

My Experience



Kristen Messenger

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

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Forward by Mike Olaski

This Master Cleanse Journal is by a cleanser Kristen Messenger 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 Type: Veterna Cleanser
Author Cleanse Status: 3rd Time Cleansing

Comments of Interest

Pending

Notes

1. Missing Ease-Out
2. 14 Day Lemonade Diet

Psychological and Emotional

Ease-In - Day 1

I have never done this detox before so this will be a new experience for me and I'm not sure what to expect. I think that my major worry is that I have the will power of a fox in a hen house. This is definitely a mind over matter thing and I haven't had much luck in the past but I am determined to give it that old college try. I already miss the taste of my favorite foods and I haven't even started the lemonade only phase. I don't think I've ever paid this close attention before to tv commercials. I know I'm in trouble when even a Big Mac (which I hate) is starting to look good. This is going to be interesting!

Thanks for the idea Veggirl23 about writing down my reflections over the past year and my goals for the future. I think that maybe this will help to remind me about why I am doing this.

Ease-In - Day 2

Psychological and Emotional- I am feeling really proud of myself today. I thought that this would be more of a struggle than it has been although I haven't even gotten to the hard part yet. I'm still on the ease in phase but so far so good. I am feeling more confident than yesterday that I will be able to finish. I thought I was going to be a complete tyrant to my children when forced restrict myself on all that yummy food but I think I have been pretty even tempered. I'm really excited to begin the cleanse part of the diet.

Lemonade Diet - Day 1

Okay, my confidence in myself is a little shaken today. Yesterday was the last day of the ease in for me and I cheated a little. (Actually I figured if I was going to cheat I might as well make it worth it). I thought it was going pretty well, but then I gave in to temptation. I figure as long as I don't cheat while on the actual cleanse I will be fine. Aside from the frustration with myself, I am doing pretty good. It is definitely going to be a little more difficult than I thought but as long as I avoid my family I should make it just fine.

Lemonade Diet - Day 2

Today had been really rough. I have been really stressed out getting my new business started and I think it is taking its toll on my ability to deal with my hunger. I've been struggling through it and was successful but at times I thought I was going to crack. I really had to psych myself up by focusing on the end result. I'm getting really excited seeing how things will turn out. I'm hoping things will get easier as the days go by. I've heard that it gets much easier around day five so that is my mini goal. I think I am going to reward myself with a spa day if I can make it through all ten days.

Lemonade Diet - Day 3

Today was by far the roughest day I've had. It seems that every time I turn around there is another temptation and it is harder and harder to turn away. I'm finding that I am getting a little cranky and my I am easily irritated by my children, but that could just be PMS. I just seem to notice it more lately. I continue trying to psych myself up for the results but they seem farther and farther away. I tried posting an inspirational quote in obvious places around the house and on the fridge to give me a little extra edge.

Lemonade Diet - Day 4

I found two great quotes that I used to get myself through today because it has been rough. The first was by Harriet Beecher Stowe? "When you get into a tight place and everything goes against you, till it seems as though you could not hold on a minute longer, never give up then, for that is just the place and time that the tide will turn." I am certainly feeling like everything is against me today. I have been following everything to the letter and besides some nasty effects of the detox process, I have not felt any of the positives. I had to memorize this quote so that I could repeat it to myself when I have felt like giving up. I at least want to make it through the fifth day because I heard that is when people usually start to feel a difference. Then there is my personal favorite quote, which doesn't have an author, "The road to success is dotted with many tempting parking places."

Lemonade Diet - Day 5

My quote for the day is "You don't realize how strong a person really is until you see them at their weakest moment." Today was definitely my weakest. I had to make dinner for my children and I found myself trying to talk myself into cheating and the sad thing is I almost succeeded. I am getting really frustrated. The scale isn't moving and I'm not feeling any of the positive effects. I told myself I would at least make it until day five. I'm still going to try for ten but it's getting harder to persuade myself to keep going. I've been really stressed out with my business and I think that my attitude is perhaps effecting my motivation to keep going. I guess I just got to keep pushing forward. My second quote for the day is "You don't drown by falling in the water. You drown by staying there." That one is just in case I do cave in.

