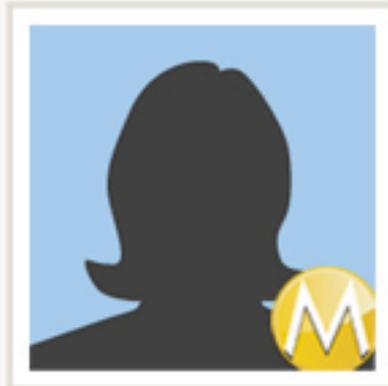


# My Experience



## Victoria Johansen

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

# **Table of Contents**

<b>Forward by Mike Olaski</b>	<b>3</b>
<b>About the Author</b>	<b>4</b>
<b>Psychological and Emotional</b>	<b>5</b>
<b>Weight Loss and Physical Effect</b>	<b>19</b>
<b>Detox and The Salt Water Flush</b>	<b>30</b>
<b>Support from Family &amp; Friends</b>	<b>41</b>
<b>The Process &amp; Lemonade Diet</b>	<b>52</b>

---

# Forward by Mike Olaski

---

This Master Cleanse Journal is by a cleanser Victoria Johansen 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](#)

---

# About the Author

---

Author Username: Prov1  
Author Full Name: Victoria Johansen  
Author Cleanse Date: 2009.01.04  
Author Cleanse Type: Newbie Cleanser  
Author Cleanse Status: 1st Time Cleansing  
Author Cleanse - Purpose: Holistic Healing

## Comments of Interest

Pending

## Notes

Pending

---

# Psychological and Emotional

---

## Ease-In - Day 1

I started my pre cleanse today. I am excited and looking forward to doing this. This is my third cleanse. I completed a full 10 days in April and only got about 3 or 4 days into one in July but got quite ill not related to the cleansing so quit.

I have just eaten fruit and a small salad today, lots of water with lemon and green tea. I find the pre cleanse important to being able to stick to the diet as your stomach shrinks making you less hungry. I will start with pre cleanse SWF tomorrow. It gets your mind prepared to doing it and why :)

Good luck all.

BTW for those who think they can't do it for some reason, I considered not starting until the 9th as my birthday is the 8th and thought do I want to cleanse on my birthday. Then I said what better gift to myself than to get myself back to feeling fantastic for 2009. So here to me and being awesome at 46 yrs young.

## Ease-In - Day 2

I am excited to be doing this. I am in day 2 of pre-cleanse and feeling good, I so miss my coffee, but I can do this. Heading out to the health food store to get stocked up. I live in Canada so the Maple syrup here is abundant and we who know the stuff always use the

lesser grades like B and C since its more woody and stronger, less sweet. Who knew it was more nutrient rich too.

Stay strong.

## **Ease-In - Day 3**

Feeling great. Had an amazing sleep. I too had a vivid dream and remembered it, wild. Today I am doing just juice, tea and vegetable broth. I have been starting with the SWF and its working but not as quickly as the last time I cleansed. To me that means its good I am doing this as I have some bad habits to pay for :)

My challenges are I still have to cook meals for my two children (10 and 9) and I own a sports bar type business and serve bar food and drinks all day. Its brutally hard, I know I can do this its for me and I rarely do enough for me.

But can you imagine a loaded plate of nachos under your nose when you are feeling hungry! UGH AND I work about 60 -70 hours a week!

Good luck to everyone.

## **Lemonade Diet - Day 1**

I am so full of SWF right now I might explode. I did two strong cups of my lax tea last night. I have a slight headache but know to expect these things for a few days. The end is worth it I keep telling myself. I read others fears and challenges and I can so relate. I

know how hard this is going to be and I pray for the strength to get thru the hard stuff. But I had not time taking it way too easy for a long while so this is my way to get back to balance. I know how great I will feel physically but also how great I will feel emotionally, like I can do it, I am strong and nothing can stop me. Those rewards of personal satisfaction and possibly my hot jeans fitting again are worth it. Hey I am turning 46 this Thursday so this is my birthday present to me.

Ok gotta run time to unwrap so to speak one of my ""gifts"" SWF rocks."

## Lemonade Diet - Day 2

So far so good. I had a bit of hunger pains later last night while my husband munched in front of the TV. But after my second cup of lax tea ( I make a pot with one tea bag and drink it weaker first cup and stronger second) I felt better. I did wake up at 1 am I HAD to pee so bad, LOL. I am sleeping so soundly I am glad I can wake up and I am sure so is my husband.

Beint ultra organized this morning paid off as I was not as efficient with the SWF results as I have past cleanses. Usually I am done and clear in an hour, today took a lot longer but with out getting graphic I am not passing anything even remotely solid. Perhaps the 3 day pre-cleanse is the reason.

Anyway onward and upward.

Anna

I love your analogy of food porn. LOL I work in a bar restaurant snack bar lounge type of thing and I have no choice but to be surrounded by food so call me a hussy. I just have to be extra vigilant and choose me over temptation. It makes it easier to go back to healthy choices after too,

since hey I can say no now why not then when. I never looked at a loaf of bread as a falic symbol til now. HA HA HA.

Listen to your body, If an extra glass of lemonade is going to keep you going especially in the first 3 days go for it. The recommended amount is min 6 glasses to a max of 12. Thats a huge range. Fit yourself into where it works for you.

Water does reduce the hunger eventually and remember that some hunger is your mind and toxins wanting you to quit and give it what it wants. You are stronger than the cravings, tell yourself that as you enjoy a glass of water or herb tea too.

I heard someone chew on ice to get thru, if that helps go for it.

## **Lemonade Diet - Day 3**

I am so tired. I woke up at 1 am and felt like I had to go, maybe the lax tea was working quicker than its supposed to. I felt like I had to go bad and nothing much was working. I was afraid to fall asleep in case it did, LOL.

I woke feeling tired and groggy. Irritable and achy. I know this is all part of it. I am not deterred just worried how I will make it thru the day. At least I have a litte more time before I start work this morning. My husband is taking the kids to school so I am not SO rushed to be done. I upped my salt in the SWF a touch to 2 1/4 tsp and man that little more salt is like the barrier to make you want to heave. I just want to make sure I get rid of this I have to go feeling. I want to be gone ;)

Anna you kill me, too funny.

You are a gem here and I appreciate your time to share so much.

My Indian name changes from ""Wildbird of the Porcelain"" to ""cloaked liked Muklox Chief Nanook""

Ok people share your Indian name (or names) LOL

Thanks to 'Types with gloves' for the idea."

## **Lemonade Diet - Day 4**

Last night started rough for me. I was hungry. like really hungry. I am not drinking enough lemonade. I take 4 servings with me to work for the day and plan 2 for when I get home and that I realize is the minimum so I am trying to up my intake a little today.

I slept great only one cup of lax tea and I did do a dead sea salt bath with a few drops of lavender, rosemary and ylang ylang. It was heaven and made me feel fantastic after. I did a clay facial mask and my skin is 10 X better today. Must have pulled out all that stuff making me look blotchy faced.

I was actually thirsty this morning after my SWF completed and water tasted wonderful. I know today I can do this. I was worried last night, well a little I am pretty determined. But Day 3 for me was way harder than 2.

Mychel if you are in pain and its not working I think you should stop the SWF. You just can't make it work and the Dr thinks you are hurting your kidneys stop. I am not sure

about a colonic or not, ask your dr. I have never heard of anyone where it does not work. Most complain of the exact opposite. I hope you get answers soon. I hope you do not have a blockage or something I for sure would get it checked out. I hope the pain goes away too.

Good luck

## Lemonade Diet - Day 5

It is not recommended to chew gum as that stimulates your digestive juices in the mouth and then tells the stomach to expect something to come and when nothing does the stomach causes quite a fuss and if you think you are hungry now, look out. For breath I suggest brushing your teeth regularly or peppermint tea.

So here we are almost half way. I can say its been hard, but really when you think about your whole life and the days of being not so conscientious of what I have eaten this is not so bad. I feel energy and awake and alive. And thats a good thing when you wake up a year older ;)

Yes cooking for others is hard and I do it not just for my family but for my customers too, I have a full house here today for lunch time and will be serving up some great things and just have to suck back my water and lemonade. After I will reward myself with a hot cup of mint tea.

I can do this.

## Lemonade Diet - Day 6

I treated myself to a drainage massage today and wow, I feel great. I feel calm and relaxed and just able to be in the moment. MY SWF was lasting a little longer today of course and made me a little nervous for the massage but all was good.

