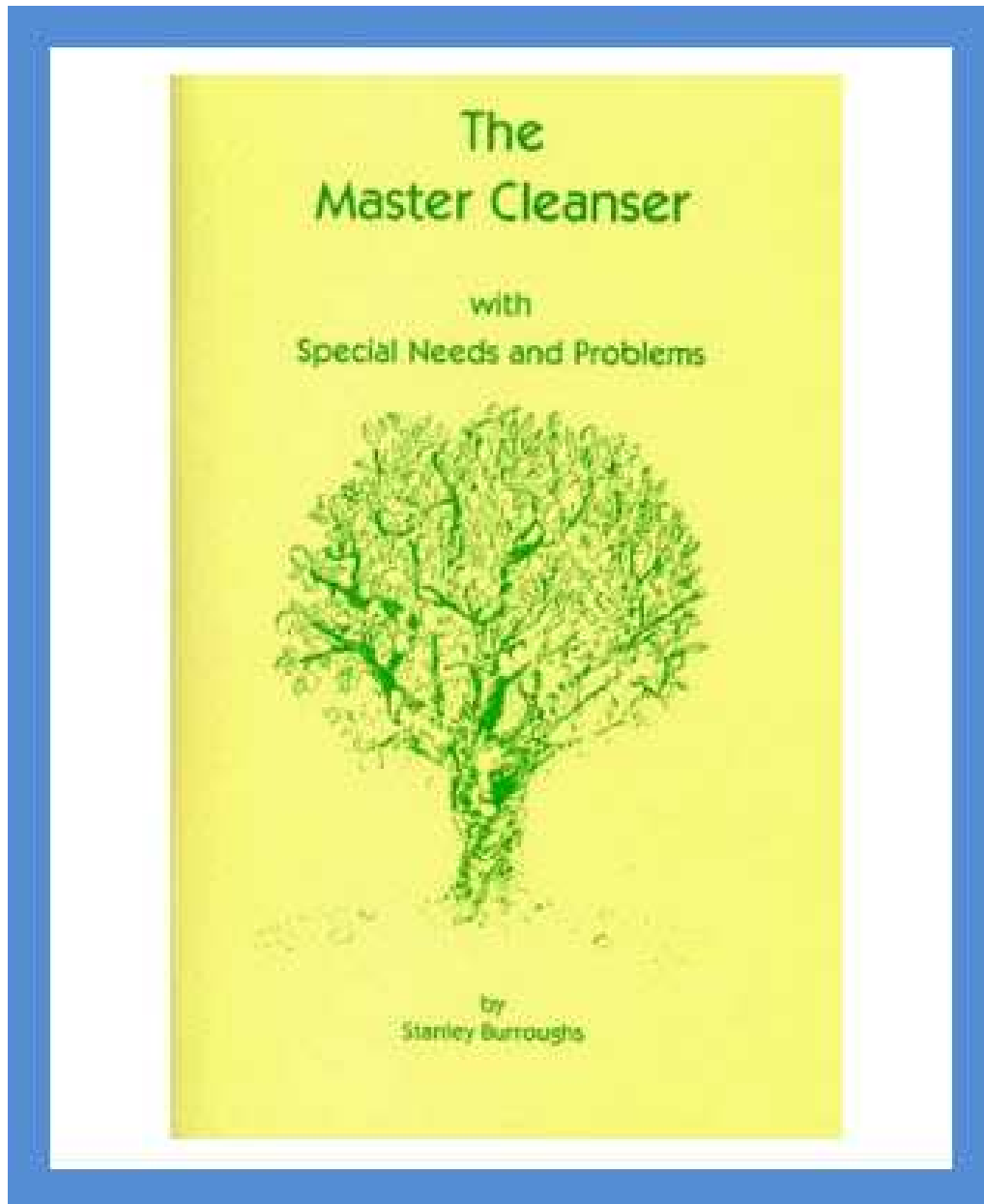


Lemon Detox Master Cleanse



Disclaimer:

The information in this report is not intended to treat, heal, cure, diagnose or prevent any health condition. It is purely for educational purposes, and further research is recommended. Please consult a health care professional if you are experiencing any health condition or undergoing any treatment.

Disclosure:

The Federal Trade Commission requires that we disclose any relationship that we have between a product manufacturer or service provider when we write about a product (s) or service (s).

In this report we have include affiliate links, from merchant partners. When a customer places an order with any of our merchant partners and advertising companies, we are paid an affiliate commission.

Any product claim, statistic, quote or other representation about a product or service should be verified with the manufacturer, provider or party in question.

You should always carry out your own due diligence before purchasing any product (s) or service (s) from anyone or any site on the internet. This includes product (s) or service (s) sold or referred in our report.

The Lemon Detox [Master Cleanse](#) is more commonly known as the “Lemonade Diet”. The master cleanse which was developed by [Stanley Burroughs](#), is designed to cleanse and also to nourish your body at the same time.

