

My Experience



Anna Harbour Says:

January 18, 2012 at 5:27 pm e

Do the Group Cleanse and share your experience and you may be published by TheMasterCleanse.org

Reply



Jamie Says:

January 16, 2012 at 10:31 pm e

Day 8: Today was day filled with lots of fun and movement. I weighed in today and had only lost 1 pound from yesterday which is ok I still feel great and even my friends that seen me today for the first time were excited and told me they could tell my weight loss. That was great news for me. I came into this program to help me cleanse and lose weight and so far I have done both that's great for me.

Reply



Mike Olaski Says:

January 18, 2012 at 6:18 pm e

Congrats Jamie, we're almost there. Great job sharing your experience! Everyone is very grateful I am sure.

Reply



TheMasterCleanse.org

Forward by Mike Olaski	3
About the Author	4
Psychological and Emotional	5
Weight Loss & Physical Effects	26
Detox & The Salt Water Flush	37
Support from Family & Friends	52
Process & The Lemonade Diet	63

Forward by Mike Olaski

This Master Cleanse Journal is by a cleanser Anna Wilder (Harbour) during the Master Cleanse Group Experience at TheMasterCleanse.org.

The context has be left in place so sometimes the author is addressing other commenters during the live event. Those comments have been left in place where they provide value to the state of mind of the author, or the group, or perhaps they are informative in nature.

If you're interested in doing a Group Cleanse, you can register here:

<http://themastercleanse.org/group-cleanse/>

Thanks, and Happy Cleansing,

Mike Olaski

Founder of TheMasterCleanse.org and Author of [Zero To Master Cleanser](#)

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Author Cleanse Date: 2009.01.01

Author Cleanse Type: Veteran Cleanser

Author Cleanse Status: 2nd time cleansing

Psychological and Emotional

The Lemonade Diet - Day 1

"Congrats to you all for taking the first steps on what I hope will be a life-altering journey.

We're all faced with the often well-meaning but generally ignorant words of friends, family and colleagues when we share our intentions with them. If you let their sceptical arguments and comments get to you, the weak part of you will greedily seize this as an excuse to quit when the going gets tough, and quitting the cleanse prematurely is more awful than you may initially think (I'll expound on this in another post).

Here are a couple of points that are helpful to keep in mind when your cravings start to get the better of you and you're tempted to throw in the towel:

- What I love about fasting is that it gives us a chance to balance an imbalance before it becomes a disease. Master Cleanser is the state of the art health care for your body and it is helping us catch any possible difficulty before it becomes too serious.
- The body embraces the fast and the digestive system is able to take a much-needed rest, focusing all of its energies on cleansing and healing. White blood cell and immune system activity increases.
- After fasting for several days, the body goes into a condition known as "autolysis".

This is when the body starts to feed on itself because you are giving it no solid food to feed off of.

Fortunately, the body in it's brilliant design feeds on only the weak, diseased, dying, or dead cells. All of the vital organs, the heart, liver, kidneys, and the brain are spared and because of the absence of all of the sickly cells in your body, your vitals are actually rejuvenated and made healthier because of the clean bloodstream and unadulterated oxygen now circulating throughout your body.

☐ Typically the less a person eats the longer they will live. There is no such thing as an obese centenarian.

Written by shivabliss on the Master Cleanser Forum

I strongly encourage you all to check out her extensive thread at:

<http://www.mastercleanser.com/forum/viewtopic.php?t=6406&postdays=0&postorder=asc&start=15>

The Lemonade Diet - Day 3

Hey Tika, hey everyone :)

I don't know about words of wisdom, but you put it rather nicely yourself when you wrote ""i'll try if i have the energy"". Listen to your body and (warning! cliché coming up..) take it easy. As long as you're not putting yourself in any situations where you might physically harm yourself you should be fine. Remember, it's important to stay active but tone it down a couple of notches while you're on the cleanse since you're only taking in a few hundred calories a day.

And Lindsey, I share your feelings totally. I don't know how I made it through my 10-day cleanse last year without the support of a group of likeminded people like this one.

supportive hugs all around (aww....)

-anna"

2009-01-03 10:00 AM

"Some food for thought for my fellow cleansers:

welcome to DAY 3!! Or for those of you doing the ease-in, welcome to Day whatever :)

I don't know who ""they"" are, but I sincerely hope that they're right about the first three days being the hardest, because that means it'll be relatively smooth sailing from here on out.

Pat yourselves on the back! You've already come a long way, regardless of whether you're planning on cleansing for 10 days or, even better, much longer than that.

It WILL get easier with each passing day, as you see the wonderful results your marvellous resolve and will power have brought about.

Also be aware that you've more or less reached the point of no return. Quitting, as in eating, is NOT an option.

The coming days will likely bring detox symptoms, which tend to be different for everyone. Remember to bundle up (I'm typing with gloves now), drink at least 1/2 a gallon of water daily and don't freak out if you feel sick. That's a very good sign that the

cleanse is taking effect. Your body has to expell all those nasty toxins before it can heal itself.

I understand that you may feel weak at times, even scared, so take it one day at a time, lighten up and try to embrace the experience. Re-read others' posts and PLEASE inform yourself of the harmful effects of ending the cleanse prematurely. It's extremely traumatic, both physically and mentally, especially if you are in the middle of a detox period and your body is trying to rid itself of poisons. You're not doing yourself or your body any favours by aborting this process.

On a more serious note, I ask you all to remember that quitting, as in giving in to your cravings and going straight back to solid food, is NOT an option. And please, if for whatever reason you "" must "" quit, be sure to ease out of it properly (diluted juice and lots of water for 2-3 days) before slowly phasing veggies and fruits back into your diet. When I ended my first cleanse I went back to solid food much too quickly and it really screwed me up :(

I don't want the same to happen to any of you wonderful people! I cannot stress the importance of coming off the cleanse properly enough. Will post more on that later.

Take comfort and draw strength from your friends, your MC family here, and do whatever you can to make this journey a joyful, positive one.

Don't underestimate the importance of positivity and groups such as this.

Unfortunately I am in a different time zone than most of you, but if you want to get in touch:

myspace:

<http://profile.myspace.com/index.cfm?>

[fuseaction=user.viewprofile&friendid=408506633](http://profile.myspace.com/index.cfm?fuseaction=user.viewprofile&friendid=408506633)

facebook:

<http://www.facebook.com/home.php?#/profile.php?id=1441478485&ref=profile>

cheers, everyone!

-anna"

The Lemonade Diet - Day 4

Thank you for your touching words, Sandy. I'll add your wonderful feedback to the long list of today's positives :)

Have exactly the same to report as you, except for the bit about Days 1-3 being challenging. I don't know why I haven't found them as hard as the vast majority of my fellow cleansers seemed to. Personally I found them fantastic.

Also feeling strong, light, calm and with each visit to this forum and each post i read from you people (I make a point of reading through each and every one) my certainty grows that I can and will see this through to the end.

Can't believe tomorrow is Day 5 already, you guys. On my first cleanse it felt like the days just stretched out, time moving at a snail's pace. Not the case this time around.

I'm seriously considering changing my goal from 21 days to 30, but there's still plenty of time to decide. And it will be my body that makes the decision.

May you all have an equally positive day!

-anna

2009-01-04 1:48 AM "hi akmommy & welcome!

For those of you struggling with cravings, I totally sympathize with you, because I've been there myself. Most of us have.

A lot of people mistake their cravings for hunger, but by now most of us cleansers here have learned to tell the difference between the two as this journey has helped us grow more connected to our bodies and to listen to them. Hunger, true hunger, is when you would literally eat ANYTHING placed before you in order to survive, be it a sock, a worm or even another person! Fortunately few, if any, of us have ever felt this way.

Cravings, however, are only too familiar to us all. They're the little devil on our shoulder who whispers, ""wouldn't some _____ be GREAT right about now..?"" and ""God, I'd KILL for some _____!""

The funny thing is on my first cleanse the cravings didn't hit me at all until like the 5th or 6th day. I also took to biting my nails just to have the sensation of chewing something!

You'll laugh but when I started my first cleanse I was reading the guidelines you have to follow and one of them was like ""no cheating! Putting food in your mouth and then spitting it out is not allowed"" and thinking to myself, what sort of pathetic, food-crazed loser would DO such a thing??

By day 6 I was glad I'd read that because I was actually tempted to do it!!

Here is the best comfort I can offer you: The only thing that will prevent you from caving in is your own resolve to achieve your goal and get the fabulous results you want. The cleanse is not for the weak or those of us who never really grew up mentally.

Think of your weakness as a small child. And not a cute one, but rather a spoiled brat who screams and throws things and behaves insufferably until it gets its way. You are the parent who has, for the most part, let this kid become this way and now you are going to finally assert your authority over it. Once it sees that it's no longer the one running the show, it WILL back down.

What better time to break your destructive patterns and habits than right now?

Everything starts in the mind and you are the one who's in control. Don't forget that.

""The basis of character is willpower""

-Oscar Wilde"

The Lemonade Diet - Day 5

Just did my SWF and thought I'd check in while I am waiting for the flush to take effect.

WOW! Such a nice surprise to see that so many of you have written! Hi to you all :)

Hunger and cravings seem to be an issue for a number of you who posted today (yesterday by the time you read this), so I thought I'd say a few words about that.

Even if you're doing the MC mainly to lose weight, please remember to listen to your bodies and feel free to go heavier on the maple syrup and even up your intake of lemonade to make the first 3 days easier on yourself. You'll still lose weight, don't worry. When you're feeling bad, a short walk (outside, preferably) can work wonders. Also, don't

forget to get as much water down you as you can stomach.

