

# Master Cleanse Secrets

## Success Steps for Succeeding On the Master Cleanse

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## Introduction to the Master Cleanse Secrets Report

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 this diet have been nothing short of amazing. Chronic health problems people have suffered with for years vanish in as little as 10 days on this amazing diet.

You can still find Stanley Burroughs book at most health food store, or online. It's a small 50 page paperback book that has not changed much since it was first published around 50 years ago. That's a good thing, it means the Master Cleanse has stood the test of time, but there have been many developments in the natural health field since the time the Master Cleanse was first introduced, and they can defiantly enhance your experience with the Cleanse.

There are also a lot of myths about what the Master Cleanse can and can't do. Some of these are not only wrong, but could damage your health. This guide will

help dispel those myths, and show you how to complete the master cleanse with as little discomfort as possible.

## Why Should You Go On the Master Cleanse?

The fact is people today lead toxic lifestyles. The food we eat is loaded with chemicals, the air we breathe is polluted, and our daily lives are riddled 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 who lead a toxic lifestyle.

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 undigested food that people have reported items they had swallowed as child coming out in their stool while on the cleanse. *So don't be surprised if you finally retrieve the allowance money you swallowed as a child.*

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

## The Health Benefits of the Master Cleanse

The Master Cleanse or Lemonade Diet as it's also known has been around for about 50 years. Time and time again it has proven to be an extremely successful way of helping to clear the body of harmful toxins and pollutants and to promote general health and well being. That being said, the Lemonade Diet isn't easy and

requires dedication. Essentially, the Lemonade Diet is more like a fast. In order to be able to properly detoxify and “flush” the body, the Lemonade Diet 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 Lemonade Diet does provide you with all the nutrition you need to stay healthy and get by. But following the Lemonade Diet can be a difficult task, especially when you're watching TV and a juicy cheeseburger pops up on the screen. Avoiding these temptations is critical and requires a strong will and dedication to the diet.

What this means is that the lemonade diet can be used by just about anybody who seeks any of the benefits mentioned above. Yes, that means just about everybody. However, the lemonade diet is especially useful for:

- Those with sickness that has developed - for acute and chronic conditions
- Those with a digestive system that needs a rest and a cleansing
- Those in need of better assimilation and building of body tissue.

The diet can be used at any time and is generally recommended to be used a few times a year. In extreme conditions, such as when it is being used to help with certain illnesses, it can be used more frequently. Repeating the diet a few times yearly will do wonders with keeping the body running properly and in a healthy state.

## Read This Before Going On The Master Cleanse

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 the Master Cleanse - especially if you have any preexisting health conditions.

I get asked a lot about whether or not a person should continue taking 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.

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 diet and have enough set aside beforehand so you can begin your diet. 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


### **Optional Ingredients:**

- Laxative tea
- Natural Herbal Tea (decaffeinated)
- Pure Hoodia Gordonii Extract

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

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. I know people who won't go near non-organic fruits and vegetables, but they constantly drink and cook with unfiltered tap water.



**Master Cleanse  
Tip**

When you go on the Master Cleanse you should drink a lot of water. I suggest you drink your body weight in ounces of water. So if you weigh 120 pounds drink at least 120 ounces of water, but its okay to drink more.

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's also the risk of chemicals from corporate waste, and farm runoff - as well as the sediment and toxic metals that are found in the pipes that bring the 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. Much of the time the bottled water you buy is not any better than city tap water - and sometimes it is just plain city water!

I recommend [Aquasana water filters](#). After looking at many brands I found the Aquasana performed better then all of them. It also cost a lot less.

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.



### **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. 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, if salt intake is a problem for you I'll show you another type of laxative in the Optional Ingredients below

### **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 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"

The other two optional ingredients are to help you finish the Master Cleanse by addressing the two main reasons people have difficulty doing 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 optional ingredients can help you better manage these two distractions, and help you get through the entire Cleanse.

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 on 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....

## Controlling Hunger on the Master Cleanse

Hunger is the main reason people don't finish the Master Cleanse. While it's impossible to avoid getting hungry, you can help subdue your appetite using a plant extract called Hoodia Gordonii.

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 to help them overcome the hunger and thirst they have to deal with as part of living in a poverty stricken nation.

Hoodia was first introduced 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 supplement 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.

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. 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.