Lemonade Diet - Day 6

Today has been going a little better. I'm getting a little of my energy back so I'm thinking that I'm going to stick it out a little bit longer. I'm not as cranky as I have been, (at least that's what my kids are saying). I've been a little frustrated in other areas of my life and I think it's just spilling over into my feelings about the cleanse. I've decided that I'm going to force myself to remain positive about this even if it kills me lol! Even if I'm not losing weight I can tell that I'm detoxing so it will be worth it. The quote for the day is from George S. Patton. ?"You're never beaten until you admit it."

To Admin: I do have a lot of weight to lose and my salt water flushes are very successful. So far I've followed everything to the letter except I reduced the amount of maple syrup because it was too sweet and I've been trying lime juice yesterday and today for something different.

Lemonade Diet - Day 7

My quote for the day is ""When you nourish your body with pure energy, you transform from the inside out."" Is by Bill Phillips. This is just a reminder of why I am doing what I'm doing. It also helps every time I get the craving for food. I'm feeling really good today about finishing. The end is in sight and I think that I can make it. I've been doing really well. I'm still feeling a little stressed out about life but I'm still proud of my ability to stick with the cleanse. I think that I have an inspirational quote posted on every surface in my kitchen to keep me psyched about finishing. Depending on how I'm feeling I might even do it a little longer.

Lemonade Diet - Day 8

My internet was down yesterday so I wrote down everything so I could post it when it came up. I am feeling high as kite. I am so psyched that I've been able to make it this far that I'm definitely considering going a few more days. I know that I've read on hear that some people have gone forty days. I don't know if I can do that much but I think I could maybe do twenty-one days. If I'm feeling this great at eight days than I can only imagine what it would be like after three weeks. I never thought that I would make it this far. I think that this has been a huge boost to my ego because I thought I didn't have any will power.

Lemonade Diet - Day 9

Today I have felt really good and I'm so glad I stuck with it because I was going to quit after day five. I think there are very tangible benefits to do doing this cleanse. I feel sorry for the people that focus on the weight loss and don't notice all benefits that come with it. I kind of have mixed emotions about tomorrow being the last day. I'm excited about getting to taste food again (It's not the actual eating of the food but just tasting something other than lemonade). I'm not looking forward to being given a choice as to what I can eat because I am notorious for making wrong choices. I feel so good that I don't want to screw it up. My quote for the day was: "Every human being is the author of his own health or disease." ?- Sivanada

Lemonade Diet - Day 10

I can't believe that D-Day is finally here. It seems like I have thought of nothing but this day for the last ten days. Now that it is here I'm kind of sad. It has been great to get online and read everybody's posts. I'm still really concerned about quitting the cleanse given my

past history of making bad choices. It is most bittersweet I think. My body is telling me that it is ready to eat some food (at least my taste buds are) but my mind is telling me that it's not ready. I think that I have talked myself into doing it a little longer. Maybe for fourteen days and I will see how it goes from there.

Lemonade Diet - Day 11

Today I chicken out and I decided that I wasn't ready to quit the cleanse because I don't want to lose all of my good results. Plus I don't think that I'm done detoxing. I am excited about continuing and achieving great things. Thanks for the encouragement Harbour. I'm going to see where I'm at on day fourteen and maybe I'll go a little longer. I have been a little cranky today though. I feel sorry for my kids because they have had to deal with me today and I know that couldn't have been easy. I'm hoping that this will go away soon. I miss my little sunny self.

Lemonade Diet - Day 12

Today has been a little rougher than the last couple of days. I'm losing my excitement over continuing the cleanse but I told myself I was going to go to at least day fourteen so I will continue. I made a nice Hickory smoked London broil and garlic mashed potatoes with steamed veggies and I really wanted to eat. I have to admit I had a little speck of the meat and potatoes to make sure they were seasoned right and I felt so guilty. I hope that those two teensy bites don't completely throw me off track. I found that I wasn't as grumpy today as I have been over the last week so that was exciting and has provided a little encouragement to continue. Rissx there are going to be a few of us still on here so I'm sure we can help you out when needed and provide a little support.

Lemonade Diet - Day 13

I don't know why but today has been rough. I have never really been that hungry on this cleanse but today I have been obsessing about food for the first time. I think that every thought I had today involved food. I am craving some Orange Chicken on steamed white rice and I can't stop thinking about it. I don't want to eat it I just want the flavor. That's what I miss the most. I went for a walk thinking that my mind would focus on other things but I just thought about food the whole way. I don't know why today is so different than any other day. Other than that, I have been feeling really good and have a lot of energy.