I did it. I put on my jeans this morning that barely could do up before Christmas. I have no idea how, I have only lost 5 lbs but the bloating is definately gone. That in itself is a huge bonus. These are jeans from the ""juniors"" department for the young uns and I am wearing them with pride. Why they can't make cool for the over 40 set is beyond me. SO today I have a heart and a peace sign on my A\*\* . so there! LOL"

## Lemonade Diet - Day 7

SO I realized I have not really eaten anything since the 31st of Dec. Wow thats wild to me. BUT I feel great, woke up wihtout the alarm this morning and since its Sat no wild rushing to get kids to school I could enjoy my morning SWF (LOL)

I know the original book does not recommend colonics during the cleanse. You have to do what you feel is right for you, but a colonic is known as an invasive process and not allowing the innate nature and wisdom of your body to eliminate as it sees fit. The point of the Master Cleanse is to detox the body at its pace and to reestablish homeostasis and balance to your system. By using an outside intervention you do not allow your body to align itself to do the job you want it to do. Lax tea and SWF push it along to begin the process and remove the toxic elimantes using the bodys own system. It takes over from there.

So think about doing colonics carefully.

I am off to shower and make my daily rations of lemonade and get to work, so I will be back later to continue posting.

Cheers to all.

If there is not much happening after 7 days be grateful, that means there may not be much needed to do, but do not negate the great internal benefits you are doing that you can not see. In a few days people will notice your skin, or eyes, or just your sense of balance, trust me here.

I have had to work and deal with people all week, I do not have the luxury to do this and stay home (that's green envy here Anna, LOL) But the good thing about that is everyone notices my skin or something. I am a golfer and looking strong is a huge mind advantage as people think I am better than I am and psych themselves out, LOL

Hang in and know you are doing something really good for you.

## **Lemonade Diet - Day 8**

Girls, what is it with this road block as I am feeling the same way. I woke with a head ache and the thought of the SWF almost made me sick to my stomach and it's been going so easy. I have a full house in my business today so I am running like crazy to serve food and drinks to the world it feels like. I have low energy today and I am freezing. My resolve is waning. I know I can do it but three days seems like forever. I knew it would be hard but I am having a hard day today.

AND I had a great night last night with a Pilates DVD with my daughter and a detox hot bath and she gave me a massage too. It was spa day for mom.

No idea, even my legs ache. This must be the wall some have talked about. So lets stay the course and get over it.

Ok so I am not alone Day 8 IS tough. I felt so weak spirited today. I too had to serve popcorn, the really good kind and it was so hard. I cooked a nice honey garlic chicken for the family tonight and it just about killed me. I have only had 4 lemonades today so that must be it, but the thought of it is so not enticing me. I drank lots of water today, much more than I ever have and thats not even helping with this innate desire to eat. I too committed to 10 days and know I can do just 2 more, but I gotta tell you this is rough.

I have parts that hurt I did not know I owned even.:)

Thanks all for your candour and honesty. I appreciate so much the guts it takes to share when we fall off the wagon. I so understand. Its such a physical requirement to eat and to by pass the signals takes sheer unadulterated strength and I have no idea why I have been able to keep at it.

I hope tommorrow is better than today. I hope to have a zen day 10 thats keeping me going.

## **Lemonade Diet - Day 9**

I made it thru the day from hell also known as Day 8 around here. Wow!

I too am just counting the days until I can be done. I could not imagine going on beyond

10 days as I also have a very strict after cleanse program prepared to ease out slowly so really its not over but then I can enjoy something besides lemonade. I bought my juicing oranges this morning for motivation. I also plan to do grapefruit juicing too I love grapefruit.

This has me surprisingly amazed how difficult this cleanse is or can be. The mental, emotional, psychological and physical demands are for sure a psrt of it. I think having to cook and serve others constantly made this even harder. If I didn't have to see and smell food so much I think I could be stronger. Kind of hard when you own the restaurant. Funny thing is when I am eating I bring my lunch every day and rarely eat here (I'd be 200 lbs if I are here every day, lets face it its pub like food, lots of cheese and bad carbs added to beer, lol)

I think it gets into our head that we can't have something making us want it more.

I can not believe how excited I am to make veggies broth and steam some cauliflower or squash or sweet potato. I am even dreaming of brussel sprouts and broccoli!

Good luck to those who have made it this far, we can get there one more day. and to those who are easing off, congrats on doing what you needed to do for you and best of luck in the ease out stage.

## **Lemonade Diet - Day 10**

Yahoo. I made it. I am on day 10 and can't begin to tell you how glad I am to be here. This has been rough. I think because I have had to work everyday since Day 1 it makes it harder. Today in fact I am pulling in 12 hrs at my business today as my husband is on a course and can't do his shift. Its also nasty weather, snow and blustery then tonight the

temp drops rapidly as we enter a brutal cold snap. So cold schools may close one or two days depending on windchill factor (-20 C or lower)

I can hardly wait to be able to have cups of hot broth. I chose to do laundry last night over my hot detox bath. Oh well clean clothes won over a clean me.

I had a burst of energy last night and also organized my pantry. Threw out things that just don't fit into my new healthy regime and found some quinoa that excited me for next week (Low glycemic grain that acts like a protein) I pretty much only eat whole grain, rice or kamut/spelt pasta or brown rice, but was great to get organized and see I am stocked up, had no idea what was in that mess, LOL

I am so thrilled to have completed the 10 days. I thank each and everyone of you for your compassion, grace, honesty and comittment. It truly gave me something to account to when I had thoughts of calling it quits (only day 3 and 8 but they were killers) You all are a testament to mankind, reaching hands out to help another perfect stranger on a path most think quite mad.

Now you must admit after all of this we are perfect and just a little stranger than when we started but now we are all connected as friends who reached the peak of the journey together. I would do this again with all of you.

Much love to you all. I will continue to read and post here as I after cleanse. Hope you all do too.

## **Ease-Out - Day 1**

Its here. I can have OJ today yahoo!. I woke at 4 am with a dull head ache. I know I did not do enuogh lemonade yesterday. I resorted to water with lemon in it and herb tea, I was so done and the cayenne was making me feel like gagging. I drank some water at 4 am fell

back asleep and woke tired but NO headache. Then again the 12 hr day at work yesterday did not help. I have more energy now as I am moving around and getting lots done. I am liking the slight strain I feel from my muscles do to the Pilates I have been doing and look forward to doing that again tonight. I loved that my skin looks pink and so does my tongue. I have no make up on at work today (UGH not usually pretty at 46 yrs old) but its not too bad today.

It was a hard go for me especially in one of my busiest times in my business but if I can do this I can do anything. I can't wait to shop for fresh veggies and fruit. I can't wait to taste some fresh soft cantalope or chew on some celery. I have planned my first real meal to be roasted peppers, garlic and maybe some fennel on a bed of organic greens. I have aged balsamic a a tiny drizzle is heaven.

## **Ease-Out - Day 2**

I could so easily eat but am doing my best to ease out so I am not sick. I made pizza for the kids last night and it was everything in my not to bite some. I did have some soup broth yesterday and 2 cups filled me up so much, I did chew a couple of the whole wheat pasta noodles and so far so good. I actually ate most of my orange today. Not just the juice. I am on a super probiotic and I think that is imperative. I am drinking lots of water. I feel good, I feel like I am still lighter and energized. I think I was not doing enough lemonade on the diet and I slowed my metabolism down so much I was on starvation hold. I swear by hoodia too as I was really hungry this morning thinking man fruit is not going to cut it and it did. I am adding my wheat grass today too. I feel bright and alert. I have make up on today (just a bit) and I feel almost human again.

I do plan to do my detox bath tonight. Keep on the water, it helps with the constipation of reintroducing foods. By Sat I am looking forward to some salad.

## Ease-Out - Day 3

I had broccoli steamed last night and a small amount of my organic whole grain noodles very soft. I had lots of water and some lax tea. I had everything work itself out fine this morning. I am feeling very empty so looking forward to something soon, can't decide between a grapefruit or orange. LOL I will have my veggie medley for lunch.

I feel good, have lots of energy, slept well. IN fact woke up an hour before I had to, whats with that?

I had some mint green tea this morning as my hubby had his coffee. I did not even think about missing coffee had no desire for it. Its still cold as hell here, hopefully the cold snap will break by Sat morning. But then we may get snow, so who knows!

I have the night shift today so plan to do my Pilates, a hot shower and may even hit the tanning beds for some light therapy ( I have psoriasis, not looking for a tan trust me :) )  
Detox bath last night was awesome!

## After Cleanse - Day 1

Ok I made it. First day of not being on a cleanse and I am missing the challenge. LOL. This has been an amazing experience. I am motivated to keep this feeling going strong. I had some organic lettuce and fennel salad yesterday and a small peice of organic multi grains bread from the best little sandwhich shop in my town and it was awesome. NO problems, I had half for lunch and half for dinner, and not a bit hungry. Was busy as a one armed paper hanger in my business until I am too! Not even a craving for anything bad and all did was serve grilled cheeses' hamburgers, copius cocktails and chips! My water was a god send. Kept me going (probably could do more my hands and lips are so dry, but

we have had ridiculous cold weather too)

I am so proud to have done this and doing it the proper way is key. SWF is key, no cheating is key, a healthy and strong positive attitude is key and you all were a huge part in that for me. Thanks to all with all my heart.

