



The Master Cleanse Summary and Instructions

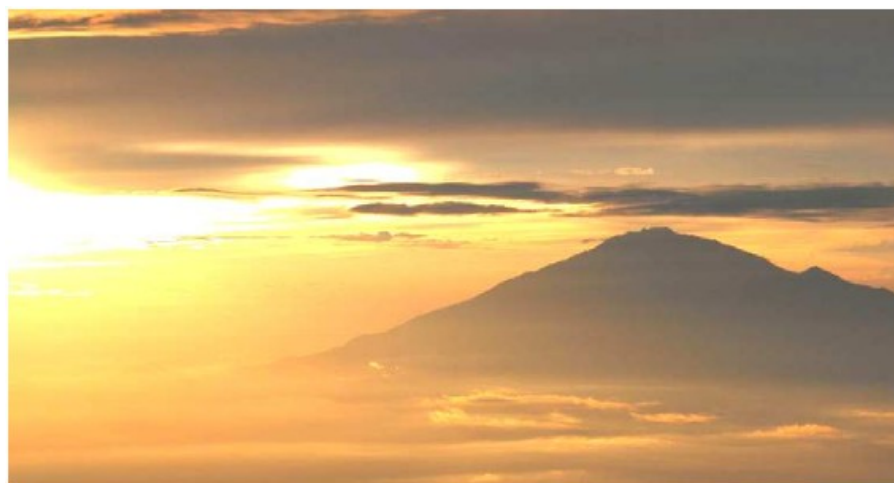


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Summary of the Master Cleanse

Introduction

Pray and ask God to bless your food before you eat. It has been scientifically proven that pray has power.

The basic cause of all disease is an unbalanced lifestyle that lacks exercise, spirituality and a healthy diet. This forms toxins in which turn into congestion and then disease. To cure the sickness the person must remove the bad habits and replace them with positive healthy ones and use corrective techniques to help eliminate the toxins. The corrective techniques recommended by Stanley Burroughs, the Author of the Master Cleanser, is the Lemonade diet, which is also know as the Master Cleanse.

Modern medicine seems to have the method of only covering up the symptoms of disease and cutting out anything that is not right. This only adds to the unbalance and does not solve the underlying problem of not living in harmony with nature and yourself.

The Master Cleanse diet has been tried and tested for over 60 years, all over the world, as the best cleansing diet of all (the author claims this, it may be possible). It is far superior to any other for toning, reducing and cleansing the body.

Many of the concepts in the Master Cleanser book (also known as the Lemonade Diet, The Master Cleanse Diet and the Cayenne, Maple Syrup and Lemon Cleanse) are the opposite of what you may have been taught or are familiar with it, but try them for yourself, as the truth lies in your own experience, not in the words of others.

The diet will allow the body to heal itself.

Since the ancient times, men and women have used fasting and cleansing techniques to heal their bodies. Jesus Christ fasted in the desert for 40 days and 40 nights. In the Essene Gospel of Peace, Jesus also describes to his followers how they should fast and cleanse their bodies by abstaining from food and using a hollow stick to perform enemas.

The Master Cleanser philosophy is similar to most of the fasting, cleansing and detox programs. The digestive system and body are given a rest from the arduous task of digesting foods, so they can have a chance to throw off the toxins and poisons that have been lodged in the body. Most programs use some kind of herbs to assist with the cleansing (except pure water fasting). The Lemonade diet uses cayenne pepper and lemon as the cleansing agents, and maple syrup for minerals. The lemon and cayenne pepper are also high in vitamins and minerals.

Unfortunately in today's society many people have been led to believe they would die if they do not eat enough food. This is an unfortunate misconception, and in fact it is their lack of fasting and 'abstaining from food' which is leading to much sickness and death in the world today. In America and many Western countries, obesity has been declared a national pandemic. Heart problems, cancer and cholesterol are common and this is surely related to the excessive consumption of food, especially meat.

More information on the [vegetarian diet](#), which is recommended for everyone, can be found [here](#).

There are many different ways to cleanse the body, I will outline a few below:

The Hygienists' Method – Followers of Dr. Herbert Shelton, use pure distilled water fasting, nothing else, and no enemas. When not fasting they are strict vegans and eat raw food whilst employing food combining techniques

Dr. Walker and Dr. Airola use **fruit and vegetable juice fasting**.

In Europe, some naturopaths use **vegetable broth and vegetable juice fast** rather than the water fast.

The Herbal Methods – Originally made popular by Dr Bernard Jensen and now Dr. Richard Anderson. The cleanser takes a combination of cleansing and mucus dissolving herbs and also psyllium and bentonite clay mixed together. While on a cleanse they eat only vegan alkaline forming foods, if they do eat, and perform enemas. [More on herbal methods here](#).

Germ Theory

In the olden days, people believed that when they got sick it was a punishment from God, or the work of the devil. Today man believes that they get sick because they catch it from someone else. A complete turn around in opinion, with one age believing they got sick because they did someone wrong, and the modern age believing they got ill because they 'caught' it from someone else through no fault of their own.

The truth is probably closer to the olden days. How is it possible to get sick, and catch one of these nasty bugs if a person is strong and healthy? The immune system of a human is amazing, and to think that a little tiny bug can make its way in, multiply and then disrupt our whole organism is a bit strange really. Certainly the bugs do get in, but why? Could it not be because our systems have become weak and overloaded with toxins and stress from our unnatural lifestyle and diet? I personally question the whole germ theory myself, as does Stanley Burroughs in his book the Master Cleanser. It is interesting to note that when many people start a detox they often feel as if they have the 'flu'. Is it possible that the feelings we associate with the flu are indeed the feelings of the body cleaning itself.

In modern medicine when someone catches a "bug" the first thing they attempt to do is kill it. There is no question as to how the bug got through the bodies defense systems. In an attempt to 'kill the bug' more toxins are added to the body and the symptoms of disease are merely repressed until further notice.

The body then needs to store these toxins somewhere, to stop them overloading and toxifying the organs, thus lumps and fats develop all over the body which are used to store the

toxins. It is interesting to note that many epidemics occur after holiday feasting.

The Master Cleanse - Instructions

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

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

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

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



The Purpose of the Master Cleanse:

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

When to use the Master Cleanse:

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

How often should one do the Master Cleanse?

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

How long does one do the cleanse for?

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

How to prepare the Master Cleanse

Ingredients

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

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

How much should I drink?

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

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

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

Elimination

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

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

Directions for internal salt water bathing:

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

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

How will I feel while on the lemonade diet?

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

How to End the Lemonade Diet Cleanse

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

First and second day after the diet:

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

Day three

Orange juice in the morning.

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

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

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

More Information

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

Other **alternatives to the Master Cleanse** for detoxing the body can be found here:

<http://www.detox.net.au/articles/colon-cleanse/cleanse-kit-reviews/>