

HOW TO 
LOSE UP TO
2 LBS
PER DAY

(BY EATING 3 SUPER FOODS)

Mike Olaski

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Introduction

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

The program we're about to share with you has worked for thousands of people and is one of the most successful diets of its kind. By following these directions, you will easily lose up to 2 pounds a day and will also get a renewed sense of good health and vitality. The main idea of this diet is combining three powerful superfoods in just the right way to achieve fast weight loss. It is also perfect for those who are not looking to lose weight but simply want to achieve a healthier lifestyle, as it will kickstart healthy eating habits. Some people may not lose weight but will look and feel healthier and more energized. It's very simple and not costly as these superfoods are easy to find and inexpensive. And the best part is, this program will put you on track to lose even more weight or at least maintain a healthy weight in the long run.

Superfoods are all the rage these days, and with good reason. If you're not sure about what exactly is a superfood and are picturing a hot dog wearing a cape, let's start with a brief overview of superfoods and why they're vitally important to our health.

As the nutritional value of our so-called "regular" food has decreased dramatically due to environmental pollution and the use of genetically

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modified crops is on the rise, consumers are looking for food that will help them lose weight, provide them with energy, and prevent disease.

Unfortunately, the vast majority of our food only causes disease and perpetuates weight gain since the two basically go hand in hand. The food most people are expected to eat every day is often toxic or nutrient-deficient. No wonder so many people are overweight, diabetic, or simply low on energy and vitality.

Superfoods, on the other hand, are known for being rich in antioxidants, vitamins and minerals, and beneficial enzymes.

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SuperFoods - Defined

This term gets thrown around a lot lately, but what does it really mean?

How Do We Define Superfoods?

We think of superfoods being healthy, but let's get more specific and try to come up with an exact definition.

According to Livestrong.com:

“Superfood’ is a popular term in the health food industry. It refers to foods that are low in calories and high in nutrients. Since the magic health pill has yet to be invented, superfoods are the body’s best bet. These antioxidant-rich foods reduce the risk for fatal diseases like cancer, according to the American Cancer Society, while allowing us to meet our daily nutritional requirements.” Another definition by Wikipedia states: “**Superfood** is a term used in various contexts. For example, it is sometimes used to describe food with high nutrient or phytochemical content that may confer health benefits, with few properties considered to be negative, such as being high in saturated fats or artificial ingredients, food additives or contaminants.” So we can conclude that superfoods are:

1. Low in calories
2. High in nutrients, especially antioxidants

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3. Have little or no negative properties
4. Helpful in reducing the risk of fatal disease

Naturally, foods with these qualities are exactly what people need to consume in order to achieve rapid weight loss.

Three superfoods that have been used since the 1940s for reliable weight loss are:

1. Lemon
2. Cayenne Pepper
3. and Pure Maple Syrup

Now, you may be thinking these are fairly ordinary foods. You can find them in most people's kitchens. But these three foods, which are often taken for granted, really do have nutritional "superpowers!"

Lets examine a few different superfood categories, and we will see that Lemons, Cayenne Pepper and Pure Maple Syrup are very highly ranked in many of the top superfood lists.

Super Fruits

The website of Health magazine has published an article that presents 23 super fruits you need to know. These are:

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1. acai berries
2. apples
3. bananas
4. blackberries
5. blueberries
6. cantaloupe
7. cherries
8. lemons and other citrus fruit
9. cranberries
10. dragon fruit
11. grapes
12. grapefruit
13. kiwi
14. oranges
15. plums
16. pomegranate
17. strawberries
18. avocado
19. tomatoes
20. papayas
21. pumpkins

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22. strawberries

23. pineapple

24. watermelon

Health website ThirdAge.com also offers a similar list of top 10 super fruits:

1. black currants

2. blackberries

3. blueberries

4. lemons

5. raspberries

6. pomegranates

7. cranberries

8. grapefruits

9. oranges

Lemons are included in these and many other lists of the best super fruits in the world. Later, we will discuss the amazing properties of lemons in more detail.

Super Spices

In an article from SheKnows Health & Wellness, special mention is made of the weight loss properties of certain spices:

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“Researchers are exploring the potential of spices to boost metabolism, promote satiety, aid weight management and enhance the overall quality of a diet. The capsaicin in peppers are believed to have metabolic boosting properties. In addition, if the food you eat is flavorful and satisfying, there is a good chance you will eat less and consume fewer calories, too.”

Their top seven picks:

1. cinnamon
2. oregano
3. rosemary
4. turmeric
5. thyme
6. ginger
7. dried red peppers including paprika and **cayenne pepper**

Cayenne Pepper is also listed among several Super Herbs That Can Improve Your Life on ExpertsColumn.com. So whether you call it a spice or a herb, it still ranks as one of the world’s best superfoods.

Super Sugars?

Technically, there is no such thing as a super sugar category, but there are several sugary foods that stand out as being exceptionally healthy.

