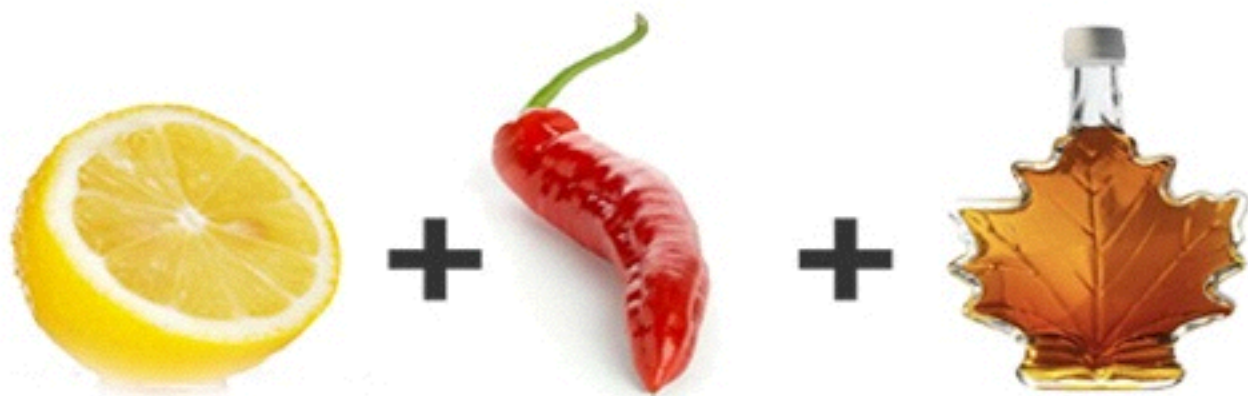


# EAT 3 SUPER FOODS



TO LOSE WEIGHT FAST

Mike Olaski

These [3 Super Foods](#) melt fat away at up to 2 pounds per day

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# Table of Contents

<b><u>My Master Cleanse Experience</u></b>	<b>5</b>
<u>I Made Mistakes TOO!, Then I Found a System.</u>	6
<u>The Master Cleanse is Life Changing.</u>	8
<u>Millions of Visits, Subscribers and Comments later</u>	9
<u>The Master Cleanse Works.</u>	9
<u><i>This Report Includes</i></u>	9
<b><u>The Master Cleanse Is a SuperFood Based Diet</u></b>	<b>11</b>
<u>The Ingredients make it "SUPER"</u>	13
<b><u>Pure Water</u></b>	<b>13</b>
<u>What is Pure Water?</u>	14
Types Of Water and Water Sources	15
<u>Pure Water as a Cleanser</u>	18
<u>Best Water for use in The Master Cleanse</u>	19
Spring Water	19
Filtered (Purified) Water	20
Distilled Water	20
Alkaline Water (Ionized Water)	21
<b><u>Super Foods</u></b>	<b>23</b>
<u>Fresh Lemon Juice</u>	23
Enzymes in Lemon Juice	24
Lemon Juice as a Cleanser	25
How to Optimize Lemon Juice Potency	26
<u>Cayenne Pepper - The Master Herb</u>	26
Capsaicin – The Cayenne Pepper Secret Weapon	27
<u>Maple Syrup</u>	28
What is Rich Maple Syrup?	29
Why Rich Maple Syrup for The Master Cleanse?	30
Nutritional Value of Maple Syrup	31
Maple Syrup for Energy	31
Different Grades of Maple Syrup	32
Alternatives to Maple Syrup	33
<u>Herbs and Teas</u>	34
Senna	34
Why Is an Herbal Laxative Necessary?	35
Herbal Laxative Dosage	36
Herbal Teas	37

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<u>Sea Salt</u>	38
Healthy Salt	41
Perfect Salt for The Master Cleanse	42
<b><u>Lose Weight Fast!?</u></b>	<b>43</b>
<i>Functional Fasting Based Diet</i>	43
Fasting	44
How Fast?	46
<b><u>What to do Next</u></b>	<b>48</b>
<i>How To Master Cleanse</i>	48
<i>The Master Cleanse Program</i>	48
<i>Zero To Master Cleanser</i>	49
<i>Master Cleanse Group Cleanse</i>	52
<i>Get The Master Cleanse Kit</i>	53
<i>Subscribe via Email, Facebook, Twitter, or YouTube.</i>	54

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# My Master Cleanse Experience

Open your mind to a new way of thinking about food, diet, and other habits of life


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Hi! I'm Mike Olaski, founder of TheMasterCleanse.org and author of Zero to Master Cleanser.



I help people to **Lose Weight Fast** using a cleansing diet so that they can change some habits. This helps them to have more energy, increase confidence, and fresh clear minds. So they can live active lives and feel great at last like they deserve.



The screenshot shows the website for 'The Master Cleanse'. At the top left is the logo, a yellow circle with a white 'M' inside, followed by the text 'The Master Cleanse'. To the right of the logo is the text 'I Help People to...'. Below the logo and text is a navigation menu with links: 'The Master Cleanse', 'Videos', 'Group Cleanse', 'Community', and 'Master Cleanse Store'. The main content area is divided into two columns. The left column features a photo of Mike Olaski smiling on a beach, with the text 'Mike Olaski founder of TheMasterCleanse.org' above it. The right column is a list of benefits, each preceded by a yellow circle with a white 'M' icon: 'Lose Weight Fast', 'Cleansing Diet', 'Change Bad Habits', 'Have More Energy', 'Increased Confidence', 'Fresh, Clear Mind', 'Live Active Lives', and 'Feel Great At Last'.

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## **I Made Mistakes TOO!, Then I Found a System.**

My friend introduced me to The Master Cleanse one day, when I stopped by to visit him at his office. He was drinking this crazy looking juice. He told me about it, and I threw at him all what I thought I knew about health, diet and fitness, after all, I was a professional athlete who had trained for a living. I thought I knew it all.

It turns out, most of my initial reactions to The Master Cleanse were wrong, or better yet, let's just say, I was misinformed and holding on to some passively adopted beliefs about something I really knew very little about.

In fact, the first time I did The Master Cleanse, I did it from the word of my friend Paul. No books. No websites.

And I did it wrong...

My biggest mistake the first few times were: 1 - Not doing adequate research and checking a few sources. 2 - Not drinking the [lemon juice](#) fresh. I made the lemonade in one big batch. I now know better. Don't make the same mistakes I made. They will cause you to fail, cheat, and even to have unnecessary discomfort.

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Even those mistakes aside, the biggest help to successfully completing and maximizing the Master Cleanse Experience was the understanding of what to expect: When and what would happen to me.