For many cleansers, the cravings for food are strong the first 3 days and then leave entirely. Others struggle with them throughout the whole cleanse. Don't forget that cravings are mental and if you let your mind focus on food you are not exactly making the journey easier for yourself. Further along in the cleanse you may experience some cravings so strong that they're more like withdrawal symptoms and if you're a sugar or caffeine addict, odds are that's EXACTLY what you're going through: withdrawal.

Some of us, whether voluntarily or not, do what Catholics would call "putting ourselves in the occasion of sin," in other words place ourselves in situations where we know we will be tempted or likely to do something "bad".

While I am not a Catholic or even a religious person, allow me to continue along these lines for the purpose of analogy.

Liken yourself to a priest, a nun or a monk for the duration of your cleanse. You have a higher goal, a path you've chosen. This choice means that you will have to renounce certain things. In the priest's case it is, to choose just one example, sex. In our case it is food and all beverages (except of course lemonade, tea and everyone's favorite: the SWF).

If you liken your fasting/cleansing goal to a period of celibacy (including masturbation and indeed any so-called 'impure thoughts') the last thing you'd think to do would be to pop a porno tape in the VCR, right? Granted, you may be strong and your resolve unshakeable. It is not beyond the realms of possibility that you may be able to fight your urges and make it through the entire film without getting aroused, but why... WHY would you put yourself in such a situation to begin with? ;)

On the same lines, some of us will leaf through the odd “dirty magazine” (anything with pictures of food in it) or attend the odd orgy now and again (dinner parties and lunches with friends). We may be strong enough to resist the temptations we’re subjecting ourselves to, but we’re not exactly doing ourselves any favors.

Cleansers call it “food porn”. A very fitting term indeed. Some openly admit to subjecting themselves *intentionally* to reading enticing recipes, staring longingly at bakery window displays and watching others eat (I won’t bother spelling out the analogy on this one, folks!;)

Be kind to yourselves, but remain firm with your “inner brat”. And stay strong. You can do this!

Gotta dash. My tummy’s gurgling like no one’s business!! :)

2009-01-05 1:55 AM hi magoo

up your sea salt to 2 1/2 tea spoons per quart and see if that works better for you :) And lie down on your right side for 30 mins after you drink your SWF.

After that walk around or sit up and massage your tummy with circular motions until it gurgles. If your SWF doesn’t work at all (it happens sometimes) you can do a 2nd one, maybe 2-3 hours before bed this evening.

Hope it goes better next time!

2009-01-05 8:46 AM ~ * DAY 5 * ~

I so admire your resolve, Victoria! Hmm..snack bar, eh? I guess according to the analogy

that'd make you something like a priest working in a brothel? :)

Cleanse on, sister!

My clothes are hanging off me and I've got a serious case of the "chillies" (yes, I am typing with gloves, as usual when on the MC) but no major detox symptoms to report yet.

Oooh! Tried Oil Pulling for the first time ever this morning and will practice it 2-3 times a day throughout the duration of my cleanse, since it's supposed to help protect the teeth and is also extremely detoxifying. I'm curious which results I'll see.

Also brushed my teeth with olive oil soap (who knew you could brush your teeth with SOAP?) as directed after I finished the 20-minute oil pull. A day of firsts, indeed!

Couldn't find Epsom salts anywhere, only sea salt for baths so I bought a mineral-mud-sea-silt packet thing instead and a rough loofa glove thingamajig for scrubbing the toxins off my skin. Will treat myself to a long hot bath later :) Doesn't that sound like a good idea, everyone?

I'm loving this journey so much and feeling fantastic. Still no hunger or cravings whatsoever. Hope it stays that way.

hi Carrie and welcome to Day 1! How exciting :)

That's really cool that your friend is doing this with you.

If I can be of help, let me know. Feel free to get in touch:

<http://www.facebook.com/home.php?#/profile.php?id=1441478485&ref=profile>

Like you, Brandi, I'm also on DAY 5 and not hungry at all, and I am pleasantly shocked (&& is that a term?) by that.

I know I did a number of things wrong on my first cleanse, but I never imagined this one would possibly go this smoothly! A great deal of the credit goes to you guys and this forum. I really don't know how I managed the first time around without any kind of support system (other than a supportive-but-slightly-uneasy-about-it boyfriend.)

Cleanse on, my MC brothers and sisters!

The Lemonade Diet - Day 6

Sorry to keep mentioning this, but are you guys watching your pulp intake? I didn't know about not drinking the pulp during my last cleanse and my cravings were just terrible. This time I've been straining the pulp (thus insuring no solids go into my system) and I haven't had one single craving yet. NOT ONE. Just a thought. Try it and see if you notice any difference.

Really sensible idea to steer clear of the TV, Yonni. If you want to watch something pop in a DVD instead. (just not King of Queens, LOL)

Love the idea of a spa day as a reward, Kristen. I did a mini spa day at home (long hot bath and body scrub) yesterday evening to thank myself for going along with the MC plan and behaving so well. I felt like a million bucks afterwards.

An hour-long (or whatever you can manage) walk outside with a friend or alone with your

iPod is just the thing for boredom or stubborn cravings, though you may need a little nap when you get home. Fortunately I love both walking and sleeping :)

Sorry Mickelli, but Angi's right. Nothing but tea, lemonade, SWF and wheatgrass juice (optional) for you during the cleanse. Gotta be really strict with yourself.

Kerrin, it is normal to feel lousy at first and those who make it past the first 3 days without at least one such crisis can consider themselves lucky. The more toxins and addictions you have to get rid of the worse you'll generally feel. Hang in there and treat yourself to a bath or a nap whenever you can. And don't be stingy with the maple syrup in your lemonade on days 1-3. Things tend to straighten themselves out by day 4, 5.

Tanya & rissx, lots of us here are emotional eaters. It's the culture we grew up in (as we can clearly see when we look at the physical condition of the average American). Instead of trying hard not to think of food, turn your focus toward other things you enjoy. Laugh as much as you can during this time. Remember, the journey is as important as the destination (or something like that... :)

Oh, and I think I can safely say that feeling cold is a pretty universal thing amongst cleansers. I call them "the chillies", and when you've got a case of the chillies there's no shame in bundling up! The Native Americans would call me "types-with-gloves" :)

Lighten up people! And I mean that in every sense of the word. You're not punishing yourselves. That's what you were doing before you started this journey. Now is the time for healing and rebuilding, for learning from our past mistakes and changing our way of thinking to one that benefits us.

Supportive hugs,

The Lemonade Diet - Day 7

I love the inspirational quotes idea, Kristen!

My spirits are high today, despite the gloomy weather. Went for a long walk to gather provisions for the next few days and guess what?? Organic lemons were on sale! 30% off!! :)

Also got some detox bath salts which should last me through the next 3 weeks, so looking forward to a hot bath every other day or so. Great little self-reward.

Meeting with some friends tonight for the first time since starting the cleanse. Hope I don't get too many funny looks when I order water.

Have a great day, everyone!

The Lemonade Diet - Day 8

Like Wendy, I'm feeling great, calm but energized all at once. Really like my better self is emerging and I like her a lot.

I was so happy just to bundle up, crank up my mp3 player and walk for an hour this morning in the sun. I could've skipped, i was so full of bouncy energy.

For those of you having a tough time, hang in there. I cannot stress the importance of

movement, water and busying yourself with things you love.

I love your inspirational quotes, Kristen! One that recently struck a chord with me is:
""NOTHING TASTES AS GOOD AS THIN FEELS""

hang in there, cleansers!

The Lemonade Diet - Day 9

Nothing major to report today. Just the usual: no cravings, feeling fine, bla bla bla :)

Just a little peeved because I don't think my scale is very reliable so I have no way of knowing how much I've lost today.

Oh well. As long as things continue as swimmingly as they've been going so far I have every intention of seeing this thing through to the whole 30 days.

I'm glad things are looking up for the rest of you. Hang in there!

The Lemonade Diet - Day 10

that IS pretty amazing, when you think about it, provi. Have I mentioned how much I enjoy your posts?? :)

My spirits are a little better today than yesterday, though not enough to get me out of the

house. I'm detoxing and don't feel like facing anyone today. Thankfully my boyfriend left this morning to go iceskating with his little nephew so I have the place to myself (and the internet, hehe) all day.

Wrote a long email to my mother and did my best not to sound too preachy. She and my dad are both obese and diabetic and on LOADS of medication. Today she commented that she hoped I knew what i was doing. So I informed her of the cleanse and the benefits of fasting as kindly as I could. Hope she takes it well.

The Lemonade Diet - Day 11

Ditto Robin! I'm not even half way through my cleanse and I'm already starting to run out of steam. It is a bit tedious to feel like one's life is ""on hold"" but I really cannot complain. I've had the easiest time so far and I'm going to keep going. I'm holding out for all those marvelous benefits I'm sure I'll see.

Grey and snowy today. Could mean yet another day of sitting inside unless I get motivated to go for a walk... Not looking likely. God, i'm lazy.

I'm so proud of everyone who had made it this far. Seems my online cleansing partners are dropping off left and right.. very sad :(

The Lemonade Diet - Day 12

Oh wow.. I'm sorry today was so tough for so many of you! My stomach was growling the whole evening yesterday, but not at all like hunger growling. In fact, not like any growling I've ever heard before.

Yesterday evening I was confronted with my very first craving when I was preparing sandwiches for my boyfriend. The garlic spread smelled so good! But still no hunger at all and I am going to see this thing through because I've set my goal and frankly no food is worth it. The results are endlessly more important to me.

I know a lot of you have lost the will to go on and if you're not in tune with this cleanse then there's not much you can do. But if you can, hang on! You're doing this for your health. There will be plenty of time to eat later. Your body will thank you.

The Lemonade Diet - Day 13

Had a bit of a rough evening yesterday, was grumpy and slightly depressed. But the thought of giving in never crossed my mind.

