

Directions to The Master Cleanse

The Master Cleanse follows, on the surface, a simple routine; one, however, that isn't exactly easy. The rules are simple, yet the will power it takes to succeed is challenging . . . albeit achievable. In fact, every day you overcome the psychological need to eat, you feel a growing sense of control that motivates you to complete the process.

There are three phases to The Master Cleanse: Ease-In, The Lemonade Diet, Ease-Out. Each of these will be explained in detail, and it is very important to follow these directions carefully. If you read closely you shouldn't have many questions, but of course there is always more to know, so check out the comments. Most of your other questions will be answered there. Since I get so many of the same questions, I will be making a FAQ or Frequently Asked Questions page very soon. There are often questions regarding the precise ingredients for the Master Cleanser Recipe, as they can vary somewhat, depending on your experience and requirements. Be sure to choose which is right for you.

Ease-In – Starting The Master Cleanse

The Pre-diet routine is not as important as the Post-diet Routine. In fact, you could skip the initialization and begin the Diet at anytime. In my experience, however, beginning the diet with the Pre-diet routine not only prepares your stomach for less food, but your mind as well. I find the first two days of the Diet are not as shocking, and the impulse to eat is therefore more manageable.

Day 1 – Fruits and Veggies

Simply remove processed foods and meat from your diet.

Day 2 – Fruit and Veggie Juice (Optional)

Some produce, just juice it. This step preps your body for a liquid diet and delivers macro nutrients directly to your bloodstream. If you do not have a juicer, you can make soup broths, or just move onto Day 3.

Day 3 – Orange Juice

Manually or electrically juice enough oranges to make 2 liters of Orange Juice, mixed with water (to taste) and 2 tablespoons of Maple Syrup for caloric needs.

The Lemonade Diet

Whether you begin **The Lemonade Diet** immediately or Ease-In, the first day is the same. You will need to make one adjustment to suit your personal preferences and/or your daily work and family routines. Generally, the variation revolves around timing your daily flush. Perhaps equally important to breaking the fast correctly is the daily 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. There are two accepted methods to produce bowel movements: Laxative teas, and the Salt Water Flush. I will describe my preferred method, including timing and full procedures, as well as alternatives.

Step 1 – Awake, and prepare your Lemonade – your daily nourishment.

Soon after arising you will prepare your daily intake of Lemon Juice, Maple Syrup and Cayenne Pepper. Prepare the entire day's meals in one session. You will soon become quite adept at the process. Take your cutting board, hand or electric juicer, tablespoon measure, lemons, maple syrup and cayenne pepper and place them on the counter top.

The following quantities of each ingredient are required (some adjustment may be needed for above-average sized people, large and small). These amounts are for all the Lemonade you need for 1 day. The instructions below the list of quantities discuss dividing the process into two, making 2 individual 1 liter/quart bottles of lemonade.

- 14 Table Spoons Lemon Juice
- 14 Table Spoons Maple Syrup
- 1/2 Teaspoon Cayenne Pepper – or to taste (as much as you can stand)
- 2 Liters/quarts of 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.

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).

If it is awkward to measure from the hand-juicer, pour the lemon juice into a cup. Measure 7 tablespoons into a single 1-liter chug-able container. Measure 7 tablespoons of maple syrup into the same container. (Note: You might get a kick out of licking the tablespoon measure, and may even come to look forward to this part of the process). Leave the cayenne until you have completed the second 1-liter chug-able. Repeat these steps for the second 1-liter container. Finally, measure 1/4 teaspoon of cayenne into each container. Recently, a tip was posted advising the last-minute addition of the cayenne which allegedly reduces its spiciness. That sounds like a good tip for some. Give it a try if the cayenne's heat bothers you – and it does bother many – but, personally, I just can't be bothered with the extra step.

Finally, fill your 3rd 1-liter chug-able with water, and be prepared to fill it several more times during day. This water will cleanse your palate of the lemon juice, as well as maintain the

illusion that your stomach is full. You can drink as much water as you want. I drink as much as I can, but like anything, don't overdo it.