**That's why I created [TheMasterCleanse.org](#), and [The Master Cleanse Program](#)**. It outlines the process with my new standard naming system based on tens of thousands of questions, concerns, praise and other comments from the website at [TheMasterCleanse.org](#)

For example, I coined the phrases **Ease-In** and **Ease-Out** so that it was easily understood what those segments of the process were. The Ease-In and Ease-Out bookend The Lemonade Diet.

I also distinguish the often (interchangeable terms “Master Cleanse” and “Lemonade Diet”. For me, the greater process of The Master Cleanse includes the Ease-In, and Ease-Out, and other modalities one might include. The Lemonade Diet was the specific segment of the process where one takes the lemonade daily.

I also created a Day-By-Day naming convention to cover the daily trials and tribulations The Master Cleanser experiences captured in the [Master Cleanse Roadmap Infographic and the Day-By-Day Report](#).

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## **The Master Cleanse is Life Changing.**

We all want to be healthy, and of optimal weight, full of energy, ready and excited to live a long life, full of productive life choices.

The Master Cleanse changed my life in more than one way, and I realized it changes everyone else's as well. I was compelled to share my experience, and how I came to understand the truth of The Master Cleanse, and why its so well received, and held in such regard by most who try it.

Since 2007, when I published the website with some simple instructions. I continued to clarify my understanding of the cleanse by doing the cleanse around once per year. I have also Interviewing the 2 leading authors on the topic: Peter Glickman and Tom Woloshyn, and countless other Master Cleansers who've documented their Master Cleanse Experience.

The results I have seen is the amazing growth in both the website, and the interest in the topic of The Master Cleanse and cleansing in general.

Something so amazing, should be free from overpriced information, and over-hyped language either for sales purposes or from fanatic belief either for or against the concepts The Master Cleanse is based on.

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## Millions of Visits, Subscribers and Comments later

After Millions of views of my website and tens of thousands of questions and comments, and words of support. And after the feedback from Thousands of Ebooks sold and [Group Experience Cleansers](#), I know 1 thing to be true:

The Master Cleanse Works. Period. Full Stop.

## The Master Cleanse Works.

People love it. You feel great afterwards, both physically and mentally. You lose weight and look amazing. When your friends comment on how you look and behave, they will often want to try it too. And when they do, you can give them this roadmap so that they might have better luck getting through the maze of mis-information, and mis-understanding that plagues those who start The Master Cleanse un-prepared.

## This Report Includes

As with all our Free Reports, we always include a **BRIEF** include of the book "[How To Master Cleanse](#)". For the full book of knowledge, tips and secrets you'll ABSOLUTELY NEED, if your to become a Master Cleanser, and Lose Weight Fast, can be found at <http://themastercleanse.org/how-to-master-cleanse/>

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**This Report is my gift to you, free of charge and free of restrictions.**

Thanks so much for your interest in The Master Cleanse.

Please take care, and responsibility for you own SELF, and Health, and you will be sure to know if The Master Cleanse is right for you. It has been for me since 2005 and will continue to be part of my Personal Self Care efforts.

I encourage you to share this, email it, print it and fax (really ;), to anyone you think that might benefit.

Sincerely,

*Mike Olaski*

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## The Master Cleanse Is a SuperFood Based Diet

Not How or Why, but What Makes Up The Master Cleanse Specifically

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The Super Fast Diet is a **Super-Food based Functional Fast**

Superfoods are vibrant, nutritionally dense foods that offer tremendous dietary and healing potential. They are powerful sources of clean protein, vitamins, minerals, enzymes, antioxidants, good fats, essential fatty and amino acids, and other nutrients that offer deep levels of nutrition, healing and wellness benefits.

Yes, it's true, the word "Superfood" is a marketing term used to describe foods with certain health benefits, and so I feel I must disclaim that fact right up front.

The term is used frequently in a wide variety of contexts. It appears to first be referenced by Aaron Moss in the journal Nature Nutrition in the August edition of 1998, which stated, "Humans have many options when it comes to fuelling their bodies, but the benefits of some options are so nutritious that they might be labeled as superfoods."

In legal terms it has no standing however, although its use has been regulated in certain jurisdictions. For example, since 1 July 2007, the marketing of products as "superfoods" is prohibited in the European Union

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unless accompanied by a specific medical claim supported by credible scientific research.

In Europe, the term functional food, a concept originally conceived in Japan, rather than superfood is used to describe a food that beneficially affects one or more target functions in the body beyond adequate nutritional effects in a way that is relevant to either an improved state of health and well-being and/or reduction of risk of disease. It is consumed as part of a normal food pattern. It is not a pill, a capsule or any form of dietary supplement.

Now I don't know about all that legal positioning, and protectionism, but I do know, without a doubt that we should "Let food be our medicine", in many cases, and that any deniers of food's ability to heal may have their reason far and wide, but it will not distill my passion for the plain truth that some foods and foodstuffs promote wellness and other promote disease.

What's more, and because of this range, some foods are more healing, or sickening than others. This is why the term SuperFood emerged to describe those foods that seem to go "above and beyond", providing a certain degree of elevated value over their class.

The challenge until now has been to understand what qualities of a food, at what levels, and for what reasons, would qualify a food as a Super Food.

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There is a never ending supply of articles and books on the “Top X” Super Foods, and while many seem like an obvious choices, others seem like a stretch. What we really need to do is develop a “Super Food Rank”, a scoring methodology that utilizes “generally accepted nutritional principals” to identity our foods or foodstuffs value.

## **The Ingredients make it “SUPER”**

The What is the Ingredients. There are very few, and each have very important reasons why they are included. Deviate from these ingredients and you’ll find yourself no longer a Master Cleanser, but a Custom Cleanser, which is certainly an interesting and tempting topic, but one fraught with unintentional consequences (or objectives as the case may be). For our purposes however, we’ll assume a Strict Stanley Burroughs approach, with ZERO deviation from the principals upon which this aged and beloved “Super Fast” was founded.

## **Pure Water**

Pure Water is essential to life as we know it. We all know we are mostly water. People say our bodies consist of anywhere from 55% to 75% water. We all also know how important Pure Water is.

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Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

But still we as a people are chronically dehydrated. This is true world-wide, from places where water is scarce, and even in the “developed” world where access to fresh, clean and abundant water is readily available.

People in our society have replaced the drinking of water with drinks that are essentially dehydrating such as coffee, tea, soda pop and alcohol. Therefore, not only are they making their bodies more acidic, they are also causing long-term dehydration of their bodies. Because of this, 75% of Americans are chronically dehydrated.