@mychel

I am so sorry for your loss. I hold you in my prayers and wish you peace. May all the memories of your life carry you through this difficult time.

@harbour

Congrats on going so long and knowing its time to ease back. I hope the next little while is as easy as the last 17 days have been for you and that the wellness continues.

To be honest I feel a little off today. Having a couple glasses of wine was not at all what I expected and feel a little groggy today. I am looking forward to the 1 1/2 kharma yoga class today to re balance me. I plan to have a nice salad veggie lunch after with my girlfriend.

Tomorrow I will start Monday off with a SWF! Sounds crazy but I am looking forward to that. I did not eat much yesterday, (oatmeal, grapefruit, a salad, and a small amount of chicken, some veggies raw) but I just feel off. I also have worked way too much with two crazy late nights so that may be it too.

I had my first coffee yesterday and felt like I had just done an exercise class my heart was racing. I may forgo that whole coffee thing and resort to just teas!

---

# Weight Loss and Physical Effect

---

## Ease-In - Day 2

Remember that with this process weight loss is a side effect. It is not the ideal way to lose weight as you gain most if back when you resume solids. however it is a great kick start to a healthier regime that can result in weight loss and permamanent. It resets the gauges and eliminates cravings rapidly. By taking out the sugars and bad elements from your diet, once you get back to eating you can make new choices and thats a good thing. I will weigh myself on day 1 and document from there.

The bonus is you get to know the feeling of being lighter and that can keep you motivated. It works for me.

## Ease-In - Day 3

It is not common from my understanding to be sick to ones stomach but I have heard a few who do with the SWF. My take is that the detox is quite radical and strong and unfortunately needed. Is he drinking a lot of water thru the day? Is he maintaining a consistent pattern of lemonade and not a lot at once then long periods without anything?

Try some peppermint or ginger tea to settle the tummy. He may be doing too much too fast. If he can hang in there I am sure it will pass, but if he is very concerned he should slowly stop if this continues and bring himself back and try again another time. Maybe doing a whole fresh foods or ahwile and then working back down to the lemonade may

help. I can say there is nothing else I have ever done that has worked so well, and made such a difference. This is my 3rd cleanse on my second I did have to come off of due to illness unrelated to the cleansing.

You know your body as does your brother, listen to it and act according what feels right, just don't overreact when the going gets tough.

Good luck and keep us all posted

## **Lemonade Diet - Day 1**

I have not even weighed myself yet. I will. I never really focus on what the scale says. I know in how I feel, how my clothes fit if I am out of where I want to be. I know I am not where I want to be. One thing about as you get older you do tend to slow down the metabolism and the stuff you can get away with when young you can't anymore. In my youth I was a competitive athlete and needed to consume as much as 4000-5000 calories a day. That blows my mind now. My body can survive and thrive on a mere 500-600 for 10 days!

I can share that I have a skin condition called psoriasis. I am quite mild compared to some. I was amazed last cleanse how clean and clear I got. Already in my 3 day pre-cleanse it looks better and I suspect I can be virtually clear by the end of this. Now I will see signs of detoxing making it worse before its better, I realize that. but wow. Its another thing to say YES I can do this.

## Lemonade Diet - Day 2

I am sorry to hear so many are having such a hard time. I do think the pre-cleanse makes a huge difference. I can say I already can see a difference in the whites of my eyes. I think a couple of good nights sleep helps too. I have terrible sleep issues suffering from insomnia and find during the cleanse I am so tired I just can't even make it to midnight now. I am very cold at night so I was wearing my fleece jammies, and a robe and socks. I know that is a symptom of the body working.

I did weight myself yesterday and was not surprised, if anything thought it should be more. My goal is 135 and at that I am a size 6. I have been feeling restricted in my size 10's. I have 20 lbs to go and know I can lose as much as 15 during the cleanse but want to maintain the loss afterwards so this MC is a jump start to doing that not my weight loss plan.

## Lemonade Diet - Day 3

Ok here goes, I am tired and cranky. I am achy and my nose is running. I had a tougher time with the SWF but (yeah gag) the tiny bit of extra salt up to  $2\frac{1}{4}$  tsp is the answer. Works like a charm. I am freezing, like really really cold. Now I live in Canada so its damn cold outside and grey today so not helping at all. Thank goodness I work in a sports bar type establishment and I can look like I am a mountain hiker in drag! Its a costume damn it!. (are the wool socks and sneakers too much?) LOL

I plan to reward myself tonight with a hot bath, and layers of warm fuzzy sweats and blankies and the couch. If that does not keep me going today nothing will.

The good thing is I am not one bit hungry, the thought of food right now is repulsive. I

may not even need hoodia today. I just want tea, water and maybe some lemonade, Oh ya I need the lemonade, LOL

I can't wait to brush my teeth, Ok I am nuts I am thrilled to brush my teeth. Time to hit the shower I think and get myself back to reality.

HUGS all

2009-01-06 7:15 AM HI Kim

YES get back on the bandwagon. I am sorry for the stress of your mom, but your not succeeding can't change that. You know if you want to do it you can. Now with what you ate the recovery time may be rough and long but you will clean that out and get back to feeling great. Stick with it. You can recover from this.

Reset the commitment meter and refocus on you.

## **Lemonade Diet - Day 4**

Wow Anna, thats incredible eight loss. 21 lbs in 7 days!

I have no idea how much I have lost and won't weigh myself until tomorrow. You see

tomorrow I turn 46 years young and it will be my gift to me to see my progress. I am not doing this for weight loss, that is a side effect I am doing this to get back on track with my health regime. I am pretty balanced normally and make pretty healthy choices usually but life a little rough this past year and I slipped off the "take care of my track".

I also own a sports bar/ recreation type business with yes a bar and treating myself to a cold beer or glass of wine after work became a regular occurrence so I wanted to break that habit.

I have had some pretty good lower back aches and pains and know my kidneys are getting what they need finally. I know all of this is a much needed process to make me feel young and rejuvenated so what better birthday present to me than this. Who needs cake and ice cream when I can have energy, revitalized skin, and an extra ounce of pizzazz in my step as I continue to burn the candle at both ends for the next few months (I take the summers off with my kids as I am a golfer as is my husband and we make good use of our time outdoors all summer travelling for golf too)

I hope this renewed sense of fitness improves my golf game and I am committed to working on all aspects of that this year to be competitive.

So now my name makes sense maybe? Provi is the #1 ball in golf, LOL"

## Lemonade Diet - Day 5

and today I did weigh myself. was a little disappointed only 5 lbs, but when I think of 5 blocks of butter better off than on I say. I am not that focused on the weight thing but hearing so many others losing so much made me have some expectations. I also can not work out as I work 7 days a week 60-70 hours a week on top of doing this cleanse and when I am on I am on very busy. That's a work out in itself.

I know my clothes feel a little looser and I do feel lighter and less bloated. I know I am on

the way to better health and that to me is more than the size I wear or what the scale says. And damn it all I turn 46 today and doing this over my birthday and making this choice to choose me is a good thing. I am fine for 46! and proud of it.

## Lemonade Diet - Day 6

Scale schmale. If you feel good that is all that counts Harbour. You have great energy and enthusiasm and thats what matters here. I hope you have found a miracle and that the scale is right.

Does anyone else notice that their sense of smell is keenly more acute? My kids were chewing bubble gum and I thought it was going to make me sick, and they were in the back seat of my SUV.

The massage therapist today used a number of different oils for different parts and I could determine each one so difinatively it was wild.

I will weight myself Sunday morning to see my progress. All I care about is that I feel lighter and more energetic. I can see it in my face too. I only wear make up when I have to and even without the skin is looking brighter and less motley cruish!

2009-01-09 8:52 PM WendyH you rock go girl.

And Betsy that is awesome day 3, The first 3 days are the hardest. The headache will pass you will feel awesome trust me.

Now about the SWF, I can share my secret to get it down. Try it once and I promise you

can do it.

Take filtered clean room temp water or cooler. 32 oz. Take 2 teaspoons or organic celtic sea salt. Mix that thoroughly. Then drop a few drops of your lemon juice. Pour one tall glass, grab a straw and go for it counting to ten. Then rest a minute or two, then fill the glass one more time to finish the jug.

Try to get it all down in less than 20 mins if you can. Then lie on your side (right) for 10 minutes if you can.

The results are incredible and so much better than the tea and no cramps, NONE! You are done in about an hour tops (a few days I was a little longer) but it works like flippin magic.

You are working so hard to scrub the stuff lose, now take advantage and get it out of you and max the effort.

Keep at it and good luck.