About Pulp in the Lemonade

At times I have varied the amount of lemon pulp that I would add to my juices. A theory holds that the fiber can help remove buildup from the intestine and colon. While this seems reasonable, I am not sold on its necessity. If, however, you choose to, only add a small amount – too much will likely initiate extra digestive efforts by your body.

Step 2 – Drinking or Eating – The Lemonade Diet

This step lasts all day. Take your three chug-ables with you wherever you go. Every time you feel a hunger pang, take a shot of Lemonade. Chase it with a shot (or three or four) of water. Take enough to make an impact on your stomach. You are attempting to turn off the switch in your physiology that is telling you that you are hungry. DON'T WORRY, and remember that all the calories and nutrients you need for the day are in your juice.

Sometimes I take large quantities if I am particularly craving, or if I just haven't had much lately. At any rate, keep in mind that the 2 liters are your rations for the day, and as such you should calculate throughout the day what pace you should maintain. You want to run out in the evening, prior to your flush, and obviously before bed.

Step 3 – Flush your system with the Salt Water Flush

The Salt Water Flush is very important. Again, I choose to do the SWF in the evening. The process is a commitment in itself. Once you take the solution, you will have to be on guard, a bowel movement WILL be shortly coming. I don't mean in 5 or even 15 minutes, but generally in 30-60 minutes between taking it and the 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.

Using one of your 1 liter chug-ables and your 1 tablespoon measure, mix a solution of sea salt and room temperature water. The original book says 2 teaspoons, but I have used 1 tablespoon almost every time and it works for me the same. The last time I did the cleanse, I tried it each way (once with 2 teaspoon and then again with 1 tablespoon), and each time I had success. NOTE: There have been many questions about this process. The fact is, however much some claim it hasn't worked for them, it will work for absolutely everyone. The key is to adjust the amount of salt in order to create the right solution for your individual needs. Also make sure you don't use iodized table salt. Un-iodized sea salt is essential.

Shake it well and move to the sink. I like to "pound it" – perhaps because I like to pretend I am still in college and the sea salt is actually a keg stand. 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.

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.

After you have consumed the solution, you can go about your evening until nature calls. Some suggest lying on your right hand side to aid the solution on its journey through your digestive track, although I don't find this especially helpful and so I don't bother.

Now – what to expect.

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 has the same gravity as your blood and is not absorbed.

Of course, along with the sea salt, you will be expelling waste. During the first 2 days you will be moving out remaining solid matter in the digestive tract from the days prior to this. 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.

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 evening, with nowhere else to go for the rest of the day. (Also, because I like to have a shower following, and truth be told, I am not exactly a morning person.)

This is the entire process. Just repeat for every day of the Cleanse. 3 days is considered the shortest standard time-frame, however I have heard from those who do it just 1 day, or even 1 day each week. 5 and 7 days are fairly standard first try's. 10 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. 14 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 days. My suggestion is that 2 weeks is more than enough. Longer sessions should be questioned for motivation.

Ease-Out – Stopping The Master Cleanse

The Ease-out process is the exact same as the Ease-in, but in reverse. This is also another reason I choose to do the Ease-in – it prepared me for the Ease-out. You will be tempted to jump-start 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 even worse – 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 is: drink a lot of water. Especially when you are fruit and veggie 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.

- Day 1 – Orange Juice – 3 1-liter orange juice with 2 tablespoons of maple syrup
- Day 2 – Fruit and Veggie Juice – or Broth
- Day 3 – Fruits and Veggies
- Day 4 – Regular Diet, although you should try to eat live foods – grains, etc.

After The Master Cleanse

When you are done 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 sooth their daily worries. Choose to Eat Wisely and you will not put the weight back on. Go back to Eating Poorly and you will – and maybe more! Congratulations on completing **the Master Cleanse**.