So we know we need water. But the question of water isn't that simple anymore. There are more kinds of water than ever, and many different claims for each. But I think most of us can agree to a principal. We should drink the purest water we can. OK, but the question is: What is Pure Water and how can we get it?

## **What is Pure Water?**

There is a great deal of chemistry involved in the discussion regarding the quality of water, and improving the quality of water through water filters or

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water ionizers. I am not a scientist, nor a chemist. I will not pretend to be either. I am just a guy who is learning what he can and explaining what I understand as it relates to The Master Cleanse.

Science is always our current best guess anyway, and it is never consolidated into a common “Current Reality.” Disagreements are present everywhere, and so I feel helpless in my effort to define Pure Water. So let’s back off of the truest definition of the word “definition,” if you will.

What I really mean by [Pure Water](#) is Clean Water, Mineralized Water, or Living Water. Water that is free from chemicals, that has a pH Level of 7.0, and carries with it a naturally balance of trace minerals.

### Types Of Water and Water Sources

1. **Tap Water:** Tap water is often very good quality, except that it is often chlorinated or fluoridated. Now there are also many man-made chemicals in our water supply.
2. **Bottled Water:** Bottled water is really, for the most part, shameful. The quality is no better than tap water but sold at ridiculous prices. It’s bad for the environment and really something we need to change.

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3. After we humans get our hands on it we produce many different versions of water that aren't all created equal. Here is a brief explanation of the different types of water you might see on bottles for purchase.
4. **Purified Water:** Another way to say filtered water. Water isolated from other substances.
5. **Filtered Water:** Water is passed through materials such as carbon to remove substances. Filters have different sizes 0.01 microns are the size of the smallest viruses. Most robust filters are 0.02 microns. Many basic filters don't remove nearly all contaminants. Watch you don't cause a lack in minerals in your diet. You can re-add minerals after you're filtered other particles out that are not wanted.
6. **Distilled Water:** Distillation is the process in which water is boiled, evaporated and the vapour condensed. Stanley Burroughs calls distilled water "cooked," or devitalized.
7. **Ionized Water:** Water is passed through systems to create a similar effect to what happens to water when it passes over rocks in a stream. The nature of this type of water is said to be alkalizing to the body. Most agree that an alkaline body is a healthy body.

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8. **Alkaline Water:** Another name for Ionized water. The two terms are synonymous.
  
9. **Kangen Water:** A marketing term by a company called Enagic to brand their Water Ionizers — no better or worse than most of their competitors. Great Marketing.
  
10. **Ozonated Water:** Water that has an extra atom of oxygen, said to have healing potential.
  
11. **Mineral Water:** Water containing minerals or other dissolved substances that alter its taste or give it therapeutic value.
  
12. **Demineralized Water:** Water that has had its minerals removed through any process.
  
13. **Deionized Water:** Water that has had its minerals removed through a process called deionization.
  
14. **Reverse Osmosis Water:** is a water purification technology that uses a semipermeable membrane and can remove many types of molecules and ions from water.

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15. **Soft Water:** Water that contains little or no calcium or magnesium metal. The term is usually related to hard water, which does contain significant amounts of these ions. Demineralized water is said to be soft. Acidic Water.
  
16. **Hard Water:** high mineral content — mainly calcium and magnesium ions. Alkaline Water.

## Pure Water as a Cleanser

Pure Water is the most universal solvent we have. That means it will dissolve more compounds than any other fluid. This is why we have minerals in our water to begin with.

As you may have guessed, this is very important in any cleanse, but especially The Master Cleanse. The Master Cleanse is designed to break up mucous, waste and toxins. Every Master Cleanse Ingredient with the exception of Maple Syrup (whose primary function is to provide energy), was chosen to loosen and dissolve waste and toxins so that our body can either eliminate them or re-use them in a productive way.

Water is also a universal transportation medium. In the body the water carries toxins to organs to be eliminated.

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## Best Water for use in The Master Cleanse

Pure Water isn't essential to The Master Cleanse, but the reason we would want Pure Water for our cleanse is the same reason we want to cleanse in the first place: Toxins. Why would we spend 2 weeks of effort, trials and tribulations to rid ourselves of toxins, only to consume them in water?

The problem is: who really knows what's in our water? I mean, I don't have a water tester (although I am going to get one). Do you have one?

So where do we find sources of Pure Water? Water that is rich in vitamins and has no added viruses, bacteria or drugs? Here is my definition of ideal water: Water that is free from chemicals, that has a pH Level of 7.0, and carries with it a naturally balance of trace minerals.

### Spring Water

Ideally, the best water would be pure water straight from pure earth springs, free from contaminants, and perfectly mineralized.

If you can [find a spring](#), that you can personally harvest water from, that's your best bet. And it's usually free. You may want to test it, but that's probably unnecessary if you get a sense the spring might be contaminated, or you're particularly paranoid like I am sometimes ;).

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### Filtered (Purified) Water

Filtered Water has had impurities removed through a variety of processes.

There are many different kinds of filters ranging from devices that attach to our sink faucets, counter top water filters, and whole house water filters.

The primary focus of a filter is to remove impurities such as: Parasites, Chlorine, Fluoride, Dioxins, Nitrates, Chlorine, Lead, Copper, Aluminum, Pesticides, Anti-Biotics, Prescription Drug Compounds and others.

### Distilled Water

The most “effective” process of removing all substances from water is called distillation.

Distillation is the process in which water is boiled, evaporated and the vapour condensed. Stanley Burroughs calls distilled water “cooked,” or devitalized. The water is boiled, removing everything from it, including useful trace minerals and oxygen.

This type of water is not suitable for The Master Cleanse because it lacks these trace minerals. You can Revitalize your water by leaving it in a clear glass jar in the sun for 3 days (doesn't that tell you something about the contents of light?) and by adding an appropriate amount of sea salt or trace element supplement relevant to the quantity of the water you are revitalizing.

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### Alkaline Water (Ionized Water)

Ionization is the physical process of converting a molecule into an ion by removing charged particles such as electrons or other ions. In the case of ionized water, you start with H<sub>2</sub>O and then lose a H<sup>+</sup> and then you have an OH<sup>-</sup>, which is a natural anti-oxidant. This neutralizes free radicals and reduces damage in the body.

Alkaline Water is water that has an alkalizing effect on the body. Every cell in our body has a property described as pH, which stands for the Potential of Hydrogen. This measurement describes how acidic or how alkaline our bodies are. The range of pH is between 0 and 14.