## **Lemonade Diet - Day 7**

What a week. Really is has gone pretty quickly. I love the renewed energy and the feeling of lightness and clarity. I will weigh in again tomorrow. I know my clothes are feeling loser and that's a good thing.

I am pre menopausal so I understand the metabolism thing. I was a competitive swimmer in my youth and never ever had to worry an iota about weight. Now that I am older and not as athletic I think my metabolism is on hold. I seem to eat less than others and battle with the weight gain, then again I can go hog wild and not get over 160 lbs (except when I was pregnant I did and that was wild) I am best at 135. I am a med frame and 5' 7". If I get

under 130 my legs get too skinny and I look bizarre as I am fairly large chested. When I was swimming I was 110 lbs and well looked a little ill and boyish. Not for me.

When I get to my ideal size for feeling well I want to tone up so I plan to do some weights in addition to pilates and yoga.

I'd love to swim again but believe it or not I am allergic to chlorine, LOL

Hugs to all"

## **Lemonade Diet - Day 8**

Ok here is a tip do not weight yourself after slugging down the SWF and before it works, that scale is way off, LOL. Told me I had not lost anything since last time and that is visably inaccurate. So after the SWF started to work it showed a 3 lb difference, that means I have lost 8 lbs, Yippie.

I am trying to sound excited but today really I just don't care. I ache, my headache is back a little and I am cold and tired. I too am not just doing this for weight loss. I can feel lighter thats the bonus, its the internal cleaning that I am doing this for. The rebalancing of my system so I can hold out thru this crazy busy season of work and be strong and healthy, I just can;t afford to get sick as there are no sick days when you are self employed.

## **Lemonade Diet - Day 9**

I am with Anna forget the scale as it is not a true indication of the good you are doing for your body. I have ingested nothing solid of any substance since New Years eve and I am eliminating some (slightly) solids. I mean where does that come from, without getting gross, that is gross that there is matter in there that long.

I know I have not lost that much according to the scale but I can feel that I have lost inches of bloating. I can feel it in my legs and thighs, my stomach and arms.

Also our stomachs will be smaller, so getting back to eating means we will be fuller faster and therefore less likely to overeat, so the weight loss will be continuous if you listen to your body. That's a good part of this that we are now in tune again to our bodies and can feel and be aware of what's happening more.

## **Lemonade Diet - Day 10**

So I did get on the scale today and I lost 9 lbs. Not an awful lot but better than a kick in the head. I feel lighter and I have things that fit that did not before I did this. Last time I lost 15 lbs. I did the same thing this time, so no idea what was different. Of course I put that original 15 back on this time I plan to start with this as a start and build on it.

I feel good and satisfied with the results. I am proud to have challenged myself and made it through some hard days.

Onward and upward.

## Ease-Out - Day 1

I feel good, I meant to weigh myself this morning and forgot that how focused I am on the weight loss. My pants tell me what I want to know. In fact I am wearing a sweater today (its flipping deep chill cold here) that normally rides up on me and today is sitting where it should yeah!

I do feel a sense of calm about it all. Not the sheer sense of panic I had on Day 8. I can attest too to the power of hoodia. I took some for the first couple of days to ease into it and not face hunger pangs, I truly forgot about it until a couple of days ago. I took 2 caps and that helped me get past all the hard stuff and I swear made me stay the course. The lady at the health store I buy from told me to go for the expensive stuff that hoodia is not all the same. She did the MC a few times and swears by it, She was so right, I think I could also incorporate that into my regime to curb off over eating.

Knowing how hard it was to get thru this process I know I will stay restrained from over indulgence and make better choices, and that's what this cleanse for me was all about. This is not a quick fix approach but a restarting point to a better sense of wellness and health.

## 2009-01-15 9:12 AM Day 2 Ease out

I agree the ease out is important. I did make that mistake the last cleanse I did and ate a slice of pizza at my son's birthday party. UGH I feel for you all who are learning that the hard way. I plan to maintain a smaller portion size and keep my stomach at a smaller demand size :) I think the portions of some restaurants are criminal. No wonder obesity is rampant. My kids and I all can eat one portion of pasta at Boston Pizza. Add in a salad and it's a cheap meal.

I am hosting a men's party Sat night in my business ( I own a sports bar type place) and my husband is attending it too. I am looking forward to having a glass of wine. I am catering the party so I can make a super veggie tray. I will feel like a real person, LOL

Hang in there all. Make good choices. Live your life like your life depends on it.

## After Master Cleanse - Day 1

I lost a lb on the ease out! Thats a bonus and makes my total 10 lbs. I am ok with that. I know my clothes feel better. I even had someone notice, but she knew I was doing this cleanse so I am assuming she is just ""pumping me up"" lol!

I mentioned a few times that I have psoriasis. Its amazing how in 16 days how it can improve dramatically. My dermatologist says diet is a very small part of this ailment but I beg to differ. Just not sure what is the exact trigger. I have not had any coffee. I think just proper elimination is also a key. I know I can not live in lemonade (ok don't want to either, I love to cook and eat) but it is interesting observations.

I am not as cold as I was the whole time I was detoxing that was incredible, but I am still loving being bundle into layers so I am sure I look like I gained 20 lbs but really don't care. LOL Hey, its frigging cold here, like minus 15 C or minus 8 F. The windchill has people not skiing due to frostbite. A good ole Canadian winter! Pass the maple syrup! ha ha ha"

---

# Detox and The Salt Water Flush

---

## Ease-In - Day 1

I have read many errors in the amount of salt to use from 2 tablespoons to 1 teaspoon. The book I have the original on line downloadable version says 1 teaspoon for 25-35 oz of water. That's what I start with and increase the salt slowly to the point I can bear no more to get it down. It works.

I personally like to do it in the morning and the laxative tea in the evening, the tea is like a ""reward"" to settle down with at the end of the day and take full benefit of its overnight effect ;)

It gets better as you get detoxified. AND as you get a long further you are passing orange like substances (no way to out that nicely) NO it is not blood. If you ever feel it is off and appears blood like see someone right away. But 99% of the time its scary but immensely healthy. Freaked me right out my first cleanse.

Cheers to my peers on this."

Harbour

The orange like substance started to show up around day 3 of the cleanse. SO me of the colour could be due the cayenne pepper. But it is also putrified matter diluted (how flipin gross I am talking about this lol)

When you get to the liquid eliminations you know you are getting to the good stuff. Then low and behold a surprise mucousy experience.

Just know its normal and part of the deepest cleaning you have ever done. I did not know about all this my first time and well, I was scared ""crapless"" literally. I thought, there you go smarty pants you just broke yourself.

But it was all good. And the more you know the better you can prepare, right?

provi"

## **Ease-In - Day 3**

Yeah! Harbours tongue is white and pasty! lol we will begin to celebrate the most bizarre things, LOL

I too felt like I would explode with all the SWF in me this morning. I get to take down all the Christmas stuff today and pack it away, Joy oh bliss. At least I am close to the can. Cheers peers!

## **Lemonade Diet - Day 1**

Without too much graphic detail the SWF this morning worked like a charm. I agree a little more salt is more effective than a little to less. I also did it with room temp water and a straw, did not heat it and it was a little better than yesterday. I got it all down. The detox part I know it occurring already. How do I know this? I can smell it. LOL One of the

symptoms of detox is body odour. Not sure if anyone has mentioned that yet. Yup you start to cleanse at pore level. You might even get lovely blotches or small eruptions on your face. So to ensure no one feels like an ogre in the making its all normal. Smelly and spotted and a big white coated tongue, aren't we sexy?

But it goes away as you heal all those parts while the crappy (pun intended) stuff is eliminated.

As a treat (and this for me is a lifesaver as I get terribly cold) a warm bath with a dry brush pre scrub, a little epsom salts (in the tub water not in a glass) and a few drops of lavender are heaven. This aids in the process of detoxing and releases more thru your skin and gets rid of the stank. LOL

Note: Dry brush scrubbing is awesome. Get a loofah or bath grade dry brush and scrub your limbs towards your heart. It increased circulation and makes you feel wonderful and produces clean clear shiny skin while it aids in detoxifying.

Be well.

## **Lemonade Diet - Day 2**

I am getting the SWF down easier. AND the 2 tsp makes a difference. I find at room temp is working for me as opposed to heating it. The celtic sea salt actually dissolves pretty well.

My surprise this time around doing the cleanse is that its taking a little longer to become effective. Last cleanse I was clean and clear in less than an hour. This is lingering. I had my first ""accident"" and thank the lord I was in the shower (I can not believe I am sharing this goodness me) By 2 hours I was finished.

I can say I am not even a little hungry and have had a full glass of lemonade. I think the hodia works. I am also taking a small amount of wheat grass as recommended by some MC experts for the protein allowance as I work 60 hrs a week 7 days a week and really don't have any down time. (Joys of self employment)

I just got in a shipment of chicken wings and the worlds best chicken finger strips, our tex mex shredded cheese mix and other bar snack items and not even a flinch, put it all away and came down to the computer to finish posting.