Lemonade Diet - Day 14

I think that today will be the last day of my cleanse. I think I'm going to miss it but I don't think that there is anything to gain by continuing. I am really proud of myself because I really had doubts about whether I would even finish because I have had no will power in the past to complete anything diet related. I even went a few extra days, which really surprised me because I thought I would be dying to finish. Emotionally I'm really sad because it is like losing a friend because it is all I've thought about these past fourteen days.

Weight Loss and Physical Effect

Day 1 - Starting the Ease In with Only Fruits and Veggies

I finally weighed myself today for the first time in two years. I can tell I'm fat by the way my clothes fit, I figured I didn't need a little machine to tell me what I already knew but for the sake of knowing I figured I was going to bite the bullet and hop on. I am starting of this journey at 192 lbs and 39% body fat. I can't believe I actually am going to post this online! I also took a tape measure and measured myself at various points but I won't bore you with those details. Needless to say I am very disappointed in myself. I haven't had the shakes that some people are talking about but I did get a little headache. (That could just be from going out last night). Aside from the weight loss, I just want the energy that I had two years ago. I have had very little energy since I had my son two years ago and would love to not be able to get winded from chasing him around.

Day 2 of Ease in with Fruit and Veggie Juice 1-2-09

I got on the scale again which wasn't nearly as daunting as it was yesterday. I now weigh 187.6 lbs and 41% body fat. I lost 5 lbs but I gained 5% body fat. I think its because I'm probably just losing water weight. I cheated a little though. I got on the scale a few hours earlier in the day than I did yesterday so I'm sure all those pounds are just figments of my imagination and they will be back when I weigh myself at the same time. I feel really good, better than I thought I would. I have a slight headache at times but the juice usually

remedies that situation. I notice that I already don't feel the haziness that I usually have that is caused my diet rich in fast food and chocolate.

Day 4 – First Day of Lemonade Cleanse 1-4-09

I was a little hesitant to get on the scale this morning because I cheated on the ease in yesterday but I did. I weighed 187.6 and was 39% body fat. I didn't do too much damage I guess. I felt really crappy this morning. I don't know if that was psychological and it was my conscious trying to tell me I shouldn't cheat or if it was the toxins I was reintroducing into my system. I felt completely zapped of any energy that I had during the ease in. On the bright side I don't have a headache :). I haven't had too many negative physical symptoms on my first day of the cleanse. I'm hoping that I will soon regain the energy that I had yesterday.

Second Day of Lemonade Cleanse 1-5-09

Today I weighed myself at 189.2. That's a little disappointing but I am trying to remind myself that it is not about the weight but about the cleansing. Still it would be nice to loose a few pounds along the way. I feel pretty good today but my stomach was hurting a little so I reduced the amount of cayenne pepper that I was using. I'm hoping that helps. I had a little headache when I woke up today and it's frustrating knowing that I could eat something and it would go away but still I'm determined to press on. I still feel much lighter today even though the scale says otherwise.

Third Day of Lemonade Cleanse 1-6-09

I didn't want to get on the scale today because I know it didn't go down yesterday but I did and the results are still disappointing. I weighed 189.4 lbs and had 36% body fat. I am hoping it just because it's that time of month when I usually retain water. It's still a little frustrating though. I don't know if I can afford to gain any more weight. I woke up today with a worse headache than I've had in a really long time. It hurts to open my eyes and I haven't felt like getting out of bed. I'm hoping that I get some of that energy that everyone is talking about soon or it's going to be a really long rest of the week.

Fourth Day of Lemonade Cleanse 1-7-09

I knew that I shouldn't have gotten on the scale today. I weighed 189.8 lbs and stayed at 36% body fat. I didn't gain too much this time but it is still going in the wrong direction. I'm hoping that my new diet that I'm going to start after the cleanse will help to take the weight off. This was supposed to be a jumping off point but at least my body will be rid of all the junk that is built up inside. I have been really lethargic today and my headache still hasn't gone away. I think I'm going to start putting in all of the maple syrup. I was taking out two tablespoons because it was too sweet but tomorrow I will put those back in and see if that helps. I have also noticed that my eyesight has been going blurry. My doctor told me that was probably from my body adjusting to the new blood sugar levels and that it should go away. I never noticed how much sugar I was putting into my body. I still feel lighter even though the scale says differently. Maybe the scale is broken ;)

Fifth Day of Lemonade Cleanse 1-8-09

The scale didn't move today so I guess that's a plus. At least it stopped going up ;) I am still having headaches even after I added all of the syrup back in. I never realized how much I miss not being able to take anything when I don't feel good but I guess its good not to pollute my body with that stuff. I'm starting to feel achy and still do not have any energy. I really need for this too change because I cannot afford to sit around right now. Is anyone else still not having any energy? I heard this was supposed to disappear by now.