You can measure your pH with several products. You can also measure the pH of your water, juices, foods, soups etc.

While there is much debate about the benefits that might be gained from drinking Alkaline Water, there is little debate about the disease that can arise in the body when it is chronically acidic. In part, we make our bodies more acidic or alkaline through what we consume each day by eating or absorption.

So it makes sense that we would want to consume water and foods that will have an alkalizing effect. It is thought that the best pH level for drinking water is 7.0.

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The ideal water for the human body should be slightly alkaline and this requires the presence of minerals like calcium, magnesium; therefore, Distilled Water is not ideal for consumption in quantity. It is also thought now that the lack of these minerals will actually pull minerals out of your food while you are cooking it in distilled water, robbing your body of the use of them when eaten.

There are machines on the market that are Water Alkalizers, (Water Ionizers), Water Filters or both. I will group them all together here, treating the ability to create alkaline water as a feature of a Water Filter.

In the very near future I will do a review of each major brand of Water Alkalizer on the market. Each manufactures a slightly different product which results in different qualities of water. Some have water filters; others don't. Most use Electrolysis to create the Ionized Water, but new technologies are emerging all the time.

Beware of Water Alkalizer Review Sites. Many are owned by the manufacturers themselves. For example, the following two Water Alkalizer Review sites are owned by Earth Trade Water, the parent manufacturer of Life Ionizers.

1. Jupiter Water Alkalizer (Jupiter Water Ionizers)
2. Life Ionizers (Earth Trade Water)

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3. Kangen (Enagic) Water Ionizer
4. Tyent Water Ionizer
5. KYK Water Ionizer
6. Vidalite (Rejuvenator, Gold Fox)
7. Chanson
8. Water80 – [water80.com](http://water80.com)
9. Pur Water Filters
10. Zero Water

Currently I am use Zero Water to filter my Vancouver tap water. I then re-vitalize by placing my water in a glass container in the sun for a few hours, and then re-mineralize further by adding a blend of minerals that I feel are needed in my diet at any one time and that are removed from the tap water by the Zero Water Filter.

## Super Foods

### Fresh Lemon Juice

People sometimes refer to the Master Cleanse as the Lemonade Diet (or the Maple Syrup Diet, Cayenne Pepper Diet, the Beyonce Diet, etc...) They are the same thing. The 3 main ingredients often get switched around, but don't be confused; they are all referring to The Master Cleanse.

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The Fresh Lemon Juice is the MOST CRITICAL component of The Lemonade Diet. If you don't drink your Lemon Juice Fresh, you will not be getting the vital Enzymes that lose vitality over time, and exposure to light and air.

This leads to 2 of the biggest Master Cleanse Mistakes: Pre-Mixing your Lemonade, or using store bought Lemonade. Both of these DO NOT provide the benefits that you get from drinking your lemon juice fresh. In fact not drinking Fresh Lemon Juice could have dire consequences for those who are critically ill as was explained to me by Master Cleanse Practitioner, Tom Wolohsyn, when I was interviewing him for my Ebook: Successfully Starting The Master Cleanse.

I should note, that the first 3 times I did The Master Cleanse, I pre-mixed my lemonade, and I didn't have nearly as much energy as I did once I corrected my behavior and drank my lemon juice fresh.

### Enzymes in Lemon Juice

Lemon Juice really is a unique juice. It is acidic, but when consumed it has an alkalizing effect on the body because of high levels of magnesium, calcium and potassium. By now you probably realize that nearly all packaged foods are almost completely devitalized; they are "dead". "Live" food has active, living elements. Dead food has been cooked, and processed and contains only calories –no "living" enzymes. These enzymes

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break apart and put together cells. Enzymes are technically "alive", but rather are active or inactive.

The acids in the lemon juice have the ability to break down calcified substances including gallstones and kidney stones. Fresh Lemon Juice also has similar properties as does our saliva and bile which are digestive aids that our bodies produce. This helps with the process of Autolysis which Tom describes as "self-digestion", or the breaking down of unhealthy cells which our bodies can then use to regenerate itself.

### Lemon Juice as a Cleanser

Lemon is a natural cleanser. Why do you think all our dish soap started as a lemon variety (now replaced by lemon smelling chemicals), which, is also why it is great for preventing illness from cold or virus that is beginning to set in.

You probably already know, but Lemons are high in vitamin C, and have many other vitamins in lesser amounts such as B-5, B-6, Niacin, Riboflavin, and Thiamine.

I hope you can understand how drinking the Lemon Juice fresh is critical. If you have to pre-mix your lemonade because of work or other lifestyle considerations, then only use the Lemonade Concentrate (which mixes only the fresh lemon juice and the pure maple syrup).

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### How to Optimize Lemon Juice Potency

Don't keep your lemons in the fridge. If you buy 50 at a time, take 10 out to ripen, and store the rest in the fridge, making sure to take more out at least a few days before you will juice the lemons. Storing the lemons in the fridge prevents them from ripening. You want ripe lemon juice. Also, the cold puts the enzymes in a sort of hibernation that makes them less active. Enzymes are your friends. Help them help you.

Tell me, did you try The Master Cleanse once using only store bought lemon juice and not Fresh lemon juice?

### **Cayenne Pepper - The Master Herb**

People sometimes refer to the Master Cleanse or the Lemonade Diet as the Cayenne Pepper Diet (or the Maple Syrup Diet, the Beyonce Diet, etc...)

They are the same thing. The 3 main ingredients often get switched around, but don't be confused; they are all referring to The Master Cleanse.

There are many so-called "Super Foods" and, Cayenne Pepper universally considered to be one of them. Herbologist and herbalists say that Cayenne Pepper is The Master Herb. Perhaps this is where Stanley Burroughs came up with the name "The **Master** Cleanser".

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### Capsaicin – The Cayenne Pepper Secret Weapon

Capsaicin is the most active compound in Cayenne Pepper. It is what gives it the heat we taste — a heat so powerful that handling the ground cayenne requires gloves. The ‘hotness’ of the Cayenne Pepper is measured in a unit called Scoville ranging from 40,000 to 100,000 IU’s.

As is usually suggested with many things in life, start slow and build up. Try the 40,000-unit version in your lemonade before moving up to the 100,000. The more cayenne pepper in your lemonade the better. Use it to taste. If the package isn’t marked with a unit measure, then it is likely 40,000.

Cayenne Pepper has many wonderful properties. It is a stimulant which raises the metabolism (something that is important when not digesting food).

Cayenne pepper also increases circulation, which is very helpful when cleansing because one often feels slightly cool, likely due to the low metabolism which results from not digesting food.