On the rare occasions when food does enter my thoughts I think of something I read a few months ago about soldiers being held in P.O.W. camps at the end of WW2 and not getting any food for two weeks. And I think to myself: those men didn't know when/if they would eat again and they pulled through. I don't have to live with the fear they did, nor am I exposed to the elements like they were. Unlike them, this is my choice. I choose not to eat because I am cleansing my body and I am warm and safe. Then a feeling of gratitude comes over me and I embrace the experience all over again. And I know I can do this.

Just thinking out loud.. again.

-anna

The Lemonade Diet - Day 14

Such beautiful words, SanDee! Thank you for sharing.

And Kristen, if you feel you should stay on for another day or two, you'll definitely be glad you did. I've read in a few places that the body tends to detox in 7-day cycles so the 14th day would be a much more sensible place to stop the MC than Day 10. Detoxing twice as opposed to once.

It's my 2nd week and I'm looking forward to eating again too (I could have killed for a banana yesterday evening!!) but I'm looking forward to the results even more, so I'm staying on for at least another week. My body will tell me then if it wants to go for 30 days or stop at 21.

-anna

The Lemonade Diet - Day 15

Good for you, Kristen! You made the right decision and I'll have your back for support as long as you need it :)

Went out with a big group of friends and three of them ate some really delicious looking ciabatta with fresh mozzarella and tomato. It looked SOOO good and although I have no

hunger whatsoever I really miss the taste of food. It's hard to believe I haven't eaten since last year!

I've pre-mixed 2 servings of lemonade to keep me going. I'm out the door to babysit in Vienna for a couple of hours but I'll be running all over town organising strings, a new case and a new bow for my violin. Plus it's a half-hour walk to and from the station in the snow, so I'm drinking as much lemonade as i can before I have to go.

To those of you feeling awful after having eaten your first meal, I understand both how you feel and why you feel that way. The best you can do now is listen to your body and don't forget the probiotics!! Lay off all meat and dairy for a while and stick with fresh fruits and veggies. And chew until it's liquid in your mouth. Hope you're feeling better soon.

-anna

2009-01-15 9:30 AM rissx,

don't be so hard on yourself.

Email me if you need a cleansing buddy or just want to talk.

north82@gmail.com

-anna

Ease-Out - Day 1

Kristen and SanDee, I am so proud of you both!

Today started off normal with the SWF and lemonade for breakfast when my body suddenly told me it was time to end the cleanse. It wasn't hunger because I am still not the least bit hungry, it was just a feeling.

So I went out and bought oranges as well as spinach, cucumber and bananas for the ""green smoothies"" I am going to be on for the next weeks after I do 3 days of diluted OJ.

About coming off the cleanse, since we've done longer than the usual 10 days we should take at least another day, so 4 ease-out days instead of 3. The general rule is 1 ""recovery"" day for every 4 days you were on the cleanse.

DAY 1: Diluted OJ all day-- small sips, don't drink too fast. Plenty of water. And don't forget the probiotics!

It's best to take them an hour before or after the OJ. And no more SWF from now on, though you can continue the lemonade if you choose. Many do.

DAY 2: Diluted OJ (same as Day 1)

DAY 3: Diluted OJ for breakfast, undiluted OJ for lunch and if you feel ok a clear vegetable broth for dinner

DAY 4: Undiluted OJ, start adding fresh fruits and make sure to chew until it turns to liquid before swallowing! Your stomach is still very vulnerable at this point.

DAYS 5-7: you can start adding fresh veggies and salads at this point, always keeping the

portions small and eating slowly so you can keep track of how your body is reacting to everything.

Hope this helps! :)

-anna"

Ease-Out - Day 3

Oh Mychel.. you poor thing. I'm very sorry to hear about your loss. This must have been a very trying time for you, both physically and emotionally. You're so strong. My thoughts are with you.

Kristen, I'm so very proud of you for not only completing the cleanse but for going over the minimum 10-day requirement. That is really an accomplishment!

Use the coming ease-out days to plan all the delicious and healthful new additions/replacements in your diet.

Today I drank some undiluted orange juice and had my very first, small and extremely well-chewed bite of food in 17 days. It was an orange.. nothing ever tasted so sweet. I'm drinking lots of lemon and sauerkraut juice and tons of pre- and probiotics. For lunch I had a few bites of cucumber and for dinner I may try some steamed broccoli. Tomorrow I will take my first cautious steps toward an actual meal.

2009-01-22 6:00 AM oh definitely, francesca. In fact, you'd be amazed how many people feel worried about going back to eating. I certainly did this time around.

You're making a very sensible choice staying on the cleanse. 14 days is, IMHO, a much more beneficial goal than 10. Good for you for listening to your body. Now's a good time to stock up on probiotics and oranges for your ease-out phase.

Great job! You should be really proud of yourself :)

Weight Loss & Physical Effects

The Lemonade Diet - Day 1

I'm much the same as you, Andrea. How many girls wouldn't mind shedding a few pounds, happy though we may be with our current weight?

It's all about the cleanse, though I am rather curious how much weight I'll lose in 3 weeks. I've never dieted or done anything remotely like this cleanse.

You're lucky to have found the tea. I can't seem to locate Senna tea or indeed ANY laxative tea here in Vienna :(

Oh well.

The Lemonade Diet - Day 2

(I'm a good 7-8 hours ahead of most of you)

Dear Kristen,

I really admire you for having not only the courage to take this amazing journey with us, but also for being so open and no-nonsense about your current weight and your goals. I just know you're going to surprize yourself when it comes to the results you'll see. No need to be disappointed. You're leaving the old Kristen behind and the new one will gradually emerge over the next days and weeks, if you do decide to stay on the cleanse longer.

Woke up and weighed myself before doing the SWF only to find I'd lost nearly 4.5 pounds, and that's DESPITE having drunk a total of 4 liters of water altogether (technically 5 but the SWF doesn't count as it goes straight through you.) I'm normal weight, by the way. Imagine how the weight will melt off those of you who are setting out to lose quite a lot!

It's 11 pm now and it doesn't look like the sun is coming out today. Anyway, I'm off for my 1-hour walk, sun or no sun!

Good luck and positive energy to you all :)

Supportive hugs from Austria

-Anna

The Lemonade Diet - Day 3

I'd lost another 4lbs when I weighed myself this morning. No actual cravings yet *knock on wood* but some mild physical hunger. Fortunately it was nothing I couldn't deal with and the lemonade fixed it instantly. Will be on water and more water for the rest of the day since I've made it through 5 lemons already and it's only 1:30.

CookiePie,

what makes you think you have a bladder infection, exactly? DAY 2 does seem a bit early for serious detoxing to rear its head, but unless it's so serious that you're thinking of seeing a doctor I wouldn't use that as a reason to end the cleanse prematurely. Can anyone else offer some helpful advice to Cookie?

-anna

2009-01-03 11:55 PM I really hope the next days and the rest of the cleanse go more smoothly for you and your brother, Laura Faith. I didn't think the detox symptoms kicked in until later on but recently read that they can show up immediately for some people. Try to keep in mind that each day that passes you are physically better off than the day before, and that even if you feel awful it's likely that you're detoxing and will feel much better afterwards. Better to have those toxins out of your body than in.

p.s. I think that's really good advice about not getting on the scales daily, Wendy. Especially for those of us who are doing this primarily to lose weight and cannot imagine going a day without weighing ourselves.

The Lemonade Diet - Day 4

Thanks for the supportive words, Mitch. Much appreciated!

I decided not to weigh myself this morning and drank my SWF instead, since like Mitch and others here have suggested, it's best not to focus too intensely on weight loss day by day, but rather here and there. I made that mistake the first time I cleansed and it really messed me up. My main objective is to detox, first and foremost. Toxins are stored in fat, so I'm glad I'll be losing some of that, whether I "need to" or not.

But during my little nap today I could actually feel how much smaller my thighs and waist

have become. All that extra water I'm drinking is the key, I know it is.

I love cleansing because everything is regimented, like being in the army. You know what you have to do, what you can do and what you can't. No slip-ups allowed. Everyday so far I have met my predetermined goals of keeping this journal, drinking 1/2 gallon of water in addition to the lemonade and taking a 1-hour walk. Yay!

Have a fantastic cleansing day, everyone!

-anna

<http://www.facebook.com/home.php?#/profile.php?id=1441478485&ref=profile>

The Lemonade Diet - Day 5

Brandi,

My teeth became annoyingly sensitive last time I cleansed and from what I've read it's really common among cleansers, so no worries. Have you tried oil pulling before?

<http://www.rawfoodtalk.com/showthread.php?t=29691&highlight=pulling>

It's supposed to be good for all kinds of teeth pain, headaches, and a plethora of other ailments. Plus it helps the detox process along. I just tried it for the first time today and I'm already a huge fan.

So far I've lost about 9 lbs and will not be monitoring my weight for another few days since that's not my priority.

Lots of positive energy to you all!

-anna

2009-01-05 2:37 AM Radhiya,

sorry about your hunger headaches. 9pm is maybe a tad bit late to have another lemonade but if the pain is really unbearable treat yourself to a glass or two and be generous with the maple syrup. That ought to fix it. Alternatively, you could have a big glass of water (or 2 or 3), maybe open the door or window and get some fresh air.

I've also heard from fellow cleansers that doing another salt water flush (yes, that's right!) works like a charm for both headaches and stubborn cravings.

Hope your headaches stop soon.

The Lemonade Diet - Day 6

Don't listen to the scale, Kristen. I haven't even bothered weighing myself the past 2 days because I know that would only discourage me (it certainly did the first time I cleansed) and anyway you're taking on so much in liquids it's hard to get an accurate reading. The weight is going to melt off, you'll see.

Don't forget your SWF and 1/2 gallon of water everyday!

How messed up is it that I'm jealous of your mucous, tika?? I wish I was detoxing as evidently as you are.