Sixth Day of Lemonade Cleanse 1-9-09

The scale is finally moving in the right direction although not by much. I decided to take my measurements again. Although I haven't lost much I have lost 4 inches around my waist. I'm beginning to wonder how reliable the scale really is. I have a little more energy than I've had since I started the cleanse. I actually went for a walk today and spent some time outside with my children. My headache was gone but it came back tonight. I still have some aching in my joints, which leads me to believe that either the detox is working or I'm just getting old.

Seventh Day of Lemonade Cleanse 1-10-09

The scale has stalled again but I've lost inches around my waist so I can't complain too much. I feel so light despite my weight that I think I'm going to stop weighing myself because that's not what this is supposed to be about anyway. My energy is starting to come back which is what I have been doing this for so I'm excited it is working. I woke up achy today despite the energy. I wanted to go for a walk but I don't think my joints can take that kind of punishment today. I decided to do a little yoga like some of you guys

have been doing but I am really out of shape and it has been a couple years since I've done yoga. Let's just say that was quite the adventure.

Eight Day of Lemonade Cleanse 1-11-09

I decide not to get on the scale today. The scale hasn't moved much but I can feel a difference so I am going to lay off the scale for a while. I can tell by the way that my clothes fit that it is really making a difference. I have definitely lost some inches around my waist, which is probably from all the sludge that I am losing from my insides. Sorry guys, I know that's disgusting. I still have a little aching again in my joints but I noticed that certain aches and pains that I am used to living with have started to disappear which is always welcome. The headache came back but it is probably because I cut back on the maple syrup. I guess I'll just have to live with one or the other.

Ninth Day of Lemonade Cleanse 1-12-09

I decided to stay off the scale for another day because I am feeling really good and I don't want to ruin that if the scale didn't move. I fit into a pair of pants that I haven't been able to fit into for two years. I've got a dress hanging on the back of my door that is a size four that I haven't been able to fit into since before I got pregnant with my second son. That is my goal. I hope that I can effectively implement new eating habits so that I can fit into that dress by the next New Year.

Tenth Day of Lemonade Cleanse 1-13-09

I got back on the scale today after I told myself I wouldn't. I only lost a few pounds but I lost 6 inches around my waist so I don't know if it is just a problem with the scale. I don't care. I feel really good about the results that I got. I even went for a nice walk today and had plenty of energy to spare. The aches and pains are pretty much gone. I have planned out a workout routine that I can stick with and I'm still undecided as to what kind of diet I'm going to follow. I thought about a low carb but I can't do a diet like that and cook for two still growing boys.

Eleventh Day of Lemonade Cleanse 1-14-09

I told myself I wasn't going to get on the scale but my curiosity got the better of me and I've lost four pounds since I got on the scale last which is a nice bonus. I've noticed quite a few more hunger pangs than I've gotten throughout the entire cleanse. It seems like I can feel my stomach cinching up due to lack of food. I figured that I would have a big headache because of the weakened lemonade but I feel really good. I'm a little drained of energy and I've had an upset stomach but I think it's just because I might be coming down with something.

Twelfth Day of Lemonade Cleanse 1-15-09

The scale is still moving in the right direction. I'm glad I pushed past the beginning when I was gaining weight and was worried about continuing. I've continued to lose inches around my waist and I can wear some of the things in my closet that I thought I would never be able to wear again. I have felt pretty full of energy today and even went for a walk for about an hour. It felt so good. I thought I was going to be a lot more lethargic than I

was but I was able to keep my energy up and my legs moving. I was thinking about maybe doing some strength training but I'm worried about overdoing it.

Thirteenth Day of Lemonade Cleanse 1-16-09

I didn't get on the scale today but my clothes definitely feel a lot looser and I can even fit into pants I haven't worn for awhile. I've had a lot of energy today and even went for a walk for an hour. I hope that I will continue to have this energy even after I do the ease out because I LOVE IT. I've started to get an ache in one of my knees but I think that must be from the walking because I have been pushing myself pretty hard. I might have to take up doing yoga instead of walking because it's a lot easier on the joints.

Rissx- Good luck this time around and your definitely right about the energy. Sometimes the hardest part is the first few steps out the door and then it gets easy.