Cayenne Pepper also acts as a blood thinner and purifier, which can help with digestion.

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Perhaps most importantly, Cayenne Pepper, like the Fresh Lemon Juice, helps to break up the mucous in our bodies. Mucous is where all our illness causing substances get trapped. This is why we get stuffed up, congested, sneeze and cough. Breaking up and eliminating this mucous is one of the major benefits of The Master Cleanse.

Like Fresh Lemon Juice, Cayenne Pepper is vitamin rich and alkalizing to the body.

## Maple Syrup

People sometimes refer to the Master Cleanse or the Lemonade Diet as the Maple Syrup Diet (or the Cayenne Pepper Diet, the Beyonce Diet, etc...)

They are the same thing. The 3 main ingredients often get switched around, but don't be confused; they are all referring to The Master Cleanse.

Rich Maple Syrup is our primary source of energy while on The Lemonade Diet, but it isn't only chosen to give us energy.

Usually the first thing I hear from people with whom I am talking to about The Master Cleanse is: "That can't be healthy. You have to eat! Where will you get your energy from?"

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Every first-grader knows we eat to get energy. But what most non-cleansers don't immediately understand is that you don't need a cheeseburger and coke to keep you going. You can get it from any food source (some say you can even get it from the sun — google sungazing for a real mind trip).

And rich maple syrup (not the Aunt Jemima variety) happens to be a fantastic source of energy filled with vitamins and minerals.

### What is Rich Maple Syrup?

Most first-graders also know that Maple Syrup comes from trees. I like to call it "Tree Blood". This term seems to somehow qualify the idea of the true nutritional value of the Pure Maple Syrup. I use the term Rich Maple Syrup so there is an immediate pause in people's minds before an imaging of Aunt Jemima is conjured up —which is an assumption most of make when we are learning about the maple syrup element of The Master Cleanse. Aunt Jemima is highly refined table sugar. It is completely devitalized.

Any other "imitation" syrup likely contains no Maple Syrup at all. Look at the label for clever allusions to Maple Syrup like: "Pancake Syrup", "Waffle Syrup" or "Table Syrup". These syrups usually contain no Maple Syrup at all, but are instead high fructose corn syrup or other highly refined white sugars which are, in my honest opinion, the leading cause of disease in modern society.

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Labelling Laws prohibit these syrups from having the word “Maple” in their names, but they will still associate themselves with the source they imitate by using related images like pancakes and waffles.

An interesting note I picked up from Wikipedia: “French Canadians sometimes refer to imitation maple syrup as sirop de poteau (“pole syrup”), a joke referring to the syrup as having been made by tapping telephone poles.

### Why Rich Maple Syrup for The Master Cleanse?

Maple Syrup was chosen by Stanley Burroughs for specific reasons (as was every other ingredient — Fresh Lemon Juice, Cayenne Pepper and Pure Water).

It was chosen because it is a very high quality, concentrated source of energy when consumed in its purest state (as close to right-from-the-tree as possible) and is packed full of nutrients, minerals and vitamins.

The amount and variety of nutrients in the Maple Syrup depends on where it is from and the soil conditions of that location. The tree takes up nutrients from the earth and they “become” the tree. This is just one of life’s little miracles that we take for granted, and food for thought when we are considering the choices available to us with the syrups we buy. Somehow

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we forget that there are “green” choices; natural choices straight from Mother Earth.

### Nutritional Value of Maple Syrup

There are almost too many nutrients, vitamins and minerals to list. Here is a list from Wikipedia:

Maple syrup consists primarily of sucrose and water, with small amounts of other sugars such as fructose and glucose. Organic acids, the most notable one being malic acid, make the syrup slightly acidic. Maple syrup has a relatively low mineral content which consists largely of potassium and calcium, but maple syrup also contains nutritionally significant amounts of zinc and manganese. Maple syrup contains trace amounts of amino acids, which may contribute to the “buddy” flavour of syrup produced late in the season, as the amino acid content of sap increases at this time. Additionally, maple syrup contains a wide variety of volatile organic compounds, including vanillin, hydroxybutanone, and propionaldehyde.

### Maple Syrup for Energy

1 Tablespoon of Maple Syrup provides about 55 calories. Since we aim to average 8 glasses of Lemonade each day, we will consume 880 calories each day alone from Maple Syrup (8 glasses x 2 Tablespoons x 55 calories). There are 4 calories in each Tablespoon of Fresh Lemon Juice. That provides a daily calorie intake of 944 calories

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### Different Grades of Maple Syrup

Just to confuse everyone, there are 3 different grading systems for the 3 main regions of production: Canada, The U.S. and Vermont. The numbers range #1 – #3, and letter range from AA to D. Regardless of the label, they all refer to the darkness or the color of the Maple Syrup (and the strength of flavour). AA is lightest. D is darkest. #1 is lightest. #3 is darkest.

So Which Grade of Maple Syrup is right for The Master Cleanse?

The Darker the Maple Syrup the better. You CANNOT use imitation syrup. All natural forms of Maple Syrup are acceptable, but do your best to find the highest quality you can. Remember, the darker grades are D and #3.

These grades don't directly refer to quality of the Maple Syrup, but the darker grades are collected later in the season (February – April) and so are said to have more nutrients on account of being a fresh product of the tree. The first harvest takes syrup out of the tree that was stored all winter. Later harvests are freshly produced from the nutrients in the soil. During the winter the stored syrup will lose minerals over time.

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### Alternatives to Maple Syrup

Inevitably someone always asks what an acceptable substitute might be. I will list the most common ones of note, but let me be clear: RICH MAPLE SYRUP IS BEST :)

1. **Sorghum Syrup:** Stanley Approved, but please use Rich Maple Syrup
2. **Sugar Cane:** Stanley Approved, but please use Rich Maple Syrup
3. **Blackstrap Molasses:** Stanley Approved, An alternative For Diabetics. See Stanley Burroughs' book for more details
4. **Coconut Nectar:** 100 % raw, vegan, low glycemic, low fructose, very nutritious as well as has neutral PH.

### Inappropriate alternatives for the Maple Syrup

1. **Maple Flavoured Table Syrup:** Yes, "Aunt Jemima" I am talking about you. This is flavoured corn syrup and is NOT the same at all lacking all nutrients and worse.