Holly, yes I did see instant results in that my teeth are whiter and less sensitive to the lemon juice after only doing the oil pulling 3 times. But I'm REALLY excited and curious to see what results will come a few days & weeks down the line, especially with regards to my problem skin. I'll keep you posted.

Right after this morning's oil pulling I hacked up a lot of thick, nasty mucous (sorry if that's too much info, or as Tika would put it -- "an overshare") and I'm not a smoker or sick with a cold either so SOMETHING is happening :)

OMG Kim, I'm so sorry to hear that. I'll put you in touch with an expert on facebook if you want. Which day were you on? If you were very far into the cleanse this is a pretty serious slip-up.

The Lemonade Diet - Day 7

Oh. My. GOD!!

Sooo glad I put off weighing myself for a couple of days. Imagine my surprize when I stepped on the scale just now. 116 pounds!! I started at 137.5!

I'm actually 4 lbs UNDER my target weight. And it's only Day 7!

I'm walking on sunshine today, folks.

:))))

speechless

good energy to you all,

The Lemonade Diet - Day 8

Sorry to those of you who aren't losing weight as quickly as you had hoped. I still can't fully accept that I've actually lost this much weight. I was sure the scale must be broken and even had my boyfriend weigh himself to check that it wasn't. (Nope, it is working.)

But what I'm really scratching my head over is the fact that my clothes still fit more or less the same (???) Ok, I'm looking marginally thinner but no really evident signs that I've lost that much. Strange.

On my first cleanse I hardly lost any weight at all. Very mysterious indeed...

The Lemonade Diet - Day 9

Thanks for all your kind words but before you get too discouraged about your own results, I'm still fairly sure there is something wrong with the scale. There just has to be! My boyfriend bought it recently so it's fairly new. Anyway, I really don't trust it. It seems each time I step on it I've either gained or lost an amount I don't consider to be humanly possible, let alone plausible.

Will not be weighing myself again until I have access to another scale--I want a 2nd opinion. I never did trust these electronic scales and I'm fairly certain that ours has a glitch of some sort. Sure, I feel slimmer and lighter, but not 20 lbs lighter! LOL

Perhaps I'll ask my neighbour if I can use her scale...

p.s. I know what you mean about the glowing skin. Mine has never felt softer!

2009-01-09 11:03 AM Sorry, that previous comment was mine, btw. Don't know why my computer logged me in as 'anna'.

:)

The Lemonade Diet - Day 10

This cleanse is going so much better than the first one I did last fall. I feel so in touch with my body and spirit this time around and feel so fortunate to have made it ten days without a single bump in the road.

If all continues to go well I will resume eating solid food sometime around March, starting with raw fruits and vegetables. February will be mostly juices to reintroduce my body to the routine of processing pulp and to gently restart my digestive system, which is currently being given a rest.

I've been reading up on water fasting and intend to try it at least once over the next 3 remaining weeks of my cleanse. I've never heard of anyone dying from a fast (juice, water or otherwise), though I could name plenty whose unhealthy American junkfood diets have killed them.

I went into this cleanse quite healthy and at a normal weight, but with the intention of releasing the numerous toxins I had accumulated over 18 years of living in that most toxic of countries.

Whatever weight I do lose during this cleanse I will, for the most part, replace with healthy weight once I finish, so there is no need to fret.

Aside from the physical and emotional wellness I've attained from this journey so far, the most rewarding thing of all is knowing that I'm allowing my body to heal and rid itself of toxins which would have become illnesses later on in my life. Cancer and diabetes are not for me, nor is the multiple medication culture I grew up with.

Be well, everyone!

The Lemonade Diet - Day 11

I'm with wendy, court & kristen. To hell with the scale. It's just as well that mine is broken. Perhaps it's a sign from the universe or something.

It does feel nice to not be at the mercy of my weight or let some silly number determine whether I'm going to be sad or happy today.

Maybe I'll go the whole hog and not weigh in until the end of the month when I finish the MC. Could be like waiting until Xmas to open a present :)

Sorry to hear about your struggles with the tea & SWF. I really hope you won't lose heart, though. And don't give up! The benefits of the SWF totally outweigh the drama and discomfort of getting it down you. Like one of the other people here wrote, without the SWF you're not technically doing the MC.

If at first you don't succeed, try try again!

The Lemonade Diet - Day 12

I'm swinging between elation over my healthier-looking skin & my slimmer, lighter, (and yes) sexier body and grumpiness which I can only attribute to the toxins that are leaving my body.

Elizabeth, email me: north82@gmail.com

And stay away from the scale, people. You're going to lose weight, just let it happen. But you're taking on so many liquids you're not going to get an accurate reading anyway, so save it til later if you can.

The Lemonade Diet - Day 13

You should be very proud of yourself, Victoria. You're a hero.

I'll be putting off weighing myself a bit longer. Maybe even til the end of the cleanse. I can totally see that my body has changed and my skin is looking clearer and more radiant. And I, too, hope to use this cleanse as a kick start into a healthier diet, including regular 1-day fasts. I've fallen in love with fasting due to this experience. It's so good for the mind and body, plus it promotes a true appreciation of food— and by that I mean fresh, natural produce.

I'll have to wait quite a bit longer for that first lovely cup of vegetable broth, but I'm looking forward to it!

The Lemonade Diet - Day 14

Was briefly but sorely tempted to end my cleanse tomorrow but thankfully the despair passed. The results are already so nice and I want more!!

I'm even wearing my sexy summer trousers (over wollen stockings, naturally) when I go out this evening. I know the guys in the group will like what they see and that's a nice feeling.

As I've said before, I wouldn't be doing the MC if I just wanted to lose weight (because frankly there are quicker and, yes, easier ways to drop pounds) but the weight loss I have experienced is certainly a nice little bonus.

Ease-Out - Day 3

I'm most definitely on board for doing another cleanse with you guys, perhaps in the summer. While I didn't set out to lose that much, I'm extremely satisfied with my current weight and will do what I can to maintain it. I've learned so much about nutrition and keeping my body going the past few months and weeks.

I just love how I feel right now, though I am disappointed I did not keep going for the planned 21 days. Next time I cleanse this will be my goal, though.

Congrats again, everyone!

2009-01-18 11:12 AM P.S.

Here's an idiot-proof site listing low and high G.I. foods.

<http://www.bellaonline.com/articles/art4474.asp>

And the good news for those of us with a sweet tooth: chocolate (70% cocoa or higher), sorbet and some kinds of ice cream are allowed! :)

Detox & The Salt Water Flush

The Lemonade Diet - Day 1

Glad you made it through, genki & andrea.

Jeez.. everyone complains about the SWF. I feel like a bit of a freak for not joining in.

I'm just such a fan of the SWF, and the benefits far outweigh the bad taste.

Ok, it's not pleasant but I can think of about a million things that taste worse.

Before I came across the MC I didn't even know you could give yourself an oral enema using sea salt and water. Think of how great that is. To give your insides a bath without spending money on expensive products, clinic visits or harmful chemicals that really aren't that beneficial to your body.

I was upset to learn that some people were so put off by the SWF that they forego it altogether or even quit the MC because of it. I don't wish to sound judgemental but this seems like a rather childish mentality. Wanting the result with none of the process. It's only 5-10 minutes of your day. Grow up and take responsibility, for goodness' sake :)

Just try to switch off your brain (and taste buds) for the 4 or 5 minutes you need to get it down and I'm sure it will get easier with each day you do it.

Some of you out there have probably tried a liver flush, which is a combination of olive oil and grapefruit juice. Granted, I've never tasted this *delicious* combination myself, but personally I'd prefer the ""nasty, horrible, terrible, disgusting, unBEARable""

saltwater.

Don't give up, people!

Good luck to you all.

-anna"

The Lemonade Diet - Day 2

good for you, andrea! Chin up, it'll get easier over time.

And don't be scared veggirl & cookiepie. The first times with the SWF are a bit experimental. The temperature of the water may have been the cause, or the salt level. I tend to use 2 tsps plus a bit more for good measure. In my experience using too little salt will make the flush take longer or sometimes it won't work at all. Terrible to put yourself through the trauma of drinking that whole bottle only to find that you're retaining it instead of eliminating. I say err on the side of too much salt rather than too little.

p.s.

Like many people, I also misread the instructions on my first SWF and used two TABLEspoons of salt instead of teaspoons. Quickest results I ever had *LOL* :)

2009-01-02 1:23 AM "FOR THOSE OF YOU WHO ARE NEW AT THE SALT WATER FLUSH:

1.) Fill a Quart (32 oz or about 1 liter, that is) bottle with lukewarm water and 2 TEAspoons of uniodonized sea salt (regular table salt is no good for this, sorry!). Either empty the 2 teaspoons of salt into the bottle or if the neck is too narrow get a cup

and mix the salt and water together before pouring it into your bottle. Be sure to shake/mix it well before drinking.

2.) It's recommended that you sit up straight while drinking this. A cozy spot on the floor where you can sit with your back against the wall is a good idea.

Do not gulp it down or sip it slowly, but rather find a pace you can tolerate and try to get it all down within 5-10 minutes.

3.) Once you've finished, lie down on your right side for 30 minutes. Your stomach is like a teapot and you are ""pouring"" the saltwater out this way.

4.) After this you can go about your activities as normal. Whether you're walking around or sitting, the SWF will take effect (generally between 30 minutes to 2 hours)

Tip: after your 30-minute lie-down you can gently massage your stomach clockwise and counter-clockwise with your palm until it begins to gurgle.

Remember! The desire to go the bathroom will come suddenly and will be very strong, so whatever you do make sure you are near a toilet and have plenty of toilet paper. As a rule you will likely have to make at least 2-3 dashes to the toilet over the space of an hour.

Good luck!"