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WHFoods, “The World’s Healthiest Food” website calls **maple syrup** “one of the many wonders of the word,” citing its high antioxidant content as well as its benefits to heart health and immune system health.

Other healthy sugars include blackstrap molasses, sugar cane syrup, and coconut sap sugar.

In this report, we will tell you exactly how to combine these powerful ingredients into a nutritious lemonade for fast weight loss of up to 2 pounds a day as well as significant health benefits.

Note: For those who live outside of Canada and the U.S., it may not be easy to obtain Maple Syrup, so you are welcome to use substitutes that work, such as Coconut Sap, Sugar Cane Syrup, and Blackstrap Molasses.

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3 Super Foods to Lose Weight

Yes, you can eat any combination of foods for weight loss, but these 3 are SUPER!

You are about to embark on a 10-day cleanse during which you will consume only these three superfoods. But before you begin wondering whether it's healthy or even possible to survive only on three foods for over a week, let us assure you that it's a tried and tested method.

The main two main concerns people have with this cleanse are:

- **It's a fad diet**
- **It's a starvation diet**

Both of these stem from misconceptions. Here is why:

1. The Master Cleanse was invented in the 1940s by Stanley Burroughs and has been used consistently by many people to this day. If it had been a fad, it would have faded away long ago. And just to prove that we're not making this up, below in this report we have testimonies from many people who have lost weight on this cleanse.

2. It is a liquid diet, but definitely not a starvation diet. Maple syrup packs quite a few calories. Each day of the master cleanse, you will drink plenty of lemonade made up of the three superfoods and get the same amount of

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calories as an average person consumes or a little less. Our aim is to lose weight, so the calorie count will be below average, but certainly not at “starvation” level.

So lets talk more about the special qualities of these superfoods and how they are going to enable you not only to lose weight but also to start eating healthier.

Super Food #1 - Lemon

The ancient Egyptians believed that drinking lemon juice was good protection against poison, and modern science proves that they were not far off. Lemon juice really does detoxify the body.

“The lemon is a wonderful stimulant to the liver and is a dissolvent of uric acid and other poisons,” says Jethro Kloss in his book *Back to Eden*.

Lemon juice purifies the blood, cleanses the liver and kidneys, and boosts the immune system.

It is also truly unique in that it contains citric acid but has an alkalizing effect on the body due to its high levels of magnesium, calcium and potassium. It's very important to our overall health to keep the body alkaline in order to prevent disease such as cancer.

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It's amazing to actually see the full list of health benefits that a little lemon juice mixed with water can provide:

1. Excellent for weight loss
2. It hydrates
3. It Oxygenates
4. Boosts your immune system
5. Balances pH
6. Flushes out unwanted materials (detox and cleanse)
7. Decreases wrinkles and blemishes
8. Relieves tooth pain
9. Relieves respiratory problems
10. Cures throat infections
11. Is a Natural energizer
12. Reduces fever
13. Is a blood purifier

By helping the liver produce more enzymes, lemon juice will start your body on the path to good health and weight loss.

Note: Always make sure you have enough lemons in the house during this diet. You will need about 6 lemons per day, though with large lemons you may need less.

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If are not able to buy **organic lemons** at your local market, ordering on Amazon is a great option. You can get lemons delivered to your door with a click of a button.

Limes as Substitutes for Lemons

If you live in an area where lemons aren't plentiful, limes are a perfectly acceptable substitute since they possess many of the same properties and nutrients as lemons.

Super Food #2 - Cayenne Pepper

Many herbologists call cayenne pepper the Master Herb. Whether you want to call it a herb or a spice, it has some amazing properties which will be useful in our cleanse.

1. It raises the metabolism (something that is important when not digesting food).
2. It 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.
3. It acts as a blood thinner and purifier, which can help with digestion.
4. Just like fresh lemon juice, it's alkalizing to our body and rich in vitamins.
5. 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.**

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Alternatives to Cayenne Pepper

As you probably know, this pepper can be very spicy, so if the taste feels too extreme, it's okay to take it in capsule form.

If you have trouble digesting it, ginger or other peppers have been suggested as substitutes, but we can't recommend ginger as it doesn't have the same nutrients as cayenne.

Super Food #3 - Pure Maple Syrup

This is pure maple syrup, as opposed to any old syrup people put on their pancakes. So, when looking for this superfood, make sure the ingredients list reads "maple syrup" and nothing else. There are many syrups out there containing artificial flavors, glucose-fructose, and a lot of other stuff we don't need.

Pure maple syrup, on the other hand, has everything we do need to replenish our essential minerals. One cup of Maple Syrup contains:

- **Calories: 840**
- **Potassium: 657mg**
- **Omega (6): 322mg**
- **Calcium: 216mg**
- **Carbs: 216g**
- **Magnesium: 45.1mg**
- **Sodium: 29mg**
- **Zinc: 13.4mg**
- **Manganese: 10.6mg**
- **Phosphorus: 6.4mg**

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- **Iron: 3.9mg**

For our purposes, we need to use the darkest syrup possible. The darker syrups are the ones that were harvested later in the year, so basically, the darker the syrup the more nutrients it has collected.