Here is the recipe that should be used:

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

- 2 Tbsp Lemon Juice (approx ½ of a Lemon)
- 2 Tbsp Genuine Organic Maple Syrup (not Maple flavored sugar syrup you'd put on pancakes)
- 1/10 Tsp Cayenne pepper (red pepper)
- Ten oz. glass of hot water (cold can be used if preferred)

### **#2 (60 oz. daily serving):**

- 60 oz. water
- 12 Tbsp organic Maple syrup (Grade B)
- 12 Tbsp lemon juice
- ½ Tsp Cayenne Pepper

There are a couple important things to remember when using these recipes.

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 this diet. 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 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.

If you use hoodia to help manage your hunger, you should follow the recommended dosage listed on the bottle.

## Adding a Natural Laxative To Help Flush Out Your System

Taking a laxative will speed up the detoxing process, and help your body eliminate waste.

I prefer ingestible laxatives like, sea salts, and herbal tea. These are ideal methods for cleaning the colonic tract without the harmful effects of colonics and enemas.

Drinking 1 teaspoon of unrefined non-iodized sea salt mixed with 25-35 ounces of water will flush out your system.


It's best to use either of these laxatives (or both of them) 2 times a day. I've found it best to take them in the morning and before I go to bed.

Also, I advise you give yourself at least an hour and a half before you go out when you do this. These laxatives will work fast, and you will discover why you should probably be at home near a bathroom when you use them.

Once you've begun the cleanse itself, that's when the fun begins. The beginning of the cleanse will be hard to adapt to. The body, first of all, won't be used to the diet.

This will commonly lead to gas, since the body has adapted to processing all of the artificial garbage. You'll also feel many urges to break the diet since the body is so addicted to the fast foods and other unhealthy food that is commonplace in most households. Fighting these urges will be challenging, but conquering them and finishing the diet is well worth the fight.

## Mentally Preparing Yourself For The Master Cleanse



**Master Cleanse Tip**

The steps you take before starting the cleanse will determine your success. This section is the most important part of this course, following these steps will help motivate you to follow through and finish the cleanse.

Finishing the Master Cleanse is not easy. For some people it will be the most difficult thing they ever do. Because of this most people never finish the entire cleanse.

But I'm not going to let you do that, because I'm here to make sure you succeed.

So take note of this, and don't attempt to start the Master Cleanse without following these steps.

**First you need to whip yourself into a white *hot* frenzy**

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

You can think of this step as the 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 lemonade diet 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. This is a recipe for failure.

Here's what you should do, 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 diet.**

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 benefits you will receive by going on this diet. 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. Plan activities for the free time you'll have while on the Master Cleanse.**

It's important to keep yourself occupied so you don't think about breaking your diet 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. 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.

### **4. Rid your house of all potential traps.**

Okay it's the night before the big day, you should be itching to start this diet 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 diet. I'm talking about food.

You can donate it, give it away, or toss it in the trash, but do not keep it 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 diet.

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

Don't underestimate the power of these 4 steps. For many people it's the difference between success and failure.



In the above steps I talked about writing down your goals and listing all the positive things you'll get from doing the Master Cleanse as a way to get you passionate about finishing the cleanse.

If you find yourself stuck in a cycle of negativity, or feel like something is holding you back it might be hard for you to get passionate about anything. I know this because for a while I was the same way.

I spent a lot of time studying motivational books and courses, and it's helped me a lot. One of my hero's is Tony Robbins. He taught me how to clear out the negativity in my life and manifest the things I desire. His books and tape sets worth buying it you feel like you're not getting all you should out of life.

Here's the website [www.gettheedge.com](http://www.gettheedge.com)

## How Long Should You Stay on The Master Cleanse?

I've been exposed to a lot of different peoples takes on fasting and the lemonade diet. 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.

Your body needs nourishment, and that comes from food. Now, the lemonade diet 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, detoxing, filtering, and other activities it endures when you are 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 lemonade diet it will.

After you've done the Cleanse a few times, and know how it affects your body you might want to stay on it for longer than 10 days, but you should know that the Master Cleanse is a restrictive diet, and that staying on it to 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 To Avoid On The Master Cleanse

While on the Master Cleanse there's some things you'll want to stay away from.

- Avoid vigorous exercise
- Try to keep stress to a minimum
- If you can avoid taking vitamins

## Exiting the Master Cleanse

Due to the massive changes in the body that the Master Cleanse incurs, exiting the diet requires a careful process. It is not good to just drop the diet and go back to eating the same foods you were eating prior to the diet. This will mess up your system and even make you sick. Rather, since the body has adjusted to the Master Cleanse, some important steps should be followed to help the body come off the Master Cleanse properly.