Fourteenth Day of Lemonade Cleanse 1-17-09

I've lost a total of 12 pounds and most of that was in the last five days of the cleanse. I also lost eight inches around my waist, which was much needed. I've had a lot of energy and have been going for walks every day like I'm supposed to (although it's getting a little warm to be walking outside.) My aches and pains in my joints have gone away and I think I'm even thinking clearer. My feet stopped hurting so much when I walk. It's probably from losing some weight. I feel so good I might have to do the cleanse again in a few months.

Detox and The Salt Water Flush

Ease-In - Day 1

I started the laxative last night and woke up in the middle of the night with the worst cramps and spent a lot of time in the bathroom. I don't usually have daily bowel movements so I am hoping that this detox will have a permanent effect on that. I definitely feel like I am cleaned out at the moment and eating all of these fruits and veggies is helping as well. I have had another bowel movement so that is a good sign. I don't know how that's going to work when I'm not taking in all this fiber but there is only one way to find out. I'm a little nervous about the Salt Water Flush after reading all of the posts but it will be a new experience which is almost always welcome.

Ease-In - Day 2

Okay, this was a little harder than I thought it was going to be. I have read all of the posts regarding how nasty this was and was a little nervous. I found that Salt Water Flush wasn't as bad as everyone made it sound. I can think of a lot worse things than that. I had a problem with trying to drink all of that water at once. My stomach was ready to explode and I couldn't move without sloshing around. I also wasn't ready for the affect that this would have on me. WOW, I definitely feel cleaned from the inside out. I can't imagine that there is anything left to get rid of but I've heard that I can expect a lot more. I need to stock up on toilet paper. I have a feeling I will be spending more time in the bathroom than anywhere else for the next little while. I thought about moving a TV in there to keep me company ;)

Lemonade Diet - Day 1

Today I tried the Salt Water Flush with cold water. I was worried that maybe it wouldn't work as well as it did yesterday but everything was flowing within thirty minutes. I have to say that the Salt Water Flush goes down much easier when it is cold. It's actually not that bad. I didn't taste the salt as much. I am actually beginning to like the Salt Water Flush. I feel so much lighter afterwards and its instant feedback that what I am doing is working. I love instant feedback. So far I haven't had any other signs of detox but this is just the first day of the lemonade. My face broke out but I don't know if it's related although I never break out so it's a pretty big coincidence. I'm not really looking forward to the other signs of detox.

Lemonade Diet - Day 2

The tea didn't work last night like it usually does. I didn't have the usual cramps and bowel movement that I have been having. The salt water flush didn't work as quickly as usual. I wonder if anyone else has been having this problem. It worked well when it finally worked though. I still find it hard to believe that there is much left when I haven't eaten anything solid. I haven't exhibited any of the other detox symptoms like the filmy tongue or swollen lymph nodes. I can't say I'm looking forward to them though. My face has broken out even more but I'm still unsure if it is related. Both of my boys are sick and I'm hoping that I don't catch it because it would really be bad if I got sick and I couldn't take anything for it. I guess that is part of the challenge.

Lemonade Diet - Day 3

I am really beginning to like the salt water flush. I feel so much better afterwards. I'm thinking about doing it twice a day instead of the tea because I like the instant effect and I don't like the cramping that comes with the tea. This morning I tried to chug it as fast as I could but I did it with cold water so I got brain freeze but it tastes so much better than the warm water and it seems to work the same for me. I've started to notice the filmy tongue and bad breath. I'm hoping that will go away soon. I haven't noticed any runny noses or other sickness yet. Here's hoping!

Lemonade Diet - Day 4

I know that I'm the odd one out but I really like the salt water flush. I like the immediate cleansing effects. I think I might even do them regularly after the cleanse is over. Does anyone know if there are any negative effects if it is done long term? I've really had a lot of success with doing it with cold water instead of warm and it tastes much better. The only problem I have is fitting that much liquid in my stomach at once. I always feel like my back teeth are floating. I'm really sick of the detox symptoms. My teeth feel gross no matter how much I brush and that nasty film on my tongue has got to go. It seems that every day I have new pimples and my skin is really dry and blotchy. Is this normal? I have not gotten a runny nose but my throat feels a little scratchy and I have developed a ringing in my ears. Has anyone else had this?