There are different grading systems used across North America. You will find the grade will either be a number ranging from #1 to #3 or a letter from AA to D.

Remember: the rule of thumb is always go for the darkest color possible. In the number grading system, #1 is lightest and #3 is darkest. In the letter system, AA is lightest and D is darkest. So try to get at least #2 or B or higher. **The bottom line is, the darker the Maple Syrup the better.**

However, if you can't find the darkest syrup, don't worry. The important thing is that you use **Pure** Maple Syrup. So check the ingredients list, and make sure there is nothing but Maple Syrup in that bottle.

Rich Maple Syrup is the primary source of energy while on "The Maple Syrup Diet", although this nutrient dense natural sugar wasn't only chosen to give us energy. If you can't get access to Maple Syrup, use one of these alternative nutrient-rich sugars:

1. Sorghum Syrup

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2. Sugar Cane
3. Blackstrap Molasses
4. Coconut Nectar

To summarize, all three of these superfoods should be:

1. Whole
2. Organic grade
3. Unrefined with no preservatives and no additives

After 10 days on these foods, you will feel your metabolism reset itself. If you had junk food, sugar, or caffeine cravings before, you will find them gone or greatly reduced. After finishing the cleanse you will be able to enjoy whole, natural foods and easily continue to maintain your weight loss through healthy eating.

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Side Effects and Healing Events

Because you're now Detoxing, you're doing more than just losing weight fast

As you read about these side effects, keep in mind that they are really signs of healing. Many pharmaceutical drugs have unwanted side effects that are unpleasant and unhealthy. The effects you may experience on The Master Cleanse may also be not very pleasant, but ultimately they are a sign that the body is expelling diseased cells and healing itself.

Healing Events (Healing Crisis)

Tom Woloshyn **refers to Healing Events as Healing Crisis**, but I prefer the term Healing Events since it casts a more positive light on the events," says Mike Olaski, founder of TheMasterCleanse.org, "The Healing Events truly are positive as they represent the elimination of something that caused a Disease Event when they were first ingested. There is a saying in the Master Cleanser Community about the side effects we call Healing Events: "Sick in, Sick out". When you pick up something like a flu virus, bacteria, or something your body wants to reject, you experience a Disease Event. Your body is not "At Ease", but rather in a state of "Dis-Ease" because of it. Your body's immune system then deploys any and all available defense mechanisms to expel the intruder.

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Some effects you could experience include:

1. Stuffed Nose, Runny Nose or Congestion
2. Coughing and Sneezing
3. Sore throat and swollen glands
4. Fatigue, Muscle aches and other Cold and Flu Symptoms
5. Skin Irritation such as Rashes and Breakouts
6. Headaches
7. Fever
8. Cold sores or other mouth sores

All of these “side effects” are signs of infections and disease agents leaving your body. They’re temporary effects followed by a feeling of increased energy and better health.

Master Cleanser Detox Side Effects

The following side effects could result from the Laxative, SWF, improperly taking the Lemonade and/or the general detox process itself. Again, these are not unhealthy and are actually signs that toxins are leaving your system:

1. **White Tongue:** A general side effect of the detox. It is generally reported that the tongue turns pink again once detoxing is complete.
2. **Bad Breath:** Related to the aforementioned White Tongue. This is due to the extra release of toxins through the tongue.

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3. Greater Tooth Plaque: Related to above.
4. **Mucous Increase:** A primary tool of our immune system, the loosening of mucous including sinus congestion and draining is brought on by the Fresh Lemon Juice and Cayenne Pepper.
5. Increased Ear Wax: Similar to above.
6. **Nausea:** Usually the result of the Salt Water Flush.
7. **Dizziness:** Usually the result of not drinking enough Fresh Lemonade or not drinking it early enough in the morning upon rising (especially after the SWF).
8. **Feeling Chilled:** Not “chills” like when you have a cold, but feeling cold as the result of lowered metabolism.
9. **Passing Gallstones:** This is not uncommon and is good news.
10. **Diarrhea:** Either from the SWF or from an excess of Vitamin C from the Lemon Juice.

Emotional and Psychological Side Effects

Sometimes being on a cleanse can be doubly difficult because of the physical and psychological impact. You may suddenly realize that you had been dependent on food to make you feel better. Without comfort food, it may be harder to get through the day and keep our emotions in check.

So watch out for these two Emotional Side Effects and Psychological Side Effects of The Master Cleanse:

1. **Impatience and Irritability:** Feeling hungry and not getting instant relief through food can be irritating. Be aware of this possible effect and give both yourself and others extra love and understanding.

