

# The Master Cleanse

**Disclaimer:** This is for informational purposes only. Please consult your healthcare professional before undertaking any caloric restrictive program and conduct further research before deciding if The Master Cleanse is for you.

The Master Cleanse uses a mixture of lemon juice, maple syrup and cayenne pepper that is consumed throughout the day as your main source of calories, vitamins and minerals. This solution reduces weight, cleanses the digestive system and removes toxins. The cleanse is recommended for anyone who is not diabetic and can safely dedicate 3-7 days in this cleansing process. It can also be extended for 1-3 weeks.

## Ingredients:

- Lemons or limes—Contrary to popular belief, lemon is not acidic to the body. Use fresh and organic citrus (never canned, bottled or frozen)
- Grade A Maple Syrup is one of the most balanced of sugars and does not enter the bloodstream as rapidly as honey or other sugars, which is better for those who react adversely to sugar (restless, sleepless or energetic after consuming) or may be borderline or pre-diabetic. Diabetics should substitute blackstrap molasses and only up to 1/2 tsp. per serving. Do not use Grade A maple syrup or maple-flavored syrup, which are highly refined and lack essential minerals.
- Cayenne Pepper is a blood vessel dilator, thermal warmer and provides Vitamin A. Type O blood types tend to have poor circulation, so may experience a body temperature drop during the cleanse
- Water (purified, distilled or spring water only)

## Additional Required Items:

- Bone broth (homemade, organic chicken or beef is preferred but store bought is acceptable)
- Natural, unrefined sea salt (not iodized) for salt water flush
- Coffee enema supplies (See the [“Look at Your Shit” coffee enema ritual](#))
- (Optional) laxative herbal tea such as Senna, if the salt water flush isn't able to produce a bowel movement

## Salt Water Flush:

Before beginning the cleanse, detoxify the bowels to remove old, toxic fecal matter. Start each morning with a salt water flush or drink laxative herbal tea before bed if you're not able to do a salt water flush in the morning. This is a good time for the “Look at Your Shit” coffee enema ritual. Repeat the salt water flush or tea throughout the cleanse to ensure regular bowel movements.

## Master Cleanse Method:

Dissolve 2 teaspoons of sea salt in 1 quart of water. Mix well and chug it down. Massage colon. Do not take any supplements until salt water is out of your stomach—about 1 and 1/2 hours. This will flush out your entire digestive tract and colon, usually within an hour, prompting several eliminations—clearing out any plaque, debris and parasites. You may

experience vomiting, nausea, diarrhea and weight loss. Once the initial flush or effects of laxative tea are complete, you may begin consuming the lemonade drinks.

It is helpful to make each drink fresh as needed. When preparing your drinks, think of it as a ritual of self care and nourishment for your body. It is important and helpful to have a positive attitude while on the cleanse. In addition to lemon drinks, you may have bone broth during the cleanse—this is especially helpful during meal times when others around you are consuming food.

### **Master Cleanse Recipe:**

#### *Individual Serving*

- 2 Tablespoons freshly squeezed lemon or lime juice—about 1/2 lemon (organic if possible—do not use bottled, canned or frozen)
- 2 Tablespoons genuine grade B or C pure maple syrup (organic)
- 1/10 Teaspoon red cayenne pepper (or to taste)
- 10 oz. purified, distilled or spring water—heated until warm (if desired colder, tepid water may be used as well)

### **Directions**

Combine juice, maple syrup and cayenne into a glass. Add water and stir.

Drink as much as desired, but a minimum of eight–10 oz. glasses of lemon drink per day.

During the cleanse, while rare, some may experience vomiting. Headaches, dizziness, joint pain, nausea, bloating, irritability and weakness can also occur. Most can go about their normal day with enough energy, but if you feel weak or tired, be easy on yourself and rest or stay in bed.

At the end of your cleanse, go slow with adding solid food back into your diet—start very small and light. Avoid heavy meals, meat, dairy, breads and alcohol. Instead, opt for fresh vegetables, brown rice, soups (fresh, not canned), and orange or apple juice until the body is accustomed to having food again. You may find that you aren't as hungry as before the cleanse and can be satiated with one meal per day, or smaller meals or snacks throughout the day.



BEHIND BARRS