2009-01-02 9:56 AM wow, thanks for warning us, prov. About how many days/weeks into the cleanse does this occur? (the orange-like substance, I mean)

The Lemonade Diet - Day 3

I think it's great that you're letting us know what to expect, Prov. Gross though the truth may be ;) Some people get freaked out when even the mildest detox symptoms start to crop up (which is a rather important part of the process, they forget) and use it as an excuse to ""punk out"". You said it! The more you know and read up on what to expect the better off you'll be.

Genki, that's FABULOUS news that your SWF went better today :) I think a lot of the dread and nastiness people associate with the SWF is psychological. It's all in their heads. Everything starts in the mind and if you tell yourself over and over ""this is going to be awful"" ... surprise surprise! It WILL be :)))

Fortunately, the opposite also applies. Keeping your mind distracted and your thoughts positive will go miles toward making the SWF a more bearable experience. Embrace it. It's not a punishment, it's there to help you.

Hey, my tongue has turned white too! When i saw it yesterday I jumped for joy. I'm detoxing! YAY!!

keep me posted, people :)

-anna"

2009-01-03 11:59 PM mychel, if at all possible I strongly suggest that you do the SWF first thing in the morning when your stomach is at its emptiest. And remember it's better to use a tad too much salt than not enough.

Happy cleansing!

-anna

The Lemonade Diet - Day 4

Your posts are such a treat to read, provl. They're informative, encouraging and always make me smile or sometimes laugh out loud.

I will try to find some epsom salts tomorrow, hope one of the shops here carries them. Oh the fun of living in a village...

Still feeling fab now on Day 4, though I opted to do a second SWF last night before bed since the morning one wasn't very effective. Too little salt, no doubt. I was groggy.

I have no reason to complain. Sure, I'm broken out, my skin is dry and splotchy, I'm bundled up in about three layers of clothing and frankly not feeling even remotely attractive. But I work at home, you see. If I so choose, I can go for days, weeks even, without having any social contact with anyone I don't want to see. I don't have to wear makeup to cover up the spots or do my hair or even pick out what to wear each morning.

Which is why I want to say KUDOS to all of you who are going about your normal lives and jobs while on this cleanse. If I'm honest, I strongly doubt I'd even consider attempting the MC in any other situation than the convenient one I find myself in now. You are all so strong for taking on this challenge in addition to your numerous other responsibilities and I wish you all the best of luck on this journey.

We will suffer, we will be mocked by others and we will probably transform into ugly little

ducklings as years of accumulated toxins seep from our bodies. But we will emerge as swans :)

-anna

The Lemonade Diet - Day 4

Dear Brandi,

I'm sorry to hear you're having such a hard time with the SWF but please don't give up on it. You would definitely be missing out big time when it comes to your results and benefits during the cleanse.

The SWF is a central element of the MC and cleans your system out more thoroughly than any lax tea can come close to doing. I wish you more luck with it in future.

It's Day 5 for me and I still feel fantastic. Just did my second oil pull (i'll do a 3rd before bed) and I can't recommend it highly enough, people. I'm also interested in adding wheatgrass to my daily regime during the cleanse (and after) but all they had at the health food store was tablets or powder and I don't know if they're just a waste of money(?) I hope I'm able to find fresh somehow. Seems rather complicated :(

-anna

2009-01-05 2:43 PM "I don't think it's lame, Wendy. You're just being honest with yourself and with us. I'm not going to say ""I'll never ever touch unhealthy food again after this cleanse"" . In fact I picked up some Lebkuchen (gingerbread cookies-- post-Christmas discount y'all!) at the store last week which I intend to eat in March when I'm

finally on solids again. That's ok.

But do be open to change. I was a total bread addict before my first cleanse. Couldn't imagine a day without it. After only the minimum 10 days it held no appeal for me whatsoever and 3 months later it still doesn't. Same goes for gum. Haven't touched a stick of gum since October. My cravings are now for grapefruit and carrots. Crazy but true!

Tanya, an oil pull is an old detox practice where you swish oil around in your mouth for 20 minutes then spit it out. This process draws toxins from the tissue in your mouth and tons of people swear by its numerous benefits.

It sounds odd, I know, but read up on it (there are lots of sites dedicated to it online) and if you're open to it I say give it a try. It's a cheap way to aid the detox process and definitely worth checking out.

-anna"

2009-01-05 2:45 AM Tanya,

I agree. It rarely ever feels like I'm eliminating the same amount of water as I took in during the SWF, but worry not :)

And the white tongue can kick in at any time, apparently. It's one of the very first signs of detox. Brush your tongue 2-3 times a day or as needed and take comfort in knowing the process is working!

Lemonhead, is there a specific reason you're only doing the SWF every other day?

Rhythmgoddess, great tip about licking the lemon during the SWF, by the way! Thanks.

-anna

The Lemonade Diet - Day 6

Kristen, like you I also have not had any major symptoms yet. Just stick it out and we'll have something to celebrate when they finally do come :)

Misha, that is a shame indeed! But since it was only your first day, the good news is that you haven't done any real damage to your body. Perhaps you should take a few days out to rethink this and to get your priorities and goals straight in your mind before you start again. Of course if you feel ready to resume tomorrow (today by the time you read this), that's great too. Just keep in mind that if you're not better prepared next time it's very likely that the same thing will happen again and I'd hate for you to have to go through that.

1. Is it okay to drink the other 1L of lemonade, although I ate popcorn?

Of course it is, but be aware that you've basically lost a day and that whatever you do, the day you ate is no longer Day 1. Think of it as more of an "ease-in day". That's the kindest way I can put it, sorry :(

2. How long after I take the SWF in the am do I need to wait before I begin the lemonade?

You should be good to go once you've had your last elimination (which is usually about an hour after your first, so roughly 2 hours after you finish drinking the SWF). Though I will admit sometimes I begin drinking mine between eliminations. Generally a good idea to wait at least until the first 2-3 bigger ones are over before you start drinking.

3. How much water should I drink throughout the day to ensure a proper SWF and MC?

At least ½ gallon of water on its own in addition to all that – the 1 quart of water for the SWF (doesn't count toward your daily water intake, of course), the tea (optional) and 6-12 8 oz glasses of lemonade. Altogether you should be taking in well over a gallon of water every day. (Yes, that is a lot :))

Hope this helps. Please keep me posted on how you're doing.

And Mychel,

Upping your salt levels and drinking your SWF a little faster (try getting it down in, say 25 minutes next time, and 20 the time after that) will definitely give you a quicker result. I tend to need about 5 minutes for mine. Sometimes 10. But that took a lot of practice. We're all different and the SWF is a highly experimental process the first few days/weeks. You'll know when you've got it just right. Remember that lying on your right side for 30 minutes after you finish the flush will also speed up the process, as will massaging your tummy in circular motions.

p.s. I'll email you what I can find on it, Holly
-anna"

The Lemonade Diet - Day 7

Was a tad experimental with my SWF this morning.. and not intentionally either! I just wasn't paying attention and my teaspoons were a bit more on the 'heaping' side than the recommended 'level' side, so my solution ended up VERY salty. So salty, in fact, that I had to keep adding water to it. I think I ended up drinking about 1.5 liters of the SWF, but on the upside it did take effect very quickly :)

My skin is looking better today so I guess I'm between detox waves, though my nose was running off my face and I'm still hacking up this mysterious phlegm after I do my oil

pulling. Better out than in!

May today be a terrific one for you all,

-anna

The Lemonade Diet - Day 8

Mychel,

was very relieved to hear you're doing better today. I was worried about you. I think a lot of us have been there before, when you do the SWF and nothing happens of course you begin to worry about what's wrong.

In light of the massive weight loss and the fact that it's my 8th day I took a pass on the SWF today but will resume tomorrow.

NOTE: remember, it's your RIGHT side you're supposed to lie on after you drink the SWF, not the left :)

hugs from wintery Austria,

anna

The Lemonade Diet - Day 9

Sooo proud of you, Mychel! Spread the word about the marvels of the SWF! :)

And to those of you who are only doing it like once a week or omitting it altogether, I strongly urge you to read up on it because you're missing one of the pillars of the MC,

and your benefits will not even come close to those of the cleansers who did their SWF daily. It's all part of the process.

I ended up doing a 2nd SWF today because the first one wasn't very effective. I won't go into detail, as I'm rather squeamish about bathroom stuff, but suffice it to say my results were quite different today, in a good way. I guess i'm detoxing :)

-anna

The Lemonade Diet - Day 10

LOL Wendy! I'd hardly consider myself a veteran, but I have cleansed before and I spend a great deal of my time reading up on it and exchanging thoughts with other cleansers :) Sure you can up the salt about 1/4 or 1/2 teaspoon, but only if your results aren't coming within 1-2 hours of finishing your SWF. And I can't believe I'm actually going to answer your question... definitely too much information.. but yesterday after a week of more or less clear water eliminations I also got some mushy results, which is definitely good, normal and a reason to celebrate. Better out than in! :)

And Kristen, even when you think there can't possibly be anything left inside your gut, out it comes! And that's a good thing.

I'm with you, Victoria. Where's MY black tartar mucous, already?!? LOL
Can hardly wait for those really nasty eliminations I've been reading about.
Yes, I know I'm a nut.

3 more weeks to go!

-anna

The Lemonade Diet - Day 11

This morning's SWF went so quickly.

Sorry about your achy joints, Kristen, but rest assured it is a clear sign that your body is healing itself and your discomfort will be gone soon. Must be a great feeling to know that you've nipped a potentially serious problem in the bud.

The joints in my fingers are a little tender but no aches per se. I'm still waiting for the major detox signs to come and I'll rejoice when they do.

Someone asked about these ""detox baths"" we were all mentioning. I'd say any long, hot bath (hot enough to steam up the bathroom) could be considered a good detox bath, but epsom salts seem help the process along nicely.