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2. **Artificial Sweeteners (Spenda, Equal, Aspartame):** Contains no calories, you will be starving yourself and adding artificial toxins, counter productive to a detox.
3. **Stevia:** Contains no calories, so you will be starving yourself
4. **Agave Nectar:** very controversial these days and in some cases made of inulin and processed to fructose and half-sugar which is a devitalized. High glyceemic sugar.
5. **Honey:** A Pre-digested food that is disdained by Stanley Burroughs.

## Herbs and Teas

We already talked about the Master Herb, Cayenne Pepper as an integral component of The Lemonade Diet, but it's not the only herb we rely on. We also use Senna Herb as a laxative, either as a Tea, or a Supplement (the only supplement endorsed by Stanley Burroughs).

### Senna

When considering using an **Herbal Laxative** for The Master Cleanse, one first has to understand some simple body mechanics and what The Master Cleanse is and how it works. The Master Cleanse is a liquid mono-diet, which means it is a diet of only liquids composed of only the lemonade

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drink; it does not require or need any other foods. In fact, other foods or supplements only hinder its effectiveness and slow down the cleansing process. However, we still need to have regular bowel movements, and that's where the herbal laxatives come in.

### Why Is an Herbal Laxative Necessary?

The cleansing process or autolysis requires enzymatic processes to function properly, the eating of food uses enzymes for digestion rather than the breaking down of dis-eased and unhealthy cells as well as wastes that accumulate in the body. This lack of eating then does not provide adequate amounts of fiber in the diet. Fiber is absolutely necessary for peristalsis or the wave like contractions that cause food to move through the digestive system and also finally to create the urge for bowel movements. *To compensate for this deficiency while on the Master Cleanse one has to take an herbal laxative to ensure the colon functions and causes the waste to be loosened and dislodged from the digestive system.*

NOTE: People often say, "But wait, isn't a herbal laxative, or any laxative, addictive when taken for more than a week?". The answer is yes, but only when you are eating food on a daily basis does this occur, therefore, while on The Lemonade Diet you will not have the same bio-physical dependent reaction to the herbal laxative.

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While on The Master Cleanse, if you don't eliminate, you get sick; in fact, I have talked to many, many people who are on the Master Cleanse and either have misread the instructions and have not taken an herbal laxative or taken a dosage that does not work while cleansing. The Master Cleanse is a cleansing diet, and regular eliminations are vital to feeling well and having great success. You can only stop taking a herbal laxative if you get diarrhea.

Now, because The Master Cleanse is a liquid-mono diet and you only consume liquids your Bowel Movements (BMs) are liquid or runny for almost all eliminations. This is not diarrhea. Only if you are running to the bathroom 7 or more times a day should you stop or at least lower your dosage until your eliminations return to 3 or 4 a day. Tom Woloshyn, author of [The Complete Master Cleanse](#) explains: "I myself have done The Master Cleanse over 1200 days in total and I am not dependent on laxatives at all, I was constipated until I started using The Master Cleanse in 1979".

### Herbal Laxative Dosage

Dosage of the Herbal Laxative is an issue that has to be taken into consideration, the right amount is dependent on many factors including your weight, state of health, and type of laxative that you are using. There are, encapsulated herbs and herbal tablets that can be used for The Master Cleanse but I prefer tablets as the dosage is easy to adjust to your own specific needs. My rule of thumb is to not follow the instructions on the

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packaging as they are for people that are already eating not cleansing. This means the dosage will be less than necessary for someone on a liquid diet, so instead of 1 tablet I take 4 and this provides enough stimulation to generally have 1 to 2 eliminations from 1 dosage. This maybe too much for some but most require this amount or more for productive BM's. The herbal laxative should be used every morning and evening, when using salt water flush in the morning then only laxative at night.

One last note, psyllium husks are not a laxative but a high fiber food that causes peristalsis and is not recommended on The Master Cleanse.

### Herbal Teas

In the original text of "Master Cleanser" by Stanley Burroughs, Stanley recommends taking a herbal mint tea through out the day, for a break from the monotony of drinking only lemonade and to aid in the detox process.

Then, It dawned on me, one day in the middle of a long day of lemonades and The Master Cleanse, that if one can take Senna, a herbal tea, and Stanley approves of Herbal Mint Tea, I thought, why not other herbal teas?

Since that time I have discussed this question, and searched Stanley's texts, and compared it with my own common sense to expand the Herbal Tea line up to anything that will not deliver a mood altering, or otherwise stimulating bio-physical reaction, like from caffeine for example.

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That leaves all kinds of herbal teas that you can enjoy with a little Maple Syrup, Fresh Lemon Juice or even Cayenne Pepper if you would like a spicy tea (and who doesn't?)

This also has led me to continue to consider how I can customize My Master Cleanse Experience and create a customized cleanse that would utilize other Herbs, Teas, and even supplements, but that idea is outside of the scope of this report. Just know, for now, it's best to make a LAW out of the LETTER of the original "Strict" Burroughs Master Cleanse Recipe, because variations are a slippery slope, and many have unintended consequences.

## **Sea Salt**

During The Master Cleanse unrefined sea salt is a must.

You may not think there is much of a difference between regular table salt and sea salt, but the truth is the difference is huge. The table salt, commonly found in supermarkets, has been chemically processed, stripped of beneficial minerals, and bleached. It also includes unnecessary additions such as iodine and anti-caking agents.

Why would anyone want to eat salt that has all its beneficial nutrients removed and harmful chemicals added, I don't know.

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Now, of course we're not dashing salt on any meals during The Master Cleanse, but we are doing The Salt Water flush, and regular, "Crappy", processed table salt will not work.

You also might be concerned with taking in so much salt during The Salt Water Flush. The reason you don't have to worry about absorbing the salt in the SWF is the same reason that regular salt won't work.

You may have heard that, if you are stranded at sea, drinking sea water will only dehydrate you more. **This is because the solution is indigestible.** It just comes right out of you because **the mixture has the same gravity as your blood and is not absorbed.**

It's the properties of the natural Sea Salt that enable this type of solution to be created.

There have been many questions about this process. Many people complain that the SWF doesn't work for them. This is probably the most **common mistake with the master cleanse.** I believe it can work for everyone. The key is to adjust the amount of salt in order to create the right solution for your individual needs.

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NOTE: Please don't use Epsom Salts for the SWF as they can be extremely abrasive to the colon, especially when used daily as recommended on the Master Cleanse.

What's more sea salt is obtained from the evaporation of sea water. Epsom salt is obtained by chemical process. The major component of Epsom salt is magnesium. Sea salt contains 98.0 % NaCl (sodium-chloride) + 80 essential elements (2%).