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2. **Flashbacks (Feelings, Tastes): Tom Woloshyn describes this strange effect** in his book "The Complete Master Cleanse". Some people may experience the taste of cigarettes or even feeling "stoned" as these addictions are cleared from their system.

So now you've hear the bad news, but the good news is, these side effects can be minimized simply by going through each stage of the diet correctly. There is an **ease-in** stage that will prepare your body for the cleanse, then the **cleanse** itself during which you consume nothing but the three superfoods, and finally the **ease-out**, which re-accustoms your digestive system to solid food.

The cleanse, of course, is the most important stage, but by following the proper ease-in and ease-out stages you will be able to transition easily into the cleanse without shocking your body and then transition out of the cleanse with a new appreciation for healthy food and the motivation you need to start a long-term healthy diet.

So, without further ado, here are the instructions to each of the three phases.

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3 Phases of The Master Cleanse

Ease-In to The Lemonade Diet, and the Ease-Out again for best results

The Ease-In

Before starting on the actual cleanse, you need to prepare your body. It's also a good time to prepare yourself mentally and become accustomed to choosing natural and raw foods.

Ease-In Day 1 Living Food Diet

As Mike Olaski advises, "To do the Living Food Diet, you only need to eat live foods. Simply remove processed foods, meat and dairy from your diet. Enjoy shopping for, and eating interesting fruits and vegetables. Savor the rich flavors and textures. Be sure that you don't go too heavy on fruits as they are high in sugar. A 60/40 balance of vegetables to fruits is a good guideline."

Ease-In Day 2 – Juicing, Blending, Soups and Broths

On this day, you'll take one more step toward a liquid diet, which allows nutrients from the food to pass more quickly to your bloodstream.

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If you own a juicer or a blender, you can enjoy different combinations of fruit and vegetable juices or smoothies.

If you don't have a juicer, making soups or broths is a perfectly good option as well.

Ease-In Day 3 – Orange Juice

On this day, your only food will be 2 liters of freshly squeezed Orange Juice, mixed with water (to taste). If you feel hungry, add Maple Syrup to the mix.

The Lemonade Diet

The Recipe

Mix the following into a 8 oz glass of pure water

1. 2 Tablespoons of Fresh Lemon Juice from one half of a Lemon
2. 2 Tablespoons of Rich Maple Syrup
3. 1/10 of a Teaspoon of Cayenne Pepper
4. 1 – 2 cups of Pure Water (Alkaline Water is best, in my opinion)

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The Concentrate

For those who are busy and don't have the time to mix each glass of lemonade separately, there is a simple recipe of lemonade "concentrate," which consists of just the lemon juice and maple syrup.

"I used to drink my lemonade Pre-mixed. I now understand a critical flaw to this plan," says Mike Olaski, "The longer your Lemonade sits, the more enzymes die. OK, that's a bit dramatic. They don't die, because they are technically not alive. But they do lose their ability to do their jobs."

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

So, how do we keep the enzymes "alive" and well? It's very easy.

1. Mix the lemon juice with the maple syrup (use as much as you need for the day). The maple syrup will act as a preservative, keeping the enzymes intact throughout the day. This is your concentrate.

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2. Store the concentrate in a cool, dark, glass container. If you're going to work, take the concentrate with you, and bring the water and cayenne pepper each in a separate container.

3. When it's time to drink the lemonade, measure 4 tablespoons of the concentrate into a glass. Then add the cayenne pepper and the water, and your lemonade is ready.

Don't forget this simple process, as the enzymes are very important to your successful weight loss!

The Salt Water Flush

Along with drinking the lemonade, you should also be flushing out your system every day to get rid of accumulated toxins. In order to do this, take a laxative or drink a laxative tea each night that you're on the cleanse and do this Salt Water Flush each morning as well.

How to prepare the Salt Water Flush mixture:

Using 1 liter BPA Free Water Bottle and your teaspoon measure, mix a solution consisted of :

1. **Sea Salt** - 2 teaspoons or 1 tablespoon

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2. And **Pure Water** – 1 quart of warm water

Mix a solution of sea salt and room temperature water.

Mike Olaski notes, “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.”

Now here is the fun part: you have to drink the whole thing! Okay, maybe it’s not very fun, but do the best you can and it will be over quickly. After drinking this solution, you will feel a bowel movement usually about 30 minutes later but it can take up to an hour.

Here are a few other suggestions from Mike on how to make it easier:

“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.

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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.”

NOTE: There have been many questions about this process. The fact is, however much some claim it hasn't worked for them, it can 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 organic sea salt is essential.

You may be wondering, is it healthy to consume this much salt? First of all, most of the salt is usually flushed right out of your system with the bowel movement. Even if for whatever reason the SWF doesn't work and your body absorbs the salt, there is no cause for alarm.