Lemonade Diet - Day 5

I'm finding that the salt water flush is really a mind over matter thing. I told myself that I was not going to even consider the fact that it might not taste good. I think that the mind

is a powerful thing and when you let it tell you that it tastes bad than your body will reject it. Once again I got brain freeze when I chugged it. I still have a hard time drinking that much liquid at once. My sons think its funny that they can hear me sloshing around when I stand up. I'm still having bad breakout and the ringing in my ears won't go away.

Lemonade Diet - Day 6

Okay so today was so gross. I haven't had any solids in six days but my bowel movement was pretty solid (I know that's disgusting sorry) so it must be working on getting all of that nasty stuff that has built up from years of fast food and chocolate. My breakouts are starting to clear up and my skin is looking better. My scratchy throat went away and I'm feeling better. I have a feeling that I will be doing the cleanse on a regular basis. I think that I'm going to do another salt water flush tonight instead of the tea to help remove a little more of the nasty solids still left inside. There can't be much more left I would think. Sorry I know that's too much information.

Lemonade Diet - Day 7

Yeah! I'm finally starting to get those really nasty eliminations so this is really working. It's such a rush to know that all of the struggling is going to pay off and all of that stuff is finally coming out. My skin is clearing up and the ringing is gone in my ears. I just wish that these achy joints would go away. I have noticed the whites of my eyes after reading someone's post about it. My fuzzy teeth are starting to get really annoying but I don't know if I could bring myself to do an oil pull. Just the thought of all that gross stuff in my mouth gives me goose bumps.

Lemonade Diet - Day 8

I'm having a lot of detox symptoms going on right now. I have a few aches and pains and a headache. There is a ringing in my ears that comes and goes and breakouts on my face that have been doing the same thing. This nasty film on my tongue isn't going away and I'm scared to talk to close to anybody so they don't smell my breath, even though I am brushing my teeth with an organic toothpaste. I guess it just doesn't do the trick like the other stuff. The salt water is really doing the trick as usual. I noticed it helps a lot more than the tea although I've still been taking the tea at night. I have been expelling some nasty tar stuff so this cleanse is really beneficial.

Lemonade Diet - Day 9

My detox symptoms are starting to disappear. My aches and pains are starting to go away and I haven't had ringing in my ears for awhile. The fuzzy tongue is starting to go away. Unfortunately the breakouts on my face are a little more stubborn. I never even looked this bad as a teenager.

Weldon, I had the same problem with weight gain at the beginning and I even debated over quitting the cleanse. If I were you I would start up with the salt water flush again because I don't think the tea is that effective. I just reminded myself that it wasn't about the weight and I remained focused on just getting the build-up out of my body. Everything began coming together towards the end. I hope it does the same for you. (I would carefully monitor your blood pressure as you go so you don't develop any problems.)

Lemonade Diet - Day 10

I think I will continue the salt water flush on a semi-regular basis. I like the way that I feel afterward and it will continue to flush out all the nasty stuff. My detoxing symptoms are going away. The aches and pains are virtually gone and my tongue is almost back to the way it was. My eyes are a brilliant white and the ringing in my ears is completely gone. I haven't had a headache in awhile so maybe that is a thing of the past as well. I'm still getting out some of the black tar like stuff so I might continue until I get rid of all of that. I think I might just try that oil pulling that everyone is talking about.

Lemonade Diet - Day 11

Today I had a really hard time with the salt water flush. I usually have no problems but today the salt water flush caused intense cramping in my stomach. It almost brought tears to my eyes. It worked almost immediately though. I eliminated a lot of solid waste. I'm hoping that is the last of that. I have to remind myself of the positive effects. The aching in my joints has come back a little but I don't know if it's from the detox or just getting sick. I've gotten a few more breakouts today. I was glad to see them go so I'm kind of bummed they came back. I'm just hoping that all of these nasty symptoms go away.

Lemonade Diet - Day 12

The salt water flush didn't work as well for me today for some reason. I eliminated some of it but I know that I must have retained some of it as well. It caused a little cramping again today and made my stomach hurt. I'm beginning to wonder if that is just because I don't have anything left to flush out. I have noticed that my skin is extremely dry lately and no matter how much lotion I put on it my skin still cracks. I wonder if that is just because

I'm not getting essential oils. Most of the other detox symptoms have gone away so that is nice.