That floors me. I think this format as a group is a huge motivator, I like it. I am so motivated each day to see how much clearer and better I feel. I know the end result will be worth it. That keeps me on track."

### **Lemonade Diet - Day 3**

Getting the SWF down today was tougher but I did it, I upped my salt to 2 1/4 tsp per 32 oz of water and that is making me almost sick to get down but I did it. I am sitting here waiting and its gurgling around.

My nose is runny this morning so I know I am getting to the detoxing part of this well. How amazing we look for the symptoms of this thing working in how gross or yucky we feel. I hear Day 2 is the worst but I am having a so far harder time with the Day beginning, I did not sleep so well last night that might be part of it.

Is anyone else taking psyllium? Maybe thats working too now after a few days.

Can't wait to feel better and have that ""ahhhhhhhhhh"" moment."

## Lemonade Diet - Day 4

Thank you, thank you thank you for whomever said they licked a lemon while doing the SWF. It tired that this morning. And it worked. It was like doing tequila shots without the tequila. LOL The funny irony here is after 2 tequila shots I would have to do the same thing that the SWF makes me do. RUN to the loo!

I got the SWF down in 9 minutes. Thats a landspeed record. Now the results of eliminating that SWF took almost 2 hours of constant bathroom breaks and barely made it to work. (Thank god I own the place and was here alone for 1/2 hr it was quite dramatic)

This morning there were some solids! Where were they all week? I have not eaten anything of substance now for almost a week. Thats gross! I have had the liquid rush for days, this was a surprise.

I do not have the pasty tongue or teeth. Not bright pink yet but not coated either. The nose was very runny this morning and in fact kids thought I had a cold. I am not as cold today as I have been. I brought a warm wollie jacket for later if I need it.

So far so good. Stay with it gang. Together we can conquer anything, well at least a little thing like doing the best thing possible for us today.

## Lemonade Diet - Day 5

A I drank my SWF I was moving like a white tornado this morning making hot toast and eggs for the kids and making up a batch of hot chocolate for their lunch thermos' as it is damn cold here today. (-10 degrees celcius) As I ripped off the canaster lid with my teeth a puff of chocolate smattered my face I smelled it and immediately I freaked fearing I had maybe gotten some into my mouth, I immediately ran to the sink to rinse my mouth like I had sprayed acid on me, it was hilarious. Safe no chocolate taste and no ruin to the

cleanse, LOL.

As I was in my frantic frenzy of morning cleaning so the cleaning lady can come (don't ask I am insane I know) I knocked over about the last 5 oz of my SWF. I was so mad at myself, but low and behold had the best and quickest elimination yet. Who knew! I was about to make some more and figured heck relax, take what you got, get into the shower and slow down as thats two mishaps in less than an hour and today IS YOUR BIRTHDAY fool!

Tomorrow I have a massage in the morning at 9 am. How embarrassing will it be to have to leave the table to go to the washroom 5 times, LOL I will gt up earlier to be clear by then but I am stressed, LOL

## Lemonade Diet - Day 6

LOL Day 6 MC. Its so true, the SWF is so important to this working. I mentioned it before, but the lemonade does the scrubbing and the SWF is like the rinse cycle in the dishwasher, flushing away the debris, You wouldn't want to eat off of plates with stuff still on them.

I too add now a few drops if lemon juice into it, at room temp with a straw. I have 2 large drinking mug fulls and drink it as I prepare the kids mornings. I made a ritual out of putting the dishes away from the dishwasher, eash item had to have a quick chug of SWF. The dishes were away in no time and I was in the can in half the time, ha ha ha.

I am not even sure the senna lax tea is doing that much for me since the SWF is SO effective.

Just can't say enough about it.

2009-01-09 9:01 PM LOL MC vetrans. Please when I go do not have that on my tomb stone, promise? LOL

I am almost done day 6. This is my third cleanse. I can say that there are times I am so challenged and doing this with others is a god send.

Yes butt pee is normal and the odd smattering, (love that term) You are deep cleansing now and the yellow coloured water is a sign all is working.

Elimination is huge and as I upped my water intake a little I am now spending a lot of exercise getting to the toilet frequently. Its all good.

I am jealous of black tartar mucus, thats huge and getting rid of old stuff that may have been there for ages. Its yes ok and normal and awesome.

Keep it up girls and if you can cut out the gum do so. It tells the tummy to prepare for food and its mean to trick the tummy it fights back and kicks you all day wanting food. :)

## Lemonade Diet - Day 7

Yahooo!!!!!! I got mucus today and yes some stuff, smatterings, thats it, LOL.

I was so excited. I was fist pumping in the can like I do when I sink a birdie putt!!! We are so damaged, ha ha ha ha.

I am so jealous of you harbuor being able to go further. I have a business general meeting on Jan 20th that is being catered by the best restaurant in town and I am comitted to go (at least I ordered the salmon and not the beef tenderloin) I also have a charity chefs dinner on the 29th where my business bought a table of 8. I plan to make great choices but can't see me not eating at the prices I have paid to go, ha ha ha.

The bonus is I have a Norma Kamali skirt and new 9 West boots that will rock and I can fit into now, yeah!

## **Lemonade Diet - Day 8**

Yes I know the aches and pains are part of this and that is a good thing, AND I did have some solid like stuff too this morning so I know my body is doing some deep detoxing and that is keeping me motivated.

Now is anyone having any eliminations other than after the SWF? I mean I have to pee all day but nothing else once the flush is done.

Is that normal. I know nothing else but liquid in means nothing but liquid out unless I flush right?

I do hope days 9 and 10 are not as rough. I am making my shopping list for the after cleanse and plan to take it so easy but get back to a healthy wholesome diet. I want this to truly be a start to something good.

## **Lemonade Diet - Day 9**

I did the SWF this morning straight no lemon licking nothing and got it down fast. But the results have been not as impressive. I know it all went in but not all came out. I went to the store on my way into work and had to fight the urge to go, Held it til I got to work and a little longer and then when I went to go hardly anything. Please tell me it does not get reabsorbed into me?

I held off my lemonade to be sure I did not have to go more. But its not coming.

The good news is my tongue is pink, I mean I can see it. Pink. I had very little of the pasty white tongue, mostly grey, but today its pink and clear. I think I was not as toxic as I thought I was but whatever had to detox yesterday sure made me feel awful and cranky. I need a hot tea to warm me up today. Thank goodness for peppermint tea. I have no done any green tea due to the caffiene in it, but I can replace most of my coffee with green tea so that is my compromise for after this.

## Lemonade Diet - Day 10

So since today was my last day of actual cleanse as I made my SWF I had a tad of celtic sea salt left in the package so tossed it into my water. Added a touch more water when I could taste the difference. Needed a touch of lemon too. AND wow! I actually did not make to the washroom once. I had an an hour and a half of very effective results. Who knew? I have had some mucus that last 2 days too and ended today with clean clear ""butt pee""

Now when I go #1 it is almost water, clear, is that what you all are experiencing too. Obviously I am not taking any supplements and that is what gives me colour. LOL.

I strt probiotics tomorrow. I am also adding an anti aging complex from Univera that has a high antioxidant factor (high orac value too, higher than the Xocai chocolate or Goji juice)

My skin is quite dry ( very dry and cold here where I live) so I am thinking of adding into the mix an essential fatty acid complex for my skin too. I use Udo's oil for my salad dressings when I get to eating that."

## Ease-Out - Day 1

It was amazing to me how much more time I had this morning not doing the SWF. I can tell you that the lax tea does work too, I just did not know it with doing the SWF. I was happy not to have to do it and also missed the feeling afterwards of being so cleaned out. I do plan to add some good fibre and bran to my diet for the future. I want to maintain this good feeling from healthy elimination. Once my body takes over and handles it well I will add a SWF periodically to keep it well.

I swear my hair and nails grew during this phase. I think I will do a home manicure tonight since I have something now to manicure.

Happy detoxing and easing in to those who are and stay on track and good luck to those who are continuing on. I agree with listening to your body and following thru with what feels right for you.

## Ease-Out - Day 2

I plan to do the SWF once a week to maintain this feeling. I need to actually buy more salt. I am taking psyllium caps at night and will do my lax tea (did not last night had sleepy tea instead) I am drinking lots of water. Had 2 glasses before I left for work and halfway thru my 40 oz container this morning.

I think water is imperative to healthy skin and proper elimination especially when easing back to food. Imagine a garden hose that was once all clogged with mud and grass clippings. Then you flush it all out. To keep things passing thru and not getting clogged again you need to keep it flushing, That's exactly what your digestive system is a long garden hose!