This non-iodized, unprocessed sea salt is actually very good for our body. Even if you don't believe that (as we are often told that salt is harmful), remember that you are not eating any food during the time of the cleanse, so the two teaspoons of salt are probably less than what you would normally be consuming in your regular meals.

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The Ease-Out

This is like the Ease-in, only backwards. You'll work your way back to a solid diet that is healthy and nutritious.

“Consider this step as ESSENTIAL,” says Mike Olaski, “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 some of the worse Complications of The Master Cleanse – 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.”

Here is a quote from Tom Woloshyn's book *The Complete Master Cleanse On the Easing – out* :

The important transition period of moving from lemonade to food will prepare your digestive system for more and more complex foods so that it does not become overwhelmed. Just as you wouldn't try running a marathon after being a couch potato for three years, you wouldn't brake a cleanse by launching into full-feasting mode. You want your digestive system to get well-deserved brake so that your body can start back on the right track.

The most important ease-out tip is: **drink lots of water!**

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Ease-Out Day 1 – Orange Juice

On this day, your only food will be 2 liters of freshly squeezed Orange Juice, mixed with water (to taste). If you feel hungry, add Maple Syrup to the mix.

Ease-Out Day 2 – Juicing, Blending, Soups and Broths

On this day, you'll take one more step toward a liquid diet, which allows nutrients from the food to pass more quickly to your bloodstream.

If you own a juicer or a blender, you can enjoy different combinations of fruit and vegetable juices or smoothies.

If you don't have a juicer, making soups or broths is a perfectly good option as well.

Ease-Out Day 3 – Living Food Diet

This is actually what we've been working towards all this time. Now that the cleanse is over, you will feel your taste buds have been "reset" and you no longer crave junk food. You can now start on a delicious and healthy diet.

So really, there is no need to stop the living food diet after day 3.

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As Mike Olaski advises, “To do the Living Food Diet, you only need to eat live foods. Simply remove processed foods, meat and dairy from your diet. Enjoy shopping for, and eating interesting fruits and vegetables. Savor the rich flavors and textures. Be sure that you don’t go too heavy on fruits as they are high in sugar. A 60/40 balance of vegetables to fruits is a good guideline.”

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A Few Frequently Asked Questions

Let's address a few of the big ones that you might be wondering right now

What kind of water should I use?

Like all the ingredients for the cleanse, the most pure choice is the best choice. We recommend alkaline water.

Bottled water would be somewhere in the middle, okay but not as good.

Tap water is the worst, as it's full of chemicals, so try to find a nice filtered water source.

What kind of cheating is allowed?

There are degrees of cheating. Drinking more juice simply increases your calorie intake and you will not lose as much weight. Obviously, eating lemons, maple syrup, or a teaspoon of cayenne won't hurt either. Herbal Teas are okay, but caffeinated teas are pushing it. Digesting any food will cause your body to be less efficient at eliminating wastes. Chewing and not swallowing will cause your body to begin the digestive process and secrete acids. This is bad for your stomach – so, no gum.

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You can also suck on the pulp of one of the lemons you use to make the juice. Try taking a small dose of maple syrup alone, just to get the sweet taste unaltered by the cayenne and the lemons. Sometimes, that can be all you need to fight off psychological cravings.

Can I exercise during this diet?

Many people ask this question, but the answer is really up to the individual person.

Most people feel energized and compelled to exercise while on the Master Cleanse. They report feeling healthy and strong through some of the most invigorating work-outs.

You can feel sick at times, as the toxins are removed and your immune system is more vulnerable, so some people feel like relaxing and taking it easy.

It's important to listen to your body: if you feel like resting, then it's not a good idea to force your body through a grueling workout especially when cleansing. However, some people will feel compelled to get moving, and that's just fine.

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How do I know it's safe?

“The juice is your daily ration of food,” says Mike Olaski, “There are enough calories to sustain the metabolism of an average person (this varies body to body). Actually there are slightly fewer calories than you need, since one of our objectives is to create a calorie deficit – thereby burning excess fat for energy. Your body will not eliminate healthy cells during this process.”

How do I know when I should stop cleansing?

The most commonly agreed-on sign that your Master Cleanse is done, is the pink tongue. Your tongue becomes very white while toxins are being eliminated, much like when you are sick. As the toxins are reduced in numbers, this effect decreases. Some people never get white tongues at all, having had fewer toxins. Another sign it may be time to end the cleanse is when your movements are growing increasingly clear. If you have an overwhelming desire to eat, one that goes beyond the psychological, you should end the cleanse.

Can I take vitamins and supplements during this diet?

Give your body a chance to clean itself out by only taking in natural foods. Vitamins and supplements are not as nature intended, obviously. If you feel you must take them, the closer the ingredients are to real life, the better.

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Since your stomach is not prepared to digest solids, dissolving any hard substances into water would help. Really, this is another reason to abstain from taking vitamins and supplements.