Lemonade Diet - Day 13

I have a small confession to make. I didn't do the salt water flush today. I got so busy and it takes up so much time that it slipped my mind. I've pretty much eliminated all of the solids so I'm hoping that it won't be a huge deal. I usually don't mind the salt water flush but I didn't miss it today. Most of the detox symptoms went away so it might be time to call it quits. I don't know how much more I can remove from my system. The only reason to continue now would be weight loss (which I wouldn't mind).

Lemonade Diet - Day 14

I did the salt water flush twice today because I ran out of tea. It felt really good because I skipped it yesterday. It's amazing the difference it makes. It is a shame that some people don't like it because it really is necessary. Harbour is right. The tea just doesn't cut it. To get the complete effects of the cleanse, you really need the complete clean out that you get from the flush. My detox symptoms have completely cleared and all of the dark tar that lines the colon has been completely removed. I am so glad that I saw this thing through till the end.

Support from Family & Friends

Ease-In - Day 1

The support is kind of non-existent. My family has given me several reasons that they think that I shouldn't do this. My mom insists that not eating food cannot be healthy but I am trying to remain focused on the positives. I really like the idea of being able to come on here and have at least some kind of support. It makes it a little easier. I also have a habit of not following through with anything that restricts food so I am pretty sure they have a bet going about how many days I'm going to last (this might actually help because I love to prove people wrong). I think my boyfriend took great pleasure in eating Jack in the Box in front of me. My children were even asking me if I wanted some French fries. Those were really hard to turn down because I love anything made with potatoes (I'm from Idaho, what can I say). I can only imagine how hard it will be when its just lemonade.

Ease-In - Day 2

I've been trying to stay away from my family because every time I turn around they are telling me how ridiculous this is and how unhealthy that this is. I can already tell that they're wrong by the way I feel and I haven't even gotten to the cleanse yet. My boyfriend told me this morning that he lost the pool because he bet that I wouldn't even last through the first day, which explains why he brought home Jack in the Box last night. I would like to take this moment to personally thank everyone in my life for the vote of confidence (Insert deep sarcasm here)!

Lemonade Diet - Day 1

I have to say that if it weren't for this sight I would have absolutely no support. My mother decided to bring over a huge dinner that she had made for me and the boys knowing that I was doing this detox. She then proceeded to give me a guilt complex about not eating it until I finally gave in. I am going to have my work cut out for me if I am going to make it the full ten days. I'm going to have to find a way to avoid my mother. I know she is just worried about me not eating solid food. I just can't get it through her head that it is healthy. I think my boyfriend gave up on trying to change my mind. I'm not going to let anyone change my mind

Lemonade Diet - Day 2

I think that my mother is finally beginning to understand that I'm serious about completing this because she hasn't called lately to tell me that she disapproves. My children thinks that it is funny that I'm not eating anything because I am always telling them that they have to eat all of their food. My youngest asked me why he can't just drink the lemonade for dinner. My boyfriend stopped bringing over fast food so at least there is a little less temptation. My children are really helpful in keeping me busy so that I don't think about food that much. My friends are starting to become a little intrigued by my ambitious goal. They are starting to ask a few more questions about it. Maybe next time one of them will do it with me. That would be nice.

Lemonade Diet - Day 3

My family is giving up on getting me to give up and my kids are proud of me. I just told them I'm doing this so I will have more energy to play with them and they are really

excited. I told them that we will reward ourselves with a big picnic at the park when I'm done with the cleanse. They are really looking forward to that and they are also my little eyes. Every time I'm thinking about cheating they remind me that I can't because we have to have our picnic. My friends are even calling me everyday to see how I'm doing and feeling. One friend might even do it with me next time.

Lemonade Diet - Day 4

I know others have mentioned that they have been having problems with their mothers so at least I'm not alone. I thought she was finally beginning to understand that this was a good thing but she just renewed her attacks by sending me all kinds of emails about how bad fasting was for extended periods of time. I tried to tell her I wasn't fasting because I was consuming calories but she doesn't listen. I love my mother with all of my heart but if she doesn't let up I think that I will go psychotic. I've sent her all kinds of information about the cleanse but I don't think that it is sinking in. My kids are getting real excited about our special picnic in the park when I complete this so they are constant reminders that I can't cheat.

Lemonade Diet - Day 5

My kids are so great. If it wasn't for them I would have cheated tonight but my son caught me and reminded me about our picnic. I just had to laugh because they were so serious that I shouldn't cheat. He even looked a little mad that I would even think about it. My boyfriend is being really good about not bringing food over when he comes like he used to but I can usually smell it on him. I think that my sense of smell is getting highly tuned

because I can smell the neighbor's dinner usually. It seems that everyone grills outside and the most wonderful smells come our way.