Water yourself well! May flowers spring eternal. (Not internal) ha ha ha

## After Master Cleanse - Day 1

I have a small confession to make. I miss the SWF. I do. I miss that feeling of knowing that as I go to work I am so much lighter. Is in insane or what but I think I will do it periodically. It can't hurt right? I have had a small amount of solids in my 3 days ease out and I am passing a small amount so things are working. I am going to have some protein today and that may be the thing that is making me worried. I was a vegetarian for 5 years once. I know what it takes, but I need some protein. I was very B12 deficient and was unable to get pregnant. Adding protein got me pregnant, LOL (don't got there) I do enjoy fish and chicken and turkey. I eat red meat very very rarely and to be honest am quite spoiled because I really only eat beef tenderloin when I do.

SO my plan is a little tilapia later before another late night at the business serving nachos and wings and beer!

---

# Support from Family & Friends

---

## Ease-In - Day 1

wow what a cool group of people are here.

I am grateful my husband and kids are supportive, well they are tolerant. LOL They know if I set my mind to something nothing they will say can change me anyway. I love to go to my health food store and talk to them. Many of have done the cleanse and suggest great things to get to help me. or where to find stuff. Its like you are a warrior going into battle and they cheer you on. Its cool.

If you can imagine I don't just cook for my active kids and husband (I confess I am a pretty good cook cause I love to do it) I also own a sports bar business and cook all day for customers as well as mix drinks and yummy concoctions so I get a double whammy of challenges.

Makes me work at me even harder cause I know I am worth it and the feeling I get after doing it is incredible. WE CAN DO IT.

My husband came down and took one look at the SWF I was about to down and he said ""You are going to drink all of that"" I said very proudly I am goona try. He said ""good lord"" ""Good luck I am off to work and to grab a coffee"" He gave me a kiss and went. I said to myself ""You just wait buster, when I am done with me you won't be able to be"" ha ha ha

The hard part now, going to fix breakfast for the kids and explain to them once again why I am not eating with them and only drinking lemonade. They want to do that too! UGH.

My children are incredibly thin and not for the life of me would I ever let them do this. So what a hypocrite I must look like to them, LOL Who cares I am mom and you do as I say not as I do.

Ciao for now. Keep on keepin on!"

## **Lemonade Diet - Day 1**

Ok so I just grocery shopped for the kids to go back to school (back to making lunches yeah) and I made the family spaghetti and meatballs for dinner. While I did it I made up my batch of lemonade (minus the cayenne add that at each serving) to take to work tomorrow, drank some more water and realized I still had 2 1/2 servings of lemonade left to drink. So I did and was so full nothing even got to me. I cleaned out the fridge too so everything in there is quick and easy to make meals for them.

My husband and kids all said ""mom you are so strong, you are going to do this aren't you, and thanks for a great dinner"" (I never get thanks, LOL)

That inspired me to clean out a cupboard with all the containers to make lunches easier and made their lunches so I have time to spend the morning in the car. LOL Having people on your team/side makes a difference. Most of my friends think I am insane. Well mostly I am but not about this."

## **Lemonade Diet - Day 2**

"to win without risk is to triumph without glory"

I kind of read that as if you don't have to work at it and risk failure you don't enjoy the

results. Let's face it this cleanse is not for the faint of heart. However when you master the master cleanse and complete the commitment you make to yourself the feeling of accomplishment is amazing. And not only are you cleaner, lighter with glowing skin and boundless energy you carry yourself with a sense of pride and accomplishment that can come from no other process I know. Anyone can go to a clinic and be told what to do and get daily support and fall into line up of every other person who enters that realm. This takes advanced self control and stamina and commitment.

So for those of you going it alone I applaud you. This is a huge undertaking and one that you should stand up and cheer each milestone you achieve.

I love the line ""When are you going to live your life like your life depended on it"" Well people that would be TODAY!

Hurray for you and me and all of us.

## **Lemonade Diet - Day 3**

Its amazing how often I have to remind the family I am cleansing. My kids asked me a few times to try something, or arn't you going to eat, or here mommy you can have my last chocolate. UGH. They are kids and not trying to sabotage me, just they forget easily and when I remind them they say, oh ya I forgot.

As I do this I watch the ""crap"" my husband eats and realize his increasing weight and tummy will continue. He has Chrohn's disease and for him this cleanse could be literally deadly. He has been so healthy and so proud to have put on weight in the last 4 yrs that I could never say anything to him. He quit smoking for 3 yrs and just started that again too. It kills me to be so committed to being healthy and well and he just takes it all for granted. He says he is 43 yrs old and not going to change anything at this stage in his life. So I

accept it, but its hard.

The support issue is there, anything I want to do he gives me complete freedom to do, just don't ask him or push him to do anything he doesn't want to do.

So looking after me will have to suffice."

## **Lemonade Diet - Day 4**

There are so many great side effects of this cleanse. Like since I am not spending so much time cooking at home (kids love simple anyway) I have time and energy to clean and reorganize things. My linen closet, my desk at home, my office, my fridge, my business all have been tackled.

Last night I even played MonopolyPlanet Earth with the kids and then did a spelling bee to practice their spelling words for homework. We had fun. After work I am usually too tired and overwhelmed with cooking, cleaning and making lunches to have much energy for them, this is awesome.

I can't imagine the SWF not working for anyone. Maybe up the salt a little each day. The body can not absorb salt water so it has to come out. Be sure to take it on an empty stomach not even water before hand. 2 1/2 teaspoons of organic celtic sea salt in 32 oz of water.

## Lemonade Diet - Day 5

My family seem oblivious mostly to what I do and why. My husband knows he could never do this and well he thinks I am a little nuts but supports me in what I want to do as best he can.

So this morning they all give me my birthday cards and gifts. My daughter 9 is a sweetie and very much mommy's girl and there are hand coloured cards and pictures. My son 10 is a bit less in his showing of affection but when he does it's huge, He made me a free hug button and I can use it anytime not JUST on my birthday gotta love that. My hubby gave me the book Quantum Wellness by Kathy Freston and a giftcard to Tabi to buy something nice to wear when I get to where I want to be.

That's cool. I feel loved and supported. The cards made me cry but then I thought that's a good thing another way of detoxing, LOL

The kids will take me out for dinner when I plan on eating again, ha ha ha.

## Lemonade Diet - Day 6

I don't get any way to go stuff from anyone but a few friends, lots ask me how I am doing and think I am so kind of freak, LOL. But no one in my life gives me any flack over what I am doing. I guess I just wouldn't take it anyway so they know why bother to waste my breath.

I do have some major life troubles with my ex husband, the father of my kids. I see a therapist to deal with those issues and she sees them too to combat the " "divorce poison" ". I have sole custody and he has visitation. The kids have been used as pawns in a sad game of revenge and anger. I share that here as this is about motivational reasons to

do this cleanse. I need all the strength and stamina to be a role model for my kids and to be able to handle the trials and tribulations that come with dealing with a person who has mental and emotional difficulties. Find a reason bigger than yourself and you can make the choices to do just about anything. My kids need a deserve a mom who can get into the trenches and fight for them if need be so thats the mom I have chosen to become.

A lean, mean fighting and well balanced loving machine.

Peace"

## **Lemonade Diet - Day 7**

Mychel Hugs - you are a trooper and have fought a lot of trials and sets backs to get here so you are my hero. Forget what anyone else says and focus on how great you feel.

I live by the line from the immortal Ghandi ""be the change you want to see in the world"" I know I can;t change anyones mind about anything by talk, it goes in one ear and out the other, but when they see me with my energy and my attitude and my skinny jeans and my clear bright eyes and skin and vitality of a woman younger than my experienced 46 years they take notice.

I guess thats why god gave us two eyes and only one mouth! look twice as hard as we speak.

I live by example and those who care can notice and those who don't can look away.

Thank goodness my kids notice. Thats the most important to me. I don;t say to them do as I say not as I do, I say do as I do and be smart to learn if it does not work for you then find your way cause YOU CAN.

Its time to live your life like your life depended on it. Cause when doesn't it?"

## Lemonade Diet - Day 7

Congrats to those of you who are Day 10, that is awesome and well done.

I am on day 8 but really have not had anything of much substance since New Years eve as I did do a 3 day precleanse with only broth and juice the last day. I plan to do a very careful after cleanse too.

I remember in April after a couple of days after the cleanse I was feeling good and things were starting to move again I ate a very small slice of pizza at my son's birthday party. I was never so sick in my life and swore I would never eat pizza again (ya right) But I can share it is very very awful to jump into things too quickly. If you think the cramps from Lax tea is bad, just go too quickly into the wrong foods. WOW.

Anna your comittment to go beyond is admirable. I have read that water detoxes flush your system of needd nutrients and that it messes with your electrolites. Be careful. I am sure you have read up on it and know what you are doing. It just worries me a little for you. Will you replenish your system after? I know I cuold not do that one. I love water and drink a lot. This MC is as drastic as I can go.