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Experiences and Testimonials

Don't take our word for it, The Master Cleanse is loved by MILLIONS worldwide

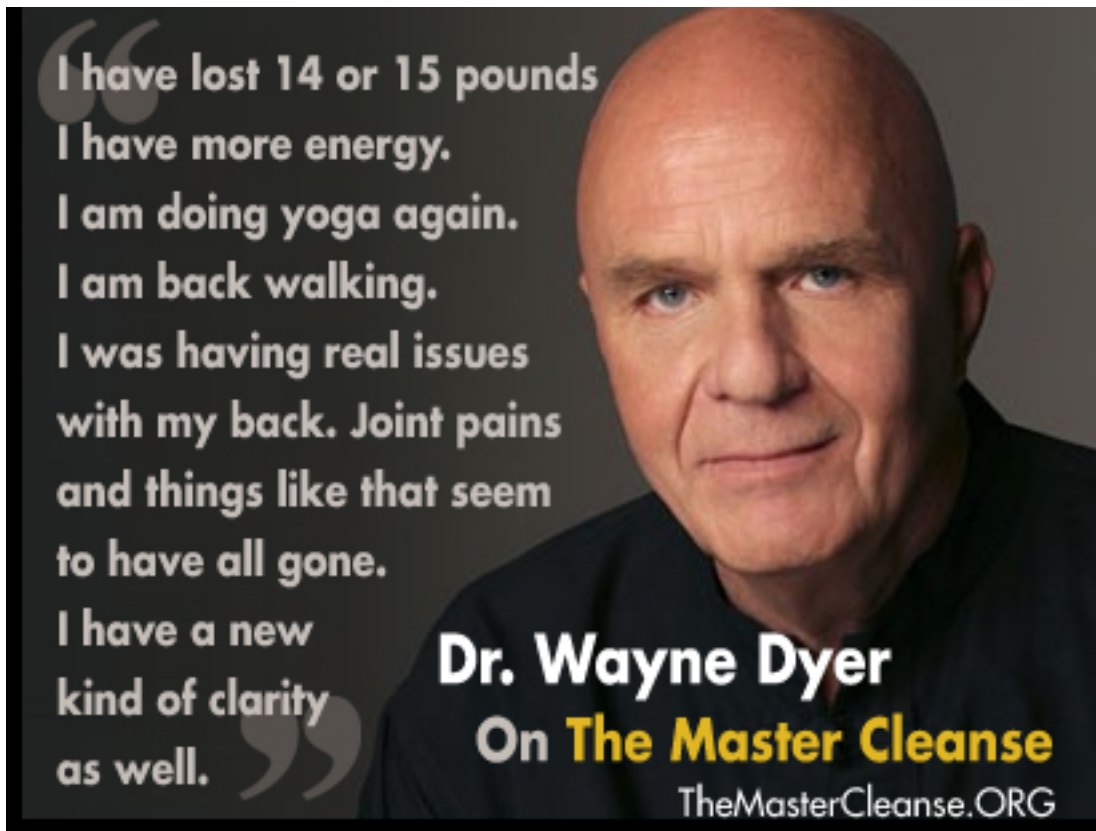
We have collected testimonials from many people who have seen amazing results from the Master Cleanse. These include celebrities and well-known thinkers such as Dr. [Wayne Dyer](#) as well as many other people who have lost weight and discovered amazing health benefits in the process of cleansing.

Of course, The Master Cleanse isn't all about losing weight, but as a reduction diet, it's beyond compare. Many people have seen 2 pounds a day melt off. Others have not lost much weight, but have felt an overall sense of well-being and relief from serious health problems. If you have weight to lose, you will see quick weight loss. If you don't, you may even gain weight but you will also gain the confidence and vitality that comes with a cleansed and well-nourished body.

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Dr. [Wayne Dyer](#)



[Wayne Dyer](#) is an internationally acclaimed writer and speaker in the field of motivation and [personal development](#). He is the author of over 30 books and has made many TV and radio appearances.

When he was experiencing health troubles, he turned to The Master Cleanse. Here is his eloquent description of what it felt like to be on this cleanse:

[I am back on The Master Cleanse after 25 days]

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I just felt so good on it and the weight was dropping off around my weight, which I wanted. I felt clearer in my writing and lighter and was enjoying so I did 20 days and took about 5 days off and realized that eating wasn't all that it was cracked up to be.

I know [eating] is a joy but think about it. When you don't do it for 20 days you start obsessing about food and then I went back on it and it wasn't that big of a deal and I decided to do 5 more days. So today's the last day.

Its that whole cleansing process seems to make me feel lighter and better and smarter for some reason when I'm writing.

And it feels good to take that weight off around the middle too. I've taken off since last August about 30 pounds right now. Which is the weight I think I belong. I'm 6'2" and I weight about 182 pounds right now. Its not like I'm wasting away that's for sure but it feels good right now.

After a while you say the reason I'm like this is I got big bones. Then you realize you move from big bones to little bones.

