cleanse your stomach and digestive tract. They are also a blood purifier enabling the body to fight diseases. As a side benefit, lemons also can be used to help with infections, constipation, fever, respiratory disorders, high blood pressure, skin care and many other conditions. Further, during this cleansing regimen they give you a boost of vitamin C, vitamin B, phosphorous, proteins and carbohydrates.

**Maple Syrup** – The primary physiological function of maple syrup in this cleansing regimen is as a natural, nutrient rich sweetener and an energy source to maintain metabolism during this process.

**Cayenne Pepper** – Cayenne pepper is a critical component of the cleansing regimen. It stimulates the digestive tract increasing enzyme production and gastric juices. This in turn aids the body's ability to metabolize food (and toxins) we take into our systems. Further, cayenne heats the body helping the natural process of detoxification and it causes us to sweat, another important part of detoxification. Cayenne is also a great metabolic-booster, aiding the body in burning excess amounts of fats while simultaneously decreasing appetite, thus reducing caloric intake.

**Filtered Water** – Filtered water without chemicals is critical to the cleansing regimen. Avoid tap waters that contain chlorine, fluoride and other unwanted toxic chemicals that defeat the purpose of cleansing and detoxification. Six to twelve 10 oz glasses of the "lemonade diet" drink helps to keep the bowels looser so that old, impacted fecal matter can be broken up and moved out of your system.

**Herbal Tea** – Herbal teas are used to induce and promote colon cleansing. They are generally recommended in the evening, before you go to bed.

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**Internal Salt Water Bathing Solution** – This solution is used to induce and promote colon cleansing. It is recommended to take each morning or every other morning, several hours before drinking your first “lemonade diet” drink.

**Probiotic** – Although not part of the original cleanse, we strongly recommend you take each day. The probiotic should be heavy in bifidobacterium species such as FloraBiotica Plus Enhanced or FloraBiotica Synergy.

## **Should I consult a health care professional before I do the Master Cleanse?**

You should definitely do the Master Cleanse or any other cleanse under the guidance and support of a trusted and licensed health care practitioner. Although cleanses can be very beneficial, they can also cause a lot of health problems if done without guidance from a professional that knows your history and your personal circumstances. Certain cleanses are appropriate for specific health conditions and someone not familiar with your personal history could unknowingly steer you down the wrong path and cause you more harm. Further, other factors such as length of time, strength of the cleansing drinks and what might be used with the cleansing drinks may vary according to a person’s specific needs. Be wary of individuals that are not licensed, don’t know your history, don’t understand the metabolic pathways and do not have experience in clinically treating or working with patients on a holistic basis.

## **Now that I have a trusted health care practitioner on my side, what do I do?**

In the morning, before drinking any lemonade, drink a quart of salt water solution or take 6 capsules of disodium phosphate with water. Disodium phosphate is easier to drink than salt water and you can expect a similar result. Remain near a toilet since it is likely your colon will dump in the next hour or two. During the day drink six to twelve 10oz glasses of lemonade. The higher the number, the better it is for detoxification. In the evening drink some herbal, laxative tea. Repeat this for up to 3 to 10 days, depending on what your health care practitioner recommends for your circumstances. They may also augment this with juicing or other protocols. If you are healthy enough to endure, your health care provider may have you stay on the diet until your tongue goes from “coated or fuzz” to “clear and pink”. Keep in contact with your health care practitioner to discuss what your bowel movements look like, how frequently you are having them and any symptoms you may be experiencing. It is not uncommon to experience dizziness, vomiting, headaches, joint pain, weakness and fatigue. Sometimes, after several days, you may experience bliss due to the elimination of toxins or you may experience tranquility and calmness as your body is beginning to absorb nutrients better and eliminate wastes.

Transitioning off the diet is critical and may vary according to your individual needs. Consult your health care practitioner for a regimen that is best for you. Depending on your health issues and your physical and athletic abilities recommendations will vary. Typically, days 1 and 2 you can drink several glasses of organic, freshly squeezed orange juice, diluted with unfiltered water if there is digestive stress. Day 3 you can drink orange juice in the morning, eat raw fruit for lunch and eat raw fruit or a salad for dinner. For some people, the addition of homemade vegetable soups on days 2 and 3 are important. By day 4 you can return to a normal, healthy diet.

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