I promise to read your posts here if you plan to continue or via facebook if you keep me updated girlfriend.

Cheers to all.

## Lemonade Diet - Day 8

I agree this support forum has been a life saver. this is a hard thing to do alone. Almost impossible. My husband keeps saying this would kill him, lol.

I notice my nails have grown faster than normal this cleasne too.

I can't believe its day 9 and then I can't believe its only day 9, LOL

I know I can do this now, finish this as I planned. That is something to me.

Most of my customers and clients think I am insane and quite mad. I share on a need to know basis but does it not figure how many times I was offered a birthday drink or a drink with a party. I had a girlfriend invite me to lunch, and invites to two dinners. In 10 days!  
ARRGGGHHHHH

Just so grateful to all here who have stayed the course and shared the journey. Could not have done this without you all.

## Lemonade Diet - Day 9

Wendy H

I have done Isagenix and it is a good program, but very pricey so just be warned. They tell you since you are not buying food you save money but I never found that to be true. I still buy for my family and then the products. I stil get the shakes powder for my kids smoothies. But they try to get you on autoship and you are stuck with ordering a certain amount every month in order to maintain your status. The products are good do not get me wrong, but so is eating a balanced healthy whole food.

My family is excited I am about to be done cleansing. My daughter is loving us doing Pilates at night together, so that we will continue. We also plan to go tobogganing so running up snow covered hills will be a good work out too. We love skating too. We are going to make the most of the cold and winter season.

I love when people mention how good I look or how awake I look. I work a lot of hours often 7 days a week in my own business (glamorous eh?) so I know I burn the candle at both ends. Its great to have energy and stamina to do this. I get all summer off as a result as that is our less busy time, so don't feel too badly for me.

Stay strong.

## **Lemonade Diet - Day 10**

I too want to thank everyone for such great support. For those of you who do not have friends/family/spouse support I just can't imagine. I have some of my facebook friends even following my progress and cheering me on. Its too funny. When they ask what exactly I am doing they freak out and think I am some kind of health guru.

It was so cute today at breakfast. I made the kids eggs on an english muffin with melted cheese (something hot to start the day its so cold here) and juice and hot tea. They were talking how good I am to make all this when I can't eat it. Thats a first. Both my children are 95 Percentile, meaning only 5 kids out of 100 weigh less than they do. (they are both quite physical and just very slight build) They were raised organically and breast fed for 18 months each. They are non immunized and have never been sick I mean never. My daughter is 9 and i still don't know her blood type since we have never been to a hospital or emergency room with her. They had chicken pox for 3 days and barely needed a thing.

They are so very healthy. They do not eat ever at McDonalds and are so proud of that.

They know nutrition better than most adults. SO why can I do this for them and not for me? I make them healthy lunches and cover all food groups and good choices. I will make them a healthy dinner and not eat it myself. Whats with that?

Major lightbulb moments!

## Ease-Out - Day 2

Myblood. Careful with bananas, they can be constipating. It is written in the Master Cleanse book to avoid bananas in the ease out if possible, just so you know.

I am trying to maintain a low glycemic index. Its amazing how acidic lemons and limes seem yet the body reads them as basic acid and low glycemic. Almost all greens are low.

Acid fruits are cranberries, blueberries, plums, prunes and all canned fruits or preserves.

Soy, quinoa, splet are all low as are almonds, fresh cocnut and millet.

## After Master Cleanse - Day 1

So my husband has not said much about my cleanse progress or process even. I am however bundled up like a slug in a shell, so I can not say I have tried much to give him anything to notice, LOL. well tonight he is participating in an event at our business and I am hosting and serving him as one of the ""customers"" tonight. LOL I am putting on the slim jeans and the push up bra, (ok admit it I am 46 now and need that so don't get too

excited, LOL) and actually gonna put on make up (hardly wore any while detoxing) and maybe even let my hair down.

I think he will notice since I have not been out of sweats or major sweaters of bulk since New Years eve, LOL I may even have a glass of wine tonight!

I am going to be a ""real girl"" again and looking forward to it. Cheers."

---

# The Process & Lemonade Diet

---

## Ease-In - Day 1

Good idea about the flossing. Be prepared when you do a good cleanse you can get very bad breath. Nothing worse than a cranky old lady while she is cleansing who talks to you and knocks you out with her breath too. (That'd be me)

That's where I do like a mid day cup of peppermint tea (nothing else in it) I also brush my teeth and tongue a few times a day (did anyone mention yet the sometimes occurring white pasty tongue? You know you are clean and detoxed when you get the clean, pink healthy tongue back after the white phase unfortunately.

Last day of precleanse, and so looking forward to my lemonade days.

## Ease-In - Day 3

I need to start the lemonade tomorrow and like to also mix up a batch to consume thru the day. NOTE: that the cayenne if added at the beginning of the day gets hotter and hotter, so if you do not like it that way add that ingredient just before you drink it. I managed to get a small loose amount all organic for \$.43 at my health food store that should last me thru the whole cleanse and then some.

I digress

For a 40 oz bottle (my stainless fancy pants drinking bottle that I use) I require the following combination

.6 cups (yes over 1/2 cup of lemon juice)

.6 cups (yes over 1/2 cup of grade b organic maple syrup)

32 oz of clean purified water ( I have an RO system in my house so I use that, its not the absolute best but what I paid for the damn thing I am using it)

with each glass I add a pinch or two of cayenne depending on my mood and time of day. Morning not so much, evening fire it up baby.

That covers 5 of my min 6 glasses a day. One before work and one when I get home works for me. If I am really losing it I lick the spoon of the maple syrup for a treat only if I have been really really good and had good thoughts all day (kidding here)

Add this to the 140 oz of water I am supposed to drink I have no time to think about food or how much I am not eating, my mouth is busy almost all day.

I talk alot too so thats not truly fair.

Hope that helps, I just figured out the amounts and wanted to share.

My kitchen looks like a health food store. I have all the items I need in one place. I am digging out my juicer as we speak. I leave my lemons on the counter as they extract more juice when warmer I find. I also give them a good roll on the counter with my palms to get every last drop of juice. I admit I do like the taste of the lemonade. I have maple syrup from the Mennonites from central Ontario. I have no idea why but its not sticky or thick,

but sweet and dark too. Us Canadians are good for something. ok that and hockey GO JUNIORS.

## Lemonade Diet - Day 1

My kitchen looks like a health food store. I have all the items I need in one place. I am digging out my juicer as we speak. I leave my lemons on the counter as they extract more juice when warmer I find. I also give them a good roll on the counter with my palms to get every last drop of juice. I admit I do like the taste of the lemonade. I have maple syrup from the Mennonites from central Ontario. I have no idea why but its not sticky or thick, but sweet and dark too. Us Canadians are good for something. ok that and hockey GO JUNIORS.

2009-01-04 6:02 PM JanaB3

Try to make the lemonade as recommended. The 2 tbs of juice to 2 tbs of maple syrup to 8oz of water and a pinch of cayenne. 1/8 tsp is alot and if it hurts you won't stick with it. And cutting back on the maple syrup that much must make the drink dreadful. Even at max doses you are getting at most 600 cals and that is very very little. This process is not about weight loss, that is a side effect. You sticking with it is what will convince you to stay on a healthy diet afterwards. You will feel so clean and full of energy and lose all nasty cravings. Just try it for a day or two and see the results.

Suffering to get the main item you drink for 10 days could be considered torture and no one wants to see anyone do that.

This is not Survivor, I promise NO one is getting kicked off the Master Cleanse island  
LOL

## Lemonade Diet - Day 2

That is something I never knew about lemons. Meyer lemons sound amazing.

I have organic lemons but they are smaller than I would like, that's all I can get. They sure make a lot of juice though. I mixed my batch up last night and placed it in the fridge. I do know we should drink it at room temp as cold liquids turn off your digestive system but after the SWF the cooler lemonade is heaven to me. I even have been able to up my cayenne a bit but be sure to mix it, I had some strong residual at the end of a glass yesterday and almost coughed up a lung. With my eyes watering I made quite a show for my daughter as she was sure I was about to woof my non-existent cookies.

## Lemonade Diet - Day 3

I do like the lemonade better when mixed fresh on the spot one glass at a time. but reality does not allow me to do that at work so I pre-mix 4 or 5 glasses and take it with me. Then I know when I get home I get a really good glass for ""dinner"". I know I am detoxing as this morning I awoke to aches and sore muscles and a runny nose. Did anyone tell you about the nose drips? Just adds to that sexy factor of blotchy bumpy skin and bad breath and cranky disposition.

Yes that's right we signed up for this. LOL

I need to get more lemons and maple syrup already

Keep drinking."