And I was nervous about the oil pulling at first too. It's not nearly as gross as you'd think, my biggest worry was that I'd swallow the oil (still is). But it has become easier and the only uncomfortable thing about the process is that it takes 20 minutes and it's a LONG 20 minutes. But I'm for anything that aids the detox process :)

-anna"

The Lemonade Diet - Day 12

Carolina, hang in there. You'll get different results from the SWF as the days go by.

Trust me. Just when you think it'll never happen, it does.

And the white tongue is a clear sign you're detoxing so everything's on schedule.

On the upside, the white coating helps to take the taste out of the SWF. Always look on the bright side of life! :)

Got a call from a neighbour just after I drank my SWF. She wanted me to babysit and I had to make up an excuse because I don't know her well enough to say ""sorry, but I can't.. I'll be running to the toilet for the next hour or two.""

LOL

-anna"

The Lemonade Diet - Day 13

Mychel,

I also did the flush once or twice a week after my first cleanse. I had no other choice, really, since I returned to eating way too soon and did not take nearly enough probiotics. This time I've made sure to stock up on probiotics, even though I'm not finishing this cleanse for another 2 weeks.

And be warned: the SWF flushes everything out of your stomach, including the good bacteria you need for proper digestion. Yes, it is very effective at getting things moving but those good bacteria need to be replaced before you return to eating again. If you follow the plan and stay on raw food for a while, hopefully you'll have no need for the SWF in future.

Good luck to you!

-anna

The Lemonade Diet - Day 14

Hi again, everyone!

I know we're all anxious to resume eating normally but if you're still detoxing then you should really consider staying on the MC until your tongue is clear and your eliminations as well. Re-introducing food into your system while it's in the middle of detoxing won't be a pleasure at all. Trust me, I speak from experience :(

Just finished my SWF and am waiting for it to kick in. I'm planning to do a water fast today so I won't be taking the SWF tomorrow, which works out rather well, since I'm babysitting tomorrow morning anyway.

-anna

Ease-Out - Day 2

Provi, like yourself I also will miss the wonderful effects of the SWF. It feels strange saying this but I'm kinda jealous you are passing anything at all, regardless of how small the amount, during your ease-out. WOW. Keep up the good work. I hope I'll enjoy the same good fortune because I can no longer rely on the trusty saltwater to flush things out of me. That makes me really nervous and extra conscious of what I am putting into my stomach. Right now it's only liquids, but soon I'll have to take my first tentative steps toward solid foods and I'm terrified of overloading my system too quickly.

But so far so good. No tummy-ache yet and I even got a soft grumbling in my stomach after the last couple of glasses of juice, so I'm hoping that's a good sign :)))

And you guys, please remember that skipping the SWF is seriously going to diminish

your results. You're working at ridding yourself of all that built-up matter in your gut and the tea just won't cut it. Give it another chance, please. It's there to help you!

-anna

Ease-Out - Day 3

I'm so going to miss that wonderful SWF. Now that I know I can no longer use it daily I am taking extra special care of my stomach and what goes into it. I just hope all those pre- and probiotics are planted properly and will do their stuff :) God speed, little bacteria!

Since I can't do the SWF I'm doing the next best thing and drinking lots of water throughout the day to ensure I stay well-hydrated. I think that is the key, or at least one of the major keys, to good digestion.

Decided I won't do the broccoli for dinner but will finish my 3/4 cucumber instead and if I have room, a lovely grapefruit for dessert :)

Support from Family & Friends

The Lemonade Diet - Day 1

Happy New Year to you too!

Here we go, eh?

Wow, kudos to you, Andrea, for doing this in addition to all your other responsibilities as a mum. I know what you mean about keeping yourself distracted. It is ESSENTIAL! (I also work at home, you see...)

I'm so fortunate that my boyfriend is supportive of this process (though it's unlikely he would ever do a cleanse himself).

I haven't really told anyone (apart from you lovely people here) that I'm doing this. You have to be careful who you talk to about it because most people react with suspicion, negativity and often concern.

""But you don't need to lose weight"" is usually their first reaction. They don't understand what a detox is really about. A lot of cleansers don't really understand either, and many of them quit prematurely because of this. Don't let it happen to you. There are a million silly reasons to give up and only one good one to keep on it. That reason is different for each individual and is often very personal, even if we feel we can share it here.

Here's looking forward to Day 2!"

The Lemonade Diet - Day 2

Christina, you're totally right. And Mychel, brandi, veggirl, genki and kristen, it's comforting to know you all get the same reactions from others when you tell them about doing a cleanse. I have to grin everytime the word ""unhealthy"" comes up. As though the garbage they stuff their systems with daily is ""healthy"" and we're abnormal for daring to contradict this sick habit.

But when you've read about all the benefits and, even better, begin to see the results for yourself these silly words will roll off you like water off a duck's back.

Like Wendy said, thank goodness for the support of this group. We may all be in different places and situations but we're all in the same boat and that is comforting, isn't it?

I raise my glass of lemonade to you, my cleansing brothers and sisters :)”

The Lemonade Diet - Day 3

Oh Kristen,

it breaks my heart to read how blatantly unsupportive your family & boyfriend are being. As if cleansing and fasting weren't challenging enough already without all that negativity from outside.

Please don't lose heart! Turn your attention away from all that's dragging you down emotionally and focus on your goals. Picture the sheepish grins on their stunned faces when they're forced to admit how wrong they were.

As Oscar Wilde said, the basis of character is willpower.

You're faced with this challenge and you're going to come out of it a stronger, healthier, happier and more attractive person.

My boyfriend told me last night that even if I only made it to 10 days he'd be proud of me. I think it's his veiled way of saying ""don't do 21 days like you intended"" but I chose to take it as a compliment. I've made it to 10 days before on my first cleanse without any problems and I'll stay on the cleanse this time for either 21 or 30 days, depending on what my body needs.

positive energy to you all

-anna"

2009-01-04 12:12 AM Oh Wendy... what a shame that your sister clearly doesn't respect/ understand the journey you've chosen to take. But no matter. What counts is that YOU understand it :)

I'm sorry your husband won't be joining you, but you have us!

Thank you all for sharing and for your words of encouragement.

-anna

The Lemonade Diet - Day 4

You have some pretty cool kids, Victoria! But I agree, the MC isn't quite the thing for youngsters. How old are they, by the way?

Actually openly stated that i was doing a detox yesterday on Facebook and a couple of family members I haven't seen in ages came out of the woodwork and expressed interest (!!) Some were even thinking of trying it themselves! Even my mother, the last person I expected to be open to this sort of thing, is leaving me supportive comments. That was a really nice surprize.

Tomorrow's Day 5!

-anna

The Lemonade Diet - Day 5

Wise words indeed, provi! It just occurred to me that the name ""master cleanse"" makes sense when you think of it in terms of attaining mastery over your own weaknesses, your mind and your health. I never thought about it like that before.

Caught my boyfriend eating with a jacket pulled up over his head (like celebrities do when they come out of the courtroom after just having been found guilty of something painfully embarrassing!)

I tried to assure him I'm fine and not hungry at all but he said he felt guilty eating when I wasn't. Asked him what was the longest time he'd ever gone without food and he said ""maybe half a day"". No surprise there :)

Really love him

-anna"

The Lemonade Diet - Day 6

Michelle, that's a really good point you made about this site. It's not your body that NEEDED the pizza, it's your mind that WANTED it. The moment you directed your thoughts back toward your priorities and goals by immersing yourself in this forum, the world suddenly became a very different place for you ... and a much nicer one to be in than that imaginary "no pizza for mom" place :)

Thankfully my boyfriend is a pretty healthy eater so there are no cooking smells to tempt me here. But in all honesty, I feel I'm actually at the point now where food is no longer of interest to me. I can even look at it without the thought of eating entering my mind. I never thought I'd be able to say that.

My only concern now is how I'll go back to eating again when I'm back on solids in mid-February/early March. Nothing seems "good" to me anymore. I'll actually have to FORCE myself to eat. Wow.

I'll have a lot of reading to do over the next 2 weeks. This time I'm going to be sure I come off the cleanse the right way. This time I'll be prepared and informed.

-anna

The Lemonade Diet - Day 7

Mychel,

sorry about the SWF not working. I really hate when that happens, but it does sometimes

As for the lower back pain, it sounds very much like a common detox symptom. Old injuries and illnesses tend to resurface, since they never healed properly back when we

were on a junkfood diet, but that's a good sign that your cleanse is working/taking effect.

It could be a childhood injury or even an organ-related problem, but it's all part of the detox process. If all goes well you should be free of this pain for good once the cleanse is over.

During my first cleanse I was also slightly achy and the joints in my fingers felt almost arthritic (I'm 26!)

Thoughts, anyone?

The Lemonade Diet - Day 8

You're not weird. I love the lemonade and I think most MC-ers do :) It's YUMMY!

Holly, EVERYONE reacts that way when they first hear what oil pulling is. Even if they're impressed with their friends' results they still say ""that's not for me"". LOL. People are funny.

I can't believe how supportive (i.e. non-opinionated) my mom is being about this. But then she's used to my ""wacky notions & ideas"".

I know what you mean, Rhonda. You really appreciate the smells, textures and tastes so much more after you've cleansed. My first cleanse really made me fall in love with fresh fruits and veggies all over again.

-anna"

The Lemonade Diet - Day 9

Wow, reading everyone's entries here is so inspirational. I'd be honoured to have you guys as partners the next time I fast/cleanse. You're all so amazing.

Didn't go out today (still grumpy about the broken scale thing). Stayed in and did laundry instead. My boyfriend had no problem with organising his own food this evening. Still, I'm disappointed with myself that I didn't keep my promise to myself about walking an hour everyday. Tomorrow I'll take a 2-hour walk.