Here are some important guidelines to follow:

The first day of ending the diet is when you should still only consume liquids. 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 the body to 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 to the diet plan. It is best to use vegetable soup as this is healthy and very light, and you can also use Rye wafers. This food will be easy on the stomach and will help it to adjust back properly.

On day three you should continue eating and drinking plenty of water. For dinner, you can now add in fruits, vegetables, and salad. These foods are still easy on the stomach and very healthy.

For the next couple days follow this sort of plan and ease yourself back into a normal diet. Don't rush it; let your stomach calibrate itself. Also, avoid meats and milk for a while. Milk can mess up your stomach during this process and meat is very hard for the stomach to digest. Both of these should be avoided for at least a couple weeks after coming off of the Master Cleanse.

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

Before I go I would like to dispel a common mistake I see people making. It has to do with using the Master Cleanse for weight loss.

## **The Master Cleanse is for Detoxing Not Weight Loss**

Most people who go on the Master Cleanse do lose weight. Many lose a lot of weight, as much as 20 pounds. But for the most part this is not fat. It would be almost impossible to lose 20 pounds of fat in 10 days. Much of the weight lost while on the Master Cleanse is fecal matter that has built up over the years inside your body. You will also lose water weight while on the cleanse.

It is important to know that the Master Cleanse is essentially a fast of sorts. It does provide you with all the nutrients you need to be healthy and be energized, but at the same time it is not a long term diet and it would be unhealthy to use it similar to, say, the Atkins diet. The Master Cleanse is a short term, usually 10 days, fast that is meant to only be done periodically.

Because the Master Cleanse is a fast, there will be some pretty drastic weight loss initially. The weight loss surprises many people and scares some into quitting early. However, it is important to note that the Master Cleanse will not cause you to lose weight unhealthily. Yes, it will promote healthy fat loss. There will be a few pounds of fat shed on the diet, this is good.

But do know that the Master Cleanse is not designed to use as a weight loss diet. That is not its intention at all. It promotes health, and it will promote the loss of fat, but the Master Cleanse is a detoxification diet. It's meant to clean the body and



keep it running properly. The Master Cleanse is something that is done purely for its health benefits, not for its dieting purposes in the sense of weight loss.

However, weight loss diets are commonly used in conjunction with the Master Cleanse, and this can be a very good and healthy thing. The Master Cleanse, used appropriately and in the right intervals, is extremely healthy and will help to cleanse the body. But the majority of the year you will not be on the Master Cleanse and during these times it is important to practice good eating habits.

What the Master Cleanse does do in the long run in terms of weight loss is promote craving control. The Master Cleanse requires much discipline in the first place, a valuable lesson to learn since controlling cravings is all about discipline, and the nutrition being taken in during the Master Cleanse also promotes craving control. This is greatly to your advantage.

By using the Master Cleanse, you will be better able to control your cravings even when you are not on the Master Cleanse, allowing you to be able to cut those pounds and be healthier throughout the year.

By having a good diet program and watching what you eat you will be able to lose weight successfully, keep it off, and promote more health benefits even when you are not actively on the Master Cleanse.



**Master Cleanse  
Tip**

The diet I follow when I'm not on the Master Cleanse is written about in a book called Burn The Fat Feed The Muscle. I've written about it here <http://mastercleansesecrets.com/burn.html>. The advice in Burn The Fat Feed The Muscle has helped me lose a lot of weight without starving myself. It's also worked for the people I've recommended it too.

## Conclusion

The Master Cleanse is an excellent detoxification diet. It is 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 just to see how it goes. For those who enjoy the process and the benefits, practice the Master Cleanse a few times a year. Reap the health benefits that it offers.

The Master Cleanse has a lot to offer everybody. For those suffering from illnesses, the Master Cleanse can help the body to heal itself. Those who are fatigued, the diet offers a pick-me-up.

For those with bad eating habits, the diet can help to break these. In any situation, it is good to consider the Master Cleanse as a possible diet to use in order to help promote your own health and well being.

I hope you enjoyed this report, and are able to use some of the advice to obtain better health. Remember to always pay attention to your body, and don't be afraid to stop in the middle of the Master Cleanse if you start to feel any adverse effects. The goal is good health, and you should not jeopardize your current health in the obtainment of that goal.

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<http://www.mastercleansesecrets.com>