Epsom salts are typically used to relieve sore muscles by soaking in water that has *Epsom salt* added to it. It is helpful to take Epsom salts bath during the Master Cleanse as it as additional detox for the body and a great way to relax and release some stress at the end of the day (see Daily Detox Method for more information on Epsom Salt Baths).

**Important note!** Epsom salts bath can be very dehydrating. Make sure to drink some water before having the bath or sip some nice herbal tea as you relax taking the bath. That is my favourite. I also recommend to have a cold water shower after the bath to wash away the salty water and to rehydrate (hopefully you have a water filter in your shower and bath, or whole house ;). If not, no worries, but something to think about.

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## Healthy Salt

Salt has been **unfairly** identified as the cause of health problems. But the truth is, the studies that point out how salt is unhealthy were only looking at refined salt, not natural sea salt.

So if you have been using regular table salt in your food, STOP! It poses many dangers to your health, including the risk high blood pressure and heart attacks. Table salt also contains anti-caking agents, which are often made up of compounds that contain aluminum and are potentially toxic to the body. Exposure to aluminum has also been linked to the risk of Alzheimer's.

When it comes to **sea salt**, however, European researchers have published many studies on its health benefits, but unfortunately this knowledge has not been passed down into mainstream North American medicine. What most Americans are stuck with is an over-simplified perspective, with all salt being presented as harmful.

Fortunately, we know better. **Aztec Sea Salt** is filled with over 80 beneficial minerals such as magnesium and potassium, which are essential to good health.

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### Perfect Salt for The Master Cleanse

1. **NO Added Iodine or Anti-Caking Agents:** Passes right through your body, and doesn't work counter to detox objectives. It contains 16% less Sodium Chloride than refined table salt, and of course, no harmful chemicals.
2. **Harvested on this Continent:** Help reduce your carbon footprint.
3. **100% Sustainable Harvest:** Sun dried, better for Mother Earth.
4. **80+ Trace Minerals:** Minerals your body needs for wellness. Great for remineralizing water.
5. **Hand harvested by local artisans:** Support 500+ years of tradition.
6. **Certified Organic:** Yes salt is by definition, IN-Organic, but the entire process follows "Organic" methodologies.
7. **Naturally Filtered:** Evaporated by the sun, so none of the natural properties are lost when it is harvested.
8. **Great Flavour:** The interesting news is that because sea salt has a much more intense flavor, you end up using less of it. That's great for the prevention of high blood pressure and heart disease." – **Pamela Peeke – MD, MPH, FACP, WebMD Expert**

Bottom line. Stop using table salt. Use sea salt. **Now :)**

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# Lose Weight Fast!?

6 Tips on the Next Steps You Should Take

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The Master Cleanse is a:

## Functional Fasting Based Diet

The Master Cleanse is a “modified” Juice Fast that’s use for the function of Detox and Cleansing, by resting the digestive system, and providing specific nutrients to aid the body in elimination and repair, while facilitating excessive fat reduction.

As you probably know, the Juice is a Lemonade, made from: Fresh [Lemon Juice](#), Nutrient Rich [Maple Syrup](#), The Master Herb: [Cayenne Pepper](#), and Purified Water.

Combine these 3 Super Foods (2 Tablespoons of Fresh Lemon Juice, 2 Tablespoons of Rich Maple Syrup and 1/10 of a Teaspoon of Cayenne Pepper), into a large glass of Purified Water.

This mix provides a perfect combination of energy, nutrients and cleansing agents which make this cleanse The Master Cleanse.

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Let me repeat this because it's very important. This isn't a Starvation Diet. It's Liquid Food. Like an Internal intra-venous solution designed for a specific purpose: To rest your digestive system while giving your body substantial energy and nutrients. So that your body has the substances and time it needs to concentrate on repair, rather than constantly being bombarded with Big Macs, Cheesy Puffs, Donuts and Beer.

**Each glass of The Lemonade has 113 Calories.** And you should drink 6-18 Glasses per Day for 10 Days. So each day you get up to 2,034 Calories (around the \*average recommended intake)( \*the average varies from person to person).

Because of the "Functions" of these ingredients, and your bodies systems in response to those ingredients, and to the plan itself, people often use the cleanse to Lose Weight Fast, which we like to say as well because we then remind people of the benefits of Fasting.

## **Fasting**

Fasting has long been held in such high esteem that it felt religious to a fault. It's been done so long by humans for spiritual and physical healing, but somehow that fact get's lost on the general population, and therefore relegated to the margins of healing modalities.

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But finally, study after study is showing how effective Fasting is, with one such study boldly proclaiming their findings that a 3 day fast will “[renew the entire immune system](#)”.

This remarkable study from The University of Southern California (USC) who state that fasting “**flips a regenerative switch**” that prompts stem cells to create white blood cells, essentially restoring the immune system.

“It gives the OK for stem cells to go ahead and begin proliferating and rebuild the entire system,” said Valter Longo, professor of gerontology and biological sciences at the university.

“And the good news is that the body got rid of the parts of the system that might be damaged or old, the inefficient parts, during the fasting”.

Awesome hey?

Proponents of The Master Cleanse have known this for so long, but alas, to debate the arguments of fasting, for and against, is beyond the scope of this report. But I think it's safe to say, that the typical, reasonable person, can agree that a degree of fasting in one form or another, is probably effective in aiding the bodies healing processes.

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To be able to say “Lose Weight Fast” is what all the hype is about these days in the “Weight Loss Industry” (sigh).

Yes, we all want things fast; cars, food, lifestyles, and Times at Ridgmont High. And the faster we put on 20lbs after highschool snarfing down too many of spicoloy’s pizzas, the faster we want to lose weight.

It seems we all want the quick fix. And while The Master Cleanse is by far the most profound way to Lose Weight Fast, it really shouldn’t be all about losing weight (although for most of you landing here, that’s what it is about). I call The Master Cleanse the most effective Fast Weight Loss Program around, but that’s because it’s a **Functional Fasting** weight-loss program

## How Fast?

So, the question inevitably I hear most is:

“How much weight can I lose on The Master Cleanse?”

Stanley Burroughs, the inventor of The Lemonade Diet says:

“As a reducing diet it is superior in every way to any other system because it dissolves and eliminates all types of fatty tissue. Fat melts away at the

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rate of about two pounds a day for most persons –and without any harmful side effects”.

So yes, you can Lose Weight Fast, up to 2 lbs per day, if you need to. Still others have gained weight (if they're malnourished going in). In most cases 1 pound per day occurs until you reach your ideal weight.