- excerpt from an interview with Dr. Dyer on Hay House Radio, June 4th, 2013

And here is another inspiring excerpt in which Dr. Dyer describes the cleanse from a spiritual perspective.

We're so accustomed to giving our bodies food all the time. I remember reading Siddhartha many years ago.

Siddhartha was the name of Buddha many years ago, one of the lines that I've spoken about many times in my earlier talks was his constant companion was a friend name Govinda and Govinda was asking him, because he was practicing this fasting, he said "What good is fasting?" to Buddha. Siddhartha's response, I'll never forget it.

He said:

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"I can laugh at hunger."

I think about people who can look at something like hunger and just say "Who I am is something beyond that." This is part of my training as well. Im in the fourth day of having no food. The only thing I've been having is what's in The Master Cleanse, which is just lemon juice and little bit of maple syrup and cayenne pepper.

I'm going to do it for ten. It's a 10 day cleanse and I may even do it beyond that.

The first day was like all I could think about is hunger. You turn on the television and all they show is commercials and they show cheeseburgers, you can almost smell them. Its food, food, food, food all the time. The first day is discipline and I'll get past this and I'll drink water when Im hungry.

Then the second day is the same thing. It's oh my God I don't know if I can do this.

Then yesterday was the third day and I was so energized. I did a yoga class extra long and a walk that I haven't been able to do because I've had a back issue for the last couple of months and it just disappeared on me. I walked excessively energetic.

All of this was without food...

...I always remember a line from Julius Caesar, Shakespeare:

Young Casius has that lean and hungry look.

Thats the look that I'm looking for in my life. To feel more lean and feel more energetic and not so dependent on the habits that I've formed in my lifetime.

- excerpt from an interview with Dr. Dyer on Hay House Radio, May 14, 2013

Robin Quivers

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Robin Quivers is a radio personality, author and actress, best known for co-hosting the Howard Stern Show.

Quivers weighed 218 pounds at her worst moment

“What I looked at down the road, based on how I was feeling, was chronic illness and death,” she said regarding her former condition.

Fortunately, she discovered The Master Cleanse with the help of magician David Blaine, who was a guest on her show.

With the cleanse, she has achieved a dramatic weight loss and improved her failing health, losing 70 pounds as a result of three 21 day fasts. She now maintains a healthy weight and reports feeling more energized and having a better relationship with food.

Asked about her eating habits recently, she said, “Sometimes my body says, ‘I want sugar,’ and I eat sugar, but my body doesn’t need as much food now.”

Angelina Jolie

Angelina Jolie used the Master Cleanse to lose weight after being pregnant with her twins. She told *The Sun* that she aimed to lose 21 pounds in three weeks for her role in *Salt*.

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In the film, Angelina's character is a ruthless and dangerous spy on a par with James Bond. Angelina rose to the challenge by performing most of her own stunts. According to the Daily Mail, she said:

"In some movies I've made, there's been a temptation, as I'm a woman, to make the action, well, nice. Not this time."

This approach paid off as her performance was highly praised by critics, and being in good shape for this physically demanding film certainly helped.

Participants in the [Group Cleanse](#)

Every year, TheMasterCleanse.org hosts several [group cleanses](#), and the participants often write in to let each other know how they're progressing. These are real people who are not trying to sell anything and are simply encouraging others to try a healthier lifestyle.

Day 3 of Master Cleanse

I have never felt so energized and happy in my life, I'm doing the cleanse for detox and to reboot my system but losing a little more than a pound a day is really motivating me to get through this! I haven't worked out so much and I have the energy to do hot yoga, and run, and zumba all in one day! I haven't been motivated to do that in all my life and I was a college athlete and now a coach! The Master Cleanse is a wonderful experience, I am confident that I will get through these next 7 days and 3 ease out days, even with Easter around the corner. I am not a big Easter person so I have no temptations. I have never felt better about myself and I can't wait to change my eating habits once I'm done. I weighed about 104 when I started the cleanse and now weigh less than 100. My BMI is at a 19 now which is still healthy! And I intend to gain my weight back

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*but with muscle not fat! Cheers to the Master Cleanse!
If [I can do it](#) YOU CAN TOO!!!”*

- Sara

“Easy Out Day – 3 Feeling great and I even shed 17 lbs. I went 12 days on the Lemonade Phase of the Master Cleanse looking forward to eating some veggies and other healthy foods. Just the jump start I needed to get my health in order. Day one, four and the first day of easing out were the toughest, but this program is empowering. I will do this again! Those of you just starting You Can Do It! I have tons of energy and am so glad I stuck with the plan. You will be too!”