The basic ingredients are:

Pure water to keep you hydrated and to assist in flushing out your body and digestive system.

Organic lemons which are high in vitamins and minerals and are alkalizing for our bodies.

Organic maple syrup (Grade B if possible) that is rich in minerals and natural sugars that will help keep you sustained during this cleanse.

Cayenne pepper to stimulate your body’s natural cleansing system and assists in breaking down mucous and toxins in your body.

The [Master Cleanse](#) helps to:

- dissolve and eliminate mucous and toxins from your body
- detoxify your digestive system, liver and kidneys
- cleanse your cells and glands
- eliminate waste and harden build up from your muscles and joints
- assist in relieving pressure and irritation in the nerves and blood vessels, building a healthy blood system
- boost your energy level and youthfulness
- assist with eliminating excess body fat

When should you use the [Master Cleanse](#)?

- onset of an illness
- your digestive system is in need of a spring clean
- weight issues, being overweight or obese
- your body is not assimilating nutrients and/or food properly

The [master cleanse](#) system is designed to work like a therapeutic fast and not as a diet. Unlike water fasting which has very little nutrients or sugars to sustain you, the lemon juice and maple syrup contain vitamins, minerals and sugars to repair, cleanse and give your body energy to keep you going.

What you will need to prepare for this cleanse.

Fresh Organic Lemons



Genuine 100% Maple Syrup – Grade B (Grade B maple syrup is usually untreated, unfiltered, has no preservatives and is rich in trace minerals.)



Ground Cayenne Pepper



Pure Filtered Water



Amounts of each of the ingredients per serve:

- two tablespoons of freshly squeezed organic lemons
- two tablespoons of 100% genuine maple syrup
- 1/10th of a teaspoon of ground cayenne pepper
- 8 ounces (approx. 250ml) of pure filtered water (at room temperature)

Combine all of these ingredients together; this makes one serve. It is recommended that you drink at least six to twelve serves per day, while on this cleanse. Make sure that the ingredients are mixed well before consuming the cocktail. Drink each serve 2 to 3 hours apart during the day. While on the cleanse you do not eat any food or take any supplements.

The lemon detox usually goes for a ten day straight period and can be continued up to 40 days. It would be advisable to consult with your healthcare advisor when undergoing any cleanses that goes for a long period of time.

How often can you do this cleanse?

The master cleanse may be done up to three or four times a year to keep your body in a good healthy state. Even doing this cleanse 1 to 2 days a month can be very cleansing and rejuvenating.

What might you expect or go through while on this cleanse?

It's hard to say what you might experience or feel while on this cleanse, as everyone will respond differently and there's no set rule on how you will react. In the few days you may have two to three bowel movements a day, which is the waste still passing through from when you last ate. There is no fibre in the cleansing drink which will not create any bulk to be eliminated, you will mostly be producing urine while on this cleanse. It is also advised that you take a herbal laxative tea with senna at night, just before bed to help remove any excess build-up still contained on the colon wall.

Any form of fasting/cleansing for a day or two a month can be quite rejuvenating and refreshing for our bodies. It gives our digestive system a rest and you tend to feel a bit lighter afterwards.

My personal experience and final thoughts about this cleanse.

First thing is that you might be mentally prepared to take on a full 10 days of cleansing, but you must first know how your body will react after the 10 days is up. If you have done this type of cleanse or something similar over the years, you will have an idea on what to expect after you come off the detox.

I have found that for some people who have done the full 10 days, have felt a bit ill afterwards for a few days as they went back to eating the same way as before. Due to the digestive system not assimilating solid food for some time, it's a bit of a shock to the system. It's usually best to introduce solid food very slowly for the first few days. What works best for me is to juice fruits on the first day. Then I will move onto juicing vegetables and fruits on the second day. Keep on juicing on day three and make vegetable soup to have in the afternoon/night. Then on the fourth day, I will introduce nuts and seeds and salad greens. On day five I start eating almost as normal, but avoid junk food, refined foods, coffee & tea and animal proteins. After this I find that I can just about eat anything, but stick to small regular meals every three to four hours.

What I have discovered is that when you do something that you have never done before, there can be adverse affects. “It’s as some say that with every action there is a reaction.” It’s like using a muscle that you haven’t worked before and for the next few days it feels stiff and sore. The way that seems to work best for me when starting this cleanse, is to start a 1 to 2 days a month at first (for about six months) and then do the full 10 days. I see this as a training period for my body, leading up to the full-on 10 day cleanse.

I look at it this way if you do a something drastic or change something overnight, there is always some form of consequence. If you have or had an illness or weight issue, it didn’t just happen overnight (in most cases). It usually has evolved over a period of time. So to try and do any cleanse for the 10 days without doing a little training along the way, may be a bit of a shock to your body.

Whenever you are trying something new for your health; research it, ask others who have tried or done it, consult with your healthcare professional and most important listen to your body.