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# What to do Next

6 Tips on the Next Steps You Should Take

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If you think you have the info you need to get started, then go for it, and be sure to learn all you can by buying the full book, available in PDF download from [TheMasterCleanse.org](#), as well as on Kindle and iBook formats.

## [How To Master Cleanse](#)

If you think you have the info you need to get started, then go for it, and be sure to learn all you can by buying the full book, available in PDF download from [TheMasterCleanse.org](#), as well as on Kindle and iBook formats.

## [The Master Cleanse Program](#)

The Master Cleanse Program includes 11 amazing resources to ensure your Master Cleanse Experience is optimal, enjoyable and effective.

1. Quickstart-Guide (Manual)
2. How-To-Master-Cleanse (Book)
3. Zero-to-Master-Cleanser (Book and Audio)
4. Master-Cleanse-Coach (Audio)
5. Goal-Setting-Log (Tool)
6. Shopping-List-Groceries-Equipment (Checklist)
7. SSSuper-Fast-Recipes-To-Ease-In-and-Ease-Out (Book)

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8. Daily-Detox-Elimination-Regimine-Log (Book and Tool)
9. Body-Work-Exercise-and-LOG (Book and Tool)
10. Self-Care-Measurements-Form (Book and Tool)
11. My-Experience-Diary-Journal

And as if that wasn't enough, there are ALWAYS Un-advertised bonuses you can count on, but I can't give that away here :)

## [Zero To Master Cleanser](#)

This 30 minute video will cover: **How Lose Weight fast** and **How to do The Master Cleanse** (30 second mark), how **3 Super Foods** (1 minute mark) will help you **Lose 10 Pounds in 10 Days**, how to **Break Unhealthy Habits** (5 minute mark), why **Protein is Overrated** in diet and detox (8 minute mark), the **Toxic Food** we eat each day (10 minute mark), why people are **Afraid of The Master Cleanse** (19 minute mark), why **Self Care is the Future** (22 minute mark), The **Secrets of the**



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**Master Cleanser** (27 minute mark) the **Common Mistakes** (29 minute mark) of the **Newbie Cleanser** and how to start to **Feel Great at Last** (33 minute mark) right now, today!

## ***This Is What You'll Be Receiving***



1. How to assign value to the research you do, from your perspective, and recognizing others so that **you can determine for yourself what you believe** to be true about TMC, Cleansing, Fasting, and Personal Health Management
2. **Understand the 4 SPECIAL situations** that might exclude you from doing [The Master Cleanse](#) so that you don't think that you can't do the cleanse and give into your own excuses.
3. Learn how to set objectives properly so that you don't do this one counter productive **mistake that will actually cause you too lose less weight**, fail the cleanse, and potentially develop an unhealthy relationship with cleansing and detox.
4. **How to pick the perfect time to do The Master Cleanse** so that you won't be tempted to quit at unavoidable social events and daily life issues that need to be considered, like work schedules, and taking care of your family.

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5. How to **develop your routine** before hand so that you won't find an unexpected reason to quit. **The first day is the easiest to jump off the Bandwagon.** Having your system in place will keep you from quitting on Day 1.
6. Learn about the **Types of People that you should NOT discuss your cleanse with**, and the People YOU SHOULD so that you avoid dealing with people who don't support you. This cleanse has a funny way of finding "Toxic" people in your life.
7. Discover and consider **Awesome Supplemental Therapies** to increase your detox, cleanse, weight loss and well being so you can **maximize your cleansing experience**, and begin to "Master" the art of cleansing.
8. Use this **shoppers secret weapon to get EVERYTHING you need** delivered to your door – Even LEMONS so that you don't fail to start because you think the ingredients are too hard to find, or your run out unexpectedly during the middle of the cleanse.
9. Learn these **9 secret "CHEATS"** that will help you past the hardest moments during the cleanse so that you get through those passing moments **feeling strong and confident.**
10. How to do not only the **STRICT Master Cleanse** but also the Variations of The Master Cleanse so that you can **know what type of Master Cleanser you are** so you don't end up so far from the regimen that you might actually do yourself harm.
11. **And so much more...**

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## [Master Cleanse Group Cleanse](#)



You can also join one of our [Quarterly Master Cleanse Support Groups](#), where you can do the cleanse with hundreds, and thousands of others just like you. Get support by asking questions. You can even join the Home Study Program to learn all of the details that can make your cleanse experience enjoyable and successful.

For many of us, [The Master Cleanse](#) Experience is all about starting fresh, making changes and sharing with each other for support and encouragement. And Since we all eat so much over the holidays, I have noticed that many people are likely to start the Master Cleanse after New Years, Easter, Summer Holidays and after Fall Holiday. It seemed logical to creat The Quarterly Master Cleanse Group Cleanse.

The Group Cleanse will not only give us the forum to support each other, doing The Master Cleanse together, but it also enables us to track our experiences by setting standards to the conversation. If we all just posted random thoughts we would get a lot less value from the comments. But if the comments are structured, and relevant by time and topic, we can gain even more insight, more quickly and more effectively. Therefore we ask participants to start and finish the Master Cleanse on the same dates.

11 Secrets that will cause you to fail your Master Cleanse - [How To Master Cleanse](#)

The Master Cleanse is WAY EASIER with a Group - Try our [Free Group Cleanse](#)

We also provide 5 topics to post comments about to further structure the advice and questions from our participants. Our entries on these specific topics will act as a Daily Journal, open for the support of, and from the entire community. Each quarterly cleanse, we'll reward all those who leave comments in general, but specifically, if you complete the entire Master Cleanse, and Journal Daily on these Daily Journal Pages, you'll be eligible for some really great rewards.

## [Get The Master Cleanse Kit](#)



The basic [Master Cleanse Kit](#) usually includes Fresh Organic Lemons, Rich [Maple Syrup](#), [Cayenne Pepper](#), [Sea Salt](#), and Herbal [Laxative](#) Tea.

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There are only 3 places to get your kit. A health foods store, a LARGE health food store such as Whole Foods, or [Amazon.com](#). I recommend Amazon.com for MANY, MANY people, because I hear from people from ALL around the world. And Amazon.com ships EVERYWHERE.

AND, you can also get Lemons from Whole Foods if your luck they are in stock and they'll ship to your location. Othwise you can get everything but at Amazon.com, and then find your Lemons/Limes in your local store.

Subscribe via [Email](#), [Facebook](#), [Twitter](#), or [YouTube](#).



The Master Cleanse is on Facebook, and we have a **VERY ACTIVE** and **SUPPORTIVE** community. Swing by and join in the conversation. We're

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always looking for shining voices, great experiences, compassionate perspectives; No we just need you!

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