## Lemonade Diet - Day 4

I found some organic limes yesterday but they were more expensive than the lemons (I got some lemons for \$.99 each so bought 7 of them). I squeezed 1/2 lime and 1/2 lemon for a treat. Wow it was nice. I bought some Blue Agave, Organic. It was slightly cheaper than the maple syrup, got it home and it smells horrible. I have not tried it yet.

Mixing up my 4 serving batch for work is making life a breeze. It gives me something to focus on as I make the children's dinner and pack their lunches. I do not mind at all squeezing my own lemons. I think I do just as good a job dejuicing than my little juicer so I just do it myself than pull out another appliance.

Its getting to be a process and a routine and its working. This easy I can make it 10 days for sure. Depending on how I feel I may go for 14.

2009-01-07 7:24 PM I am on Day 4 and tonight I tried lime juice and the agave syrup, I liked it, I like lime juice flavour anyway, but what a nice surprise treat for a difference.

Honestly the SWF is not that bad. I licked a lemon today as I did it and it went down quick. The results are worth it, it truly is the key element I think to the master cleanse. I say try it when you can its totally worth the discomfort for a short while.

Good luck all.

## Lemonade Diet - Day 5

I have made it to day 5. I am feeling good. The lemonade is a breeze now. The last batch of small organic lemons did not yield as much juice as the ones before that were a tad larger, so much for the .99 cent deal I got, needed an extra lemon to make my min 4 glasses I take to work. I am going to get more limes to night and have a birthday limeade for my last glass. I read in the Master Cleanse book I read on line that agave is ok to use so I did. Man there are so many versions and so many theories no wonder people are getting confused.

I think I need to up my cayenne again I am friggin freezing again. Last night I slept with my flannel jammies, my bath robe, wool socks under 2 duvets on flannel sheets! I am supposed to be having night sweats at this age, not frigid phases, LOL

All my water, SWF and lemonade I do at room temp and drink hot tea 2 - 3 times a day (2 lax tea last night)

Keep at it guys, because we are worth it.

## Lemonade Diet - Day 6

I so love limes. I made a 2 glass batch for this morning with limes and agave and a little cayenne and it was delightful. such a change from the lemon. I may go really crazy and do

a lime/lemon combo whoo hoo!.

Day 6. Its happening. I know I can do this. All the hardships I have encountered are worth where I am today. I could care less what the scale says, (ok love that the jeans fit, have one more smaller size to go for the really cool jeans, LOL)

I am cold today still but the peppermint tea right now is helping.

I feel for those who have not been able to bring themselves to do the SWF there is nothing like it. It flippin works as this lemonade scrapes all the stuff up you want something powerful to clean it out or you are doing only half the job.

Think about it.

What does not knock us out lifts us up! :)

## **Lemonade Diet - Day 7**

120 oz of lemonade is alot, are you sure you do not mean water? I drink about 48- 56 oz of lemonade a day and try to get about 100 oz of water. I also have at least 32 oz of non caff herb tea and my lax tea.

@Wendy H

If it is working for you than rock on girl you are getting the nutrients with the amount of lemons and syrup, just diluting it a bit, I just wanted to be sure you were not sabotaging yourself with too much for the system to handle.

Sounds perfect.

Today I have a large batch of lemon limade made with the agave, Its just different and I am little bored with the lemon only mixture. Its Day 7, wow!

I have dry skin cracks on my hands in a couple places ( I wash a lot of dishes in my business lately been so busy cooking for others, LOL) and can I share how much it hurts to squeeze so many limes and lemons with your hands and open splits. Makes SWF issues miniscule so I recommend spliting your fingers, HA HA HA JUST KIDDING.

It is bitter cold here in Ontario Canada so my layers of clothing is not so out of whack. I am still cold a lot of the time. Also explains the dry skin issues so a nice detox soak is in order tonight.

## **Lemonade Diet - Day 8**

I can say I am getting tired of the lemonade, but am still on course. I just feel blah today. I did get hungry and the lemonade makes it go away so for that reason I am chugging it down. I realize I am actually only drinking about 5 - 6 glasses of it a day and that may be why I am sluggish. I just can seem to get more in as I am at my business all day. I have glass beside me all day but its getting to it that is hard. I am writing my posts today in between serving customers, LOL.

Its hard to sip on lemonade when you are serving up cups of fresh hot coffee and copius amounts of cold beer. If someone asks for a bloody ceasar today I just might scream ( I am told I make the best in town, lol)

I don't even like or eat bacon but had to make breakfast sandwichs today with eggs and cheese and tomato and bacon on an english muffin and damn did it look and smell superb.

I am going to have my limeade tonight and make sure I get in at least 6 glasses. I plan to warm up soon with a cup of peppermint tea. I brushed my teeth this morning for 10 mins to avoid nasty ""ass breath"" and I am not sure its working."

## Lemonade Diet - Day 9

I have my rations of lemonade pre made and sitting on the counter here at work. I just have not brought myself to drink any yet. Its almost 11 am here too and would have had a couple glasss by now, I'll get there.

I am finding I am getting more juice from the lemons than the limes right now so have all lemons for the last 2 days. I have sut back my maple syrup a little bit so I have enough to last. I do like the agave too and use much less as I find it sweeter in a different way.

Does anyone ever use stevia? I amy use some of that for the after cleanse phase for my grapfruit juice/orange juice.

I am still cold a lot of the time, does anyone else still suffer from that?

I bought some sunflower oil and plan to do oil pulls on my after cleanse phase. Afraid to try it now, just had such a hard detox day on Day 8 just can;t ask my body to go further than it is.

I will end today with another Pilates session and then a hot detox bath. I use dead sea salts and lavender, or rosemary or ylang ylang. I have grapefruit oil for the after cleanse.

Peppermint too!

## Lemonade Diet - Day 10

I am going to go crazy today and mix my lemonade one cup at a time with fresh ingredients instead of a batch. Mostly since I can't make a batch that large as I am pulling a long day at work today.

I am upping my water today too to ensure I have energy to last the day. Off to the shower and off to work. I am also loving the agave as a change and since I am almost out of syrup (again) I am doing all agave today.

My last day of lemonade, I can not say I am sorry to see it go, but thankful I did enjoy it. And damn the stuff works don't it!

HUGS

## Ease-Out - Day 1

I am so not going to miss the lemonade. I took one small juicing orange and got about 3 oz of juice, and once diluted it was kind of blah but I drank it and feel good. I took 2 capsules of probiotics, and 2 flax oil caps and one oz of my univera with water. My stomach actually made gurgle noises. It must have been pretty empty! Like an echo in there LOL. I am going to add my greens caps and continue to take the probiotics and flax 2x a day. I can see my skin is dry, now it's colder than hell here today (-21 C and what's that like -12 F?) so winter causes me to have dry skin anyways. All the salt bath probably don't help. I may add some oil into my bath if I can get one in tonight. I think I will continue to do the lax tea at night, it can't hurt and if I get any constipation I will add in some psyllium caps. The key to healthy everything is proper elimination. Now that this

digestive track is clean and clear and rested and ready to go I won't work at messing up all the hard work but keeping it at peak performance.

## Ease-Out - Day 2

I can't say that I miss my lemonade that's for sure. I am drinking lots of water and bought a load of veggies (celery, broccoli, garlic, beets and beet tops, onion, potatoes) to make my soup maybe tonight. I plan to cook/boil the snot out of all of that so I can eat some of the veggies tonight. I am handling some orange this morning well, I have had no cramps or irritation. I did have one small elimination last night so I think things are working. :)

I am not even craving coffee, so that is good. I am not a true addict I can be quite happy with herb tea. My husband loves his coffee and we do enjoy our mornings when we get a chance to relax and he brings me coffee in bed. Gotta say I look forward to that again.

## After Master Cleanse - Day 1

It is so hard I know but by cheating at all on this you hurt your level of effectiveness. If you cheat drink lots of water and start again from day 1. Once you can master this master cleanse you can change your attitude and make healthy choices. It's saying hey. I am worth it! 10 days in the whole scheme of things is not so hard. I mean it takes months and months of bad choices to get here. The lemonade is technically perfect. It gives you what you need to allow your body to heal. Through anything else into that mix or remove anything and your body does not get the max benefit.

Its hard as heck but keep telling yourself you are worth it and focus in how good you will feel and the sense of accomplishment you will earn!

## After Master Cleanse - Day 2

@Kristen

Well done. Congrats on 14 days. Good luck with the ease out.

I would for sure do this again in June if anyone is interested. I agree you all have been so awesome and made this experience for me so much better.

We got hammered again with a huge snow fall and was up early on my only day off in 14 to snow blow and shovel the driveway. I now have to decide what to have for breakfast and almost miss just pouring a lemonade and no worries. I am doing a yoga class later and really want to feel lighter and not weighted down with digestion occurring.