- Lorna B

“I have noticed my energy levels have improved, constant pain in my shoulder due to tight muscles has been alleviated (likely due to toxins locked in the muscle), and edema in my hands is now gone. I can bend my fingers very easily now, whereas before the cleanse my hands were always swollen from water retention. Just 9 pounds lost and this is the great difference I’ve noted with my health! How much more will I be able to do with so much less fat baggage? :D”

- Kerry

“I feel amazing, joyful, full of clarity, awareness, alertness, and let me tell you about the pain that went away. I had junk or toxins running up my neck and a knot forming in the back of my head causing headaches....first day and second day it detoxed it out...I had a really bad headache and ill feeling but the next couple days things started looking up. I started getting this mental energy and clarity started day seven....good so many things done and completed that I had put off...I also had this pain in my toes like if something would drop on them they would break that pain is gone...it pulled out something from my wrists and ankles....the mobility I have in them now are great and not painful....I also felt

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my liver secret something with ease and its good...I now desire to eat healthier foods...I do not crave food now nor sugar.... I have never been able to do that... I lost 25 pounds, my heart rate is down in the 80's its always been very high like in the 100s or high 90s resting, blood pressure is great. I am very thankful I did this I learned and practiced self control..."

- Becky

"Lemonade Day 4 – I weighed myself for the first time since my start day and was surprised that I have lost 9 lbs. My cravings were at its worst on day 3 when I saw a commercial on TV. Today is so much better and I am able to be around others eating food without feeling I am missing out. I am currently working on menus and an exercise program to help sustain and continue my weight loss ... my goal is 40lbs. I am feeling healthier each and every day. Happy I started."

- Carolyn

As you can see from the comments above, completing this cleanse will open up a whole world of vibrant health and the potential for even more weight loss.

The cleanse will help you lose 1 or even 2 pounds a day for 10 days, and it will also prepare you for achieving your best body and keeping it in great shape in the long run.

If you don't have much weight to lose, you may even gain weight, but you will certainly feel a difference in terms of the healthy state of your

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body. Whether you eventually opt for a vegetarian, raw, whole foods diet, or simply a diet that is healthy and free of processed foods, you will feel empowered to choose the foods that are best for you.

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What To Do Next

11 Secrets That 95% of Failed Master Cleansers Didn't Do

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 course called:

[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.

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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. Othewise you can get everything but at Amazon.com, and then find your Lemons/Limes in your local store.

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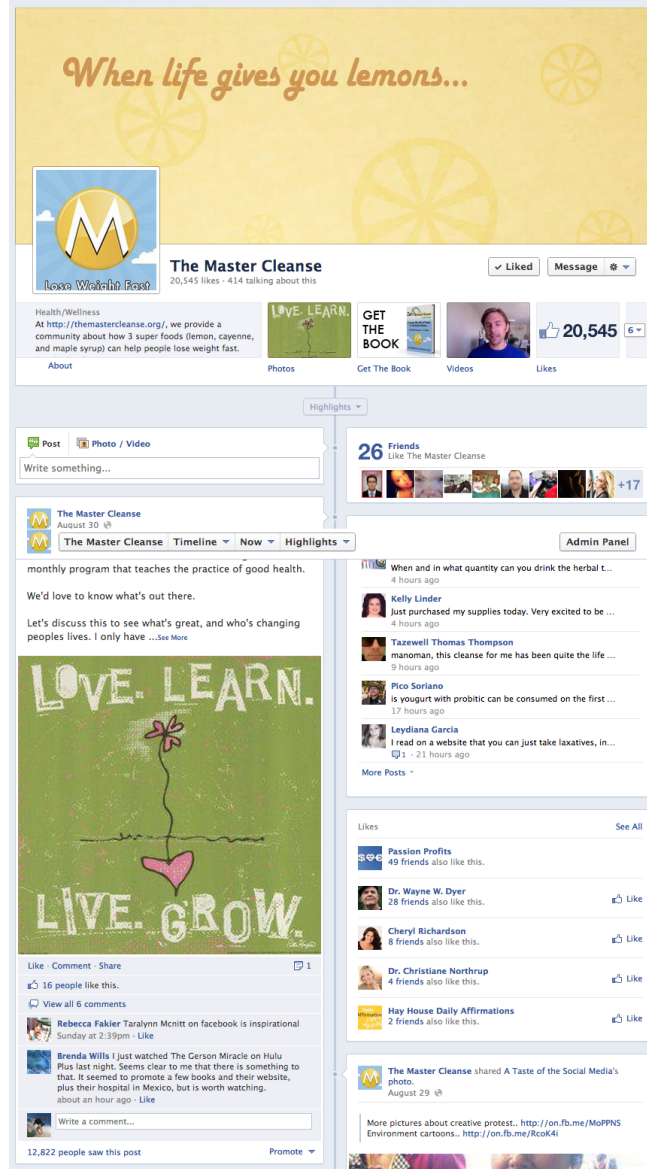
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The Master Cleanse is on Facebook, and we have a **VERY ACTIVE and SUPPORTIVE** community. Swing by and join in the conversation. We're always looking for shining voices, great experiences, compassionate perspectives; No we just need you!



Likes



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