Have a great day, whichever Day # you're on!

-anna

The Lemonade Diet - Day 10

Very wise words indeed, provi. And a supportive hug for you, Mychel.

I've gone out of my way to not tell people about this cleanse to spare myself their ignorant and highly predictable reactions. But for many of you I know you have no choice but to live with partners and family who aren't supporting you through this emotionally and physically trying time.

I sincerely hope you've found some degree of comfort and support here in this forum. I know I have.

Hang in there, lemonheads :)

-anna

The Lemonade Diet - Day 11

Congrats to those of you who've reached Day 10! If at all possible, I hope you'll consider staying on the MC a bit longer, maybe 4 more days at least. But if it's your first MC then 10 days is wonderful. Just remember that the real results come after 30-40 days.

I know what you all mean about having to listen to other people tell you how "unhealthy" this is. Funnily enough, it's rarely ever the people who are healthy themselves who say that, though.

Anyway, here's a summary of fasting that I found to be rather straightforward and concise:

<http://www.falconblanco.com/health/fasting.htm>

Happy cleansing, everyone!

-anna"

The Lemonade Diet - Day 12

Victoria,

thanks so much for your kind words and your concern. I assure you I will be careful and the beauty of trying out the water while I'm on the MC is that I can always reach for some lemonade if I feel I really cannot function or if my energy leaves me completely. Plus I have probiotics on standby if I should need to abandon the plan for some reason. I'll probably only do the water for one day and then go back to the lemonade. Or I'll do the water fast at the end of the cleanse. I promise I'll keep you posted and I hope you'll do the same! *hugs*

And Wendy, I couldn't agree more. Thank you all for your support and friendship during this time. It's just a shame that it's coming to an end for most of you :(Having you as fellow cleansers really made all the difference for me this time.

-anna

The Lemonade Diet - Day 13

Fortunately a much better day than yesterday. My boyfriend has been a real rock for me throughout, as have all of you here.

On my first cleanse his nickname for me was his ""little hungerstriker"". There's been none of that this time and I know he's no longer concerned about whether or not this is healthy for me.

Victoria, I'm very sorry to be losing you as a cleansing partner but I hope you'll keep in touch. That juice and broth you enjoy tomorrow will be the most delicious thing you ever had :) Be sure to tell us all about it, yeah?

-anna"

The Lemonade Diet - Day 14

Wow.. two whole weeks. It really doesn't feel like it's been that long, and that's mainly down to this wonderful forum.

I'm so sorry that a lot of you have to live with partners whose eating habits are so unhealthy. Thankfully this is not a problem in our house because, like most Europeans, my boyfriend is used to fresh and healthy food. Fast food isn't even an issue to us. He even became a vegetarian for me, that's how wonderful he is. I am truly blessed to have him in my life.

And meeting all of you here was a blessing as well. I look forward to keeping in touch with you over facebook and seeing how you're all doing a month's time from now.

<http://www.facebook.com/home.php?#/profile.php?id=1441478485&ref=profile>

-anna

The Lemonade Diet - Day 16

Thanks for the great info, Victoria! Keep me posted on how your post-cleanse life is treating you :)

Here are some other wonderful links I found on the benefits of continuing with the lemon juice as a part of your daily routine, even after the cleanse:

<http://proliberty.com/observer/20040711.htm>

<http://www.soymilkquick.com/lemonjuice.php>

<http://www.lookgreat-loseweight-savemoney.com/lemon-water.html>

much love & positive energy to you all!

-anna

Ease-Out - Day 2

Sounds like such fun, Victoria! And hey, I need a good push-up bra too and I'm 26!! :) My boyfriend has been much the same as your hubby: no real comments on my process, even now that it's over. But he did comment on my figure the other day so he must have noticed a change.

Went out and bought some new underwear and bras which I actually felt confident enough to model in front of him. I don't want to lose this confident feeling. I've spent most of the day researching foods for my diet over the coming weeks. I'm also going to be extra strict with myself about getting my 2 liters of water a day. I'm pretty good usually but sometimes (often) I was too lazy. No more excuses.

Process & The Lemonade Diet

The Lemonade Diet - Day 1

I'm glad I'm not the only one, Latinblond.

I've only been able to find grades A, C and yes, even D. I hope C and D are alright, or even better than B because that's what I am using.

I read somewhere that you should strain the pulp from the lemon juice because adding it to your lemonade will cause hunger and defeats the purpose of giving your digestive system a rest. Seems to make sense, so this morning I manually juiced 4 lemons, strained them and put the juice in a picture which I left on the counter. I then measured out the right amount of juice into the glass when preparing my lemonade and that was it. Only made it through 6 glasses since I've been drinking the recommended 2 liters of water and intend to do this everyday. Also went for a walk, as I also intend to make a habit of each day, so my metabolism won't shut down completely like it did on my first cleanse.

The Lemonade Diet - Day 2

I feel fantastic today, gloomy weather aside (those forecasting bastards said it would be sunny today!)

Got up and weighed myself this morning before my SWF, only to find I'd lost about 4.5 pounds. And that's despite the gallon of water I drank yesterday (1 and 1/4 gallon, actually, but the SWF doesn't count since it goes straight through you). Or maybe it's

BECAUSE of it?

Was very active today. Went for 3 long walks, 2 of which were to stock up on lemons and maple syrup. Still have not had any cravings or hunger, in spite of all the tempting things at the supermarkets I visited.

I'm happy because I found organic lemons and maple syrup (still no grade B, only grade C) at the supermarket and thus will be saving a bit of money by not having to pay the expensive organic food store prices.

Because I'm being more active this time around, I'm upping my maple syrup to about a tablespoon per glass.

How is everyone's Day 2 coming along? Please do share! :)

Good vibes to you all,

-Anna

2009-01-02 11:22 PM Genki,

105 calories per tablespoon? That seems awfully high! What brand/sort of maple syrup is your friend using?

The info you provided for yours seems about right. 1 Tablespoon=3 tsps so most maple syrup should be just over 50 cals per Tablespoon.

So if you like your lemonade sweet and use more than the recommended 2 tsps per glass you're still only taking in about 400-500 calories a day, right?

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=115>

Your very welcome, Kristen. The user on that site named ""Shivabliss"" is a veteran cleanser and her posts are SO informative and inspirational. She has well over 2,000 posts on there and I'm sure I will turn to them if my motivation wanes at any time this month.

To answer your question, Andrea: I'm certain I did a number of things incorrectly during my first cleanse, the major 3 being

- a.) not getting nearly enough movement/exercise
- b.) not drinking nearly enough water and
- c.) not being careful enough about the ""no solids"" rule

Not only did I take to biting my nails during the cleanse, I also was (I think) ill advised to ""eat the pulp of a lemon if you get hungry"". Nor did I know until recently that you're not really supposed to let the pulp get into your lemonade along with the juice. The whole point of the cleanse is to give your digestive system a rest so your body can repair itself and toxins can be extracted. That means **NO SOLIDS WHATSOEVER**.

I'm aware that the scale was the only tool I was using at the time to measure my progress and thus is not entirely accurate, but the fact remains that by day 7, after a week of consistent daily weight loss I had actually started to **GAIN** weight back, which was startling and more than a little demotivating. Of course it could only have been water weight, but still. Having said that, I completed the cleanse on day 10 and was extremely happy with my overall results.

I knew my metabolism was somewhat screwed up because when I came off the cleanse (not as gradually as I should have either, I might add. Totally my fault) I had a very hard time digesting anything and had to use the SWF a couple of times a week just to 'get

things moving again', so to speak.

This time around I hope to make fewer mistakes, especially with regards to keeping my metabolism at least somewhat active. I will also be taking lots more probiotics than I did last time when I begin to eat again in February.

If you have any advice or anything else to share, please let me know :)

Cheers!

-Anna"

The Lemonade Diet - Day 3

thanks for the tip, Beth! I'd actually skipped the floss since I'm not eating any solids. Will be sure to floss tonight! :)

And prov, you're so wise! Brushing your teeth and tongue 2-3 times a day is a really good idea, especially during the heavy detox days that will soon be coming up. Oh yes, we have to go against our usual way of thinking and embrace every unpleasant side effect as a physical sign of our cleansing progress.

Every time we look in the mirror and see a fuzzy white tongue or a new spot appear on our faces, we should REJOICE. It means we're detoxing :)))

Yes, I know, this is supposed to be lemonade related so:

I think I got through about 13 glasses today, but there's nothing better when you're feeling hungry or low on energy. I luvz me lemonade!!

And don't forget the water, people! Drink! Drink!! DRINK!!!!

-anna

2009-01-03 2:55 PM Hi again,

I'm not really surprised that there's still some confusion as to how to prepare the lemonade for the master cleanse, since everyone seems to have their own way of doing it. The lemonade is super easy to make. Here's the way I do it. Please feel free to correct any glaring mistakes or contribute your suggestions or ideas for improving it

Take 5 organic lemons, cut them in half and juice them, manually works just fine. Strain the pulp as you pour the juice into a container!

For each normal 8 oz glass of lemonade you'll use about 2 Tablespoons of lemon juice, 2-3 teaspoons of Grade B maple syrup (depending on how sweet you like it) and a dash of cayenne pepper (anywhere from a pinch to 1/10 teaspoon. Some like it hot ;)

Drink your lemonade as often as you feel you need it throughout the day. You may get through as few as 4 glasses to as many as 12, depending on the sort of day you're having. Your body will tell you what it needs. If you're feeling hungry or running low on energy, add more maple syrup and don't forget to keep bottled water on hand! Be sure to consume 1/2 gallon of water daily in addition to your lemonade. Sorry, but the quart of water in the SWF you choked down this morning doesn't count!! :)

-anna

2009-01-03 11:47 PM Thanks for sharing your formula & method with us, provi.
Your posts are so witty and fun!

