

The Master Cleanse - Instructions

Stanley Burroughs has designed his Master Cleanse to both cleanse and nourish the body at the same time; unlike water fasting which only cleanses the body, but could possibly leave it in short supply of minerals, vitamins and energy. The Master Cleanse assumes that all disease is one disease, which is a body that is not clean, a body of toxins. When we expel the cause of all disease, the body will become clean and healthy.

The Master Cleanse book states that lemons and limes are the richest source of minerals and vitamins of any food known to man. They are also available year round, in all parts of the world. Maple syrup is also very high in minerals and sugar, which helps to sustain the body through the cleansing process. Cayenne pepper helps to stimulate the body's cleansing process, and also breaks up the mucus that is clogging the body.

The Master Cleanser book highlights the disastrous effects of eating meat on the body; eating flesh robs the body of the vital organic sodium compound (not to be confused with sea salt or table salt, organic sodium is ONLY available from food), which helps to buffer acids and poison. Once the body becomes deficient in organic sodium and other minerals, the body loses its natural PH balance and become weak. At this point the body becomes susceptible to all kinds of diseases and infections. This is the primary cause of stomach ulcers, and almost all other diseases. The acid in the stomach needs organic minerals to create the mucous, which protects the precious stomach wall lining.

A complete kit with all the ingredients you need for the cleanse including [maple syrup, mint and laxative tea, cayenne pepper and sea salt](#) can be purchased [here](#)



The Purpose of the Master Cleanse:

- To dissolve and remove toxins and mucous from the body.
- To clean the kidneys and digestive system.
- To cleanse the glands and cells of the body.
- To remove waste and hardened matter in the joints and muscles.
- To relieve pressure and irritation in the nerves, arteries and blood vessels.
- To create a healthy blood stream.
- To return youthfulness to everybody, even the elderly.

When to use the Master Cleanse:

- When sickness has developed.
- When the digestive system needs a clean.
- When a person has become overweight.
- When the body needs to be rebuilt and better assimilation of nutrients and food is needed.

How often should one do the Master Cleanse?

The Master Cleanse can be performed three or four times a year to keep the body in a normal healthy condition. But the diet may be undertaken more frequently for serious problems.

How long does one do the cleanse for?

The diet should be followed for a minimum of 10 days or more. Up to 40 days and beyond, may be safely followed for extreme cases.

How to prepare the Master Cleanse

Ingredients

- Two tablespoons of **fresh** organic lemon or lime juice, (approximately half a lemon). Do not use bottled or canned lemon juice.
- Two tablespoons of genuine maple syrup (grade B or C, the darker ones). Not Maple flavored sugar syrup.
- 1/10 teaspoon of cayenne pepper or to taste
- 8 ounces of water (250ml), at room temperature

Combine all the above ingredients in a jar and shake together. Drink the mixture.

How much should I drink?

It is recommended to drink 6 to 12 glasses of the Cayenne, maple syrup and lemon mixture per day.

No other food or juice should be taken during the time of the Lemonade diet.

The lemonade mixture contains all the vitamins, minerals, nutrients and energy your body requires. Do not take vitamin pills. Overweight people can use less maple syrup, and for people who are underweight they can use more. Never vary the amount of lemon juice per glass.

Elimination

Your body should be having three to four bowel movements a day, even though you are not eating any solid food. You will be passing the waste from your body, which was stored in the form of toxins and mucous. **If you are not feeling well on the cleanse, it is probably because you are not going to the toilet enough.** In this case it may be a good idea to take either some herbal laxative tea or use internal salt water bathing.

There are many excellent herbal laxative teas available, which contain ingredients such as senna and cascara sagrada bark. The herbal laxative tea can be taking each night before going to bed.

Directions for internal salt water bathing:

Prepare a full quart (1 litre) of lukewarm water and add two level teaspoons of sea salt (more for coarse salt) and drink it first thing in the morning. You should do this on an empty stomach, and the salt water will cleanse the entire intestinal tract. Usually within 1 ½ hours you will go to the toilet.

It is not recommended to take supplements or vitamins while on the Master Cleanse.

How will I feel while on the lemonade diet?

Many people will feel great while on the Master Cleanse and will be able to continue with their normal daily routine. Other people however, who have a lot toxins in the body or have been addicted to alcohol, drugs, cigarettes or coffee, may have cleansing reactions at certain times. In these cases toxins will be stirred up, as the body releases them from the various areas. Pain may be felt in the joints, headaches, nausea or vomiting and diarrhea can also occur. In these cases it is recommended that the person rest more. Be sure you are having three to four bowel movements a day by taking herbal laxative tea and the internal salt water bathing and try to keep a positive attitude and refraining from eating food and going off the diet. It is important to stay on the Master Cleanse diet to continue removing toxins from the body, so the body may enter a healthy state once again. It is usually found that once the Master Cleanse has finished, the person's addictions will be removed.

How to End the Lemonade Diet Cleanse

The following instructions for ending the lemonade diet are very important. Be sure to adhere to them.

First and second day after the diet:

Three 8 ounces glasses of fresh orange juice during the day.

Day three

Orange juice in the morning.

Raw fruit at lunchtime and the raw fruit or raw vegetable salad at night.

After this point that person is ready to return to their normal diet, assuming it was a vegetarian one. It is recommended to eat a vegetarian diet or one of raw fruits, vegetables and nuts as this is the most health giving.

Thank you and God Bless, may your life be filled with Peace and Happiness.