Good that you're adding the cayenne directly to the lemonade, Michelle. Most of the material I've read advises strongly AGAINST using capsules for the pepper. Not only will it jeopardize your results, it could even endanger your health.

The Lemonade Diet - Day 5

Congrats on reaching your halfway mark, Brandi!

I had the same problem as you on my first cleanse but now I use a little plastic colander/strainer thingy as I pour each little bit of juice into the picture. (I also juice my lemons manually)

I've mentioned this on previous posts but I think it's a good idea to strain the pulp from the lemon juice because it triggers digestion and makes you feel hungry. Plus, when you use a strainer you automatically catch those pesky seeds as well.

On my first cleanse I didn't know about the pulp thing and was ravenously hungry. On this cleanse I've been straining the pulp from the start of Day 1 and have not been hungry at all. Just a tip :)

It's 5 pm and I've only gotten through 3 glasses of lemonade so far. Funny. On day 3 I needed like 13 glasses to keep my energy up! Maybe I'll put today's leftover lemon juice in the fridge and drink it tomorrow. I'm not even the slightest bit hungry or weak. Today I've even had bursts of energy I had to jump up and down or I felt I might burst! Feels great :)

2009-01-05 2:27 PM You're very welcome, mychel. Glad you got my message before starting the cleanse! :) Imagine if you'd lost a day and had to start over *lol* Really sorry you can't use your own lovely Meyer lemons, though. What a bummer.

And Nay,
that's really criminal that proper lemons are so pricey in your neck of the woods. I'm afraid that even the most organic of organic bottled or packaged juices are grossly inferior to freshly squeezed. Very sorry :(

I hope there is someone here on the forum from NY who can give you some helpful advice on where to go to find affordable ones. (I'm in Austria)

This cleanse is definitely not for people on a tight budget. The maple syrup alone is running me about \$25/week.

Perhaps you should read up on water fasting. It's supposed to have many of the same benefits, I believe.

-anna

2009-01-05 3:02 PM OUCH! Hope they were big fat bastard lemons at least!
Here you can get a net of 5 for about \$2.50 (still rather pricey compared to toxic lemons in my humble opinion) but they are itty bitty.

2009-01-05 2:19 AM "Mychel,

I've checked into it and two different sources say the same. Sorry to be the bringer of bad news, but you'll need to make a trip to the shops and pick up some regular organic lemons :(

""Meyer lemons should not be used for the master cleanse. Meyers are a cross between a true lemon and a mandarin orange so they're not good to use for the MC. Oranges restart your digestive system number one. Number two, meyers lemons don't have the full enzymatic cleansing power of regular lemons.""

Wikipedia also confirms that Meyer Lemons are a cross between sweet oranges and lemons. On the bright side, those lovely Meyers of yours will be waiting for you when you complete the cleanse :)

-anna"

The Lemonade Diet - Day 6

Had 4 glasses in a row within about 15 minutes and feel set for the day.

Rissx, if you want to lose weight be sure to get plenty of movement and drink ½ gallon of water everyday (in addition to your lemonade) to keep your metabolism up. I think you'll find that makes a much bigger difference than adjusting your maple syrup levels. Good luck to you!

I've got one little bottle of maple syrup left and for my next batch I may try the agave nectar if I can find the right kind at the shop. Just for a change. I love the maple syrup but it's WAY too expensive. Agave is supposed to be sweeter so you use less of it. Hope I can find some.

Keep up the good work, my MC family!

-anna

p.s. so do I, provi! Thankfully I have just enough lemons for today's supply. Today is a holiday here so everything is closed. I really lucked out.

2009-01-06 2:08 PM yeah, holly, it's a bar. I got a big block of pure quality olive oil soap and it cost about \$5. It looks like enough to brush my teeth with for the rest of my life :) I may never go back to normal toothpaste again.

The Lemonade Diet - Day 7

Mychel, I'll write you back first thing tomorrow. It's well past my bedtime :(
Hang in there! You'll be fine.

As I mentioned earlier, the lemons were on sale so I'm going back to the store to stock up for the remaining 3 weeks of the cleanse. 30% off is too good an offer to pass up.

I love the lemonade so much but today was so busy I doubt I even got through 5 glasses. I'll drink more tomorrow, I'm sure.

g'night all!

-anna

2009-01-07 1:07 AM A number of you mentioned a grimey feeling on your teeth and the usual white tongue. I've been practicing oil pulling 3 times a day for the past 2 days and my tongue is completely clear and my teeth are whiter and feel so clean, as does my whole mouth. It sounds pretty gross but it's amazingly easy and cheap.

<http://www.guideforselfhealing.com/2007/06/05/how-to-do-oil-pulling/>

Hope this helps.

-anna

The Lemonade Diet - Day 8

That sounds heavenly, Victoria. I wanted to buy some limes as well but the supermarket didn't have organic ones :(Oh well.

Also was unable to find agave nectar so I'm still using the yummy maple syrup.

I know that a lot of people use it as an alternative to the MS and still get the same results, but I will research this further. Thanks for the info, Candice.

Kristen, I had the same concern and was advised to drink plenty of water and move around regularly. On my last cleanse I hardly moved at all and everything just stopped dead in its tracks metabolism-wise. This time around the difference was phenomenal.

Yesterday (Day 7) I weighed myself and was shocked to find I'd lost 21 lbs!!! 21!!

This morning I'd lost another 2.5 lbs. And I've been using a TABLESPOON of maple syrup in each glass. So I can only put it down to the daily walks and the water.

Something's kept my metabolism working! :)

Sounds like everyone's doing better today, which is really nice to know.

-anna

The Lemonade Diet - Day 9

Mychel, i think you should stick with the organic lemons. I know they're pricey but meyer lemons will not work for the MC. Best to save those for the time afterwards.

Ms. Nooty, though I haven't had the crappy feeling yet, I do know all about that euphoric feeling you described. It's lovely.

I've upped the amount of lemonade I'm drinking each day after realising I didn't even get 5 glasses down me a couple of days there. Also increased the cayenne because I love the taste and I know it's healthy for me.

-anna

The Lemonade Diet - Day 10

I've got about 60 odd lemons which I'm storing in our little pantry. After discovering to my horror that two of them were moldy I searched the internet for the best way to store lemons and I compulsively check them each day, squeezing all 60 of them to make sure

they haven't gone mushy LOL! I've become such a madwoman.

Have enough maple syrup to see me through another 3 days and will look for some agave nectar again on Monday. If it's considerably cheaper I'll try it out. If not, I'll stick with the MS.

Sorry you have to pay so much for lemons, Mychel. Wish I could share some of my sale lemonades with you. They were 5 for 1 Euro this week. Talk about good timing! The most expensive thing for me on this cleanse is the MS, but oh well. I would have spent the same or more on regular food anyway.

Have a great day, everyone!

-anna

The Lemonade Diet - Day 11

Oh Kristin, I'm so sorry that happened to you :(((

If that had happened to me I'd have probably cursed for a minute straight and then thrown in the towel and eaten something. So good for you for staying strong and positive!

Once I've used up the softest/squishiest (&&a word??) of my lemons I'll take 3 days off and do a water fast before returning to the lemonade again. I've been curious about trying this for a while now and I figured what better time than now when I've already been doing the MC (which is something between a water and a juice fast anyway) for a couple of weeks?

Anyone thinking of going for longer than their initially planned 10 days?

-anna

The Lemonade Diet - Day 12

I'm with you, Wendy! The depression and ""blah"" feeling is part of the detox and it will pass. I'm bored out of my mind at times, too. I haven't even found the energy (mentally, not physically) to leave the house the past couple of days. I forced myself to go out today, though.

Found a big jar of organic agave and it was soooo much cheaper than the MS so I'll be using that as soon as my MS runs out tomorrow.

Also bought some probiotics for after the cleanse. Feeling a bit grumpy today for no apparent reason. I'm sure I'm detoxing. Hope it passes soon because I have a couple of social obligations tomorrow.

Thanks again for the positive words, Wendy. I know you're right.

-anna"

The Lemonade Diet - Day 13

Tried out the agave for the first time today and it wasn't bad at all. Like something

between maple syrup and honey. It's very sweet so i don't have to use much.

I'm thinking I'll do a day of just water tomorrow, since I've used up all of my soft/squishy lemons. Depends on how I'm feeling tomorrow, though :)

Still amazes me that I haven't had a single headache yet. Of course, now that I've typed that I'll probably get one now.

-anna

The Lemonade Diet - Day 14

Started my first water fast day today and made it to about 5pm but was very lethargic. The thought of trudging to the train station, a brisk 15-minute walk in the cold, didn't seem like much fun so it was either I cancel my little get-together this evening or take some lemonade. I opted for the latter and now I'm feeling lots better.

My clothes look better on me, I must say... and I'm looking forward to parading my slimmer figure in front of my friends :)

Also loving my newly detoxed complexion.. my skin is more even and not at all splotchy like it sometimes was before.

p.s. brrrr, Victoria!! Be sure to bundle up!

-anna

Ease-Out - Day 2

Such inspirational words again, provi! I'm really going to miss reading your posts. I do hope you'll stay in touch and that we can partner up on your next cleanse, whenever that may be :)

I'm taking 4 probiotic capsules in 3-4 hour intervals and hoping they'll be enough. Today I did diluted OJ, a couple of glasses of diluted lemon juice (no MS or cayenne) and some very diluted sauerkraut juice. Oh, and the usual 1/2 gallon of water, naturally.

I'm so scared of giving my digestive system a shock like I did last time I cleansed, so I'm trying hard to stick with a sensible ease-out plan.

Again, I really hope you will all keep in touch and that this will not be the last we hear from each other. You've all been so wonderful.

-anna