Lemonade Diet - Day 6

I can't believe that this cleanse is over half done. It's been flying by without even noticing it. I thought it was going to seem like it lasted forever but it has seemed to go rather quickly. I think I have a friend talked into doing this with me next time so my only support won't come from online. I love you all and you've been really helpful but it would still be nice to have some support from someone that I can actually see lol. My two sons are still being really great although I think they are missing all of the deserts that I usually make for after dinner. I just haven't had the strength to still make them because I know I would cheat. I'll have to make them something extra special for our picnic when I'm done with the cleanse.

Lemonade Diet - Day 7

Mychel, I know how you are feeling. It gets really tough when every time you turn around someone is telling you about all the damage you could be doing to your body. It doesn't matter to them how you feel. They just like to judge because it is easier than actually trying it. If I didn't have my kids (who are young and still have open minds to everything) I don't think that I would have any support. I finally did persuade a friend to do it with me next time but she is just interested in the weight loss and not the detox process. I would just like to thank everyone on here because it is really helpful when everyone in my world disapproves I can just jump online and get some encouragement.

Lemonade Diet - Day 8

My children and this web site are still my biggest support group. I still have my children pointing out that I can't eat so if I'm even near food my oldest comes running in to watch and make sure I don't screw up so that we can still go on our special picnic. I don't know what I'm going to put in the picnic for me because I am really worried about falling into bad habits once I'm given choices again. I'm thinking about becoming a vegetarian but I don't know how that will work out because I am surrounded by carnivores. I don't know if I'm brave enough to do a raw diet yet but I've been looking into it.

Lemonade Diet - Day 9

I feel like I have needed a lot more support than I needed in days past. I am sitting here watching tv and I am salivating over commercials that I would have never even noticed on other days. I'm even craving food from places that I don't even like just because I see it on TV. My children think its funny when I talk about food so much. I'm definitely obsessing about it. I can't wait until I can sit down and eat a meal with them. I haven't done it in awhile because I didn't want to be tempted to cheat. I miss having family dinners with them. Thanks guys for helping me through this.

Lemonade Diet - Day 10

My family is going to be glad when all this is over. I know that it has not been easy for those the people in my life just like it hasn't been easy for me. I've constantly been distancing myself from them when they are eating and that is usually our family time. I ordered a pizza for the boys today to show them how thankful I am for helping through this. I can tell you that it wasn't easy resisting grabbing a slice when I am this close to

finishing. I had to tell myself that I shouldn't even be putting that stuff in my body anyway. It has been really refreshing to be able to come online and read about other people's experiences and it has helped me understand my own. I was a little nervous doing this because it was my first time but everyone here was so positive that it made it a breeze. I'm even thinking about doing it a few extra days. Thanks again everyone for being such a big help and making this a lot less stressful.

Lemonade Diet - Day 11

I think I've lost the last of my support. My children are a little upset that I'm still not eating and they were excited about their picnic that we were going to have so I decided I would still do the picnic for them and just not eat. I think they will be okay with that. My mom must have been watching the calendar because she called today and was disappointed that I was still going forward with the cleanse. I got an earful for about half an hour about how I'm slowly killing myself and that she's worried that I'm becoming anorexic. My boyfriend is a little upset that I'm still not eating because I know he has been trying to avoid me because he is always eating junk. At least there will still be a few people posting on here hopefully.

Lemonade Diet - Day 12

I rewarded my children for their support with a picnic at the park. They were so excited but also a little bummed because I wasn't eating with them. I just told them I want to make myself healthy so I will be around for along time and have the energy to play with them. I made them some chicken wraps with a mango salsa and a fruit salad with some home made chocolate chip cookies. I had to really hold back not to take a bite. My mother keeps

sending over food in the hopes that I won't "starve myself to death." I will be glad when I do the ease out finally for no other reason than for my mother not to worry so much.

Lemonade Diet - Day13

Rissx- I live in sunny Arizona where it was in the mid seventies today and most everyone is on the golf course. Where is it that you call home? I would hate to live in thirty below. Of course in the summer I would probably rather be where you are. The warm weather makes it nice to do the cleanse because I have found that for some reason I am freezing while detoxing and I'm usually never cold. I've been walking around the house in sweats and bundled up in blankets while everyone else is wandering around in t-shirts. I do get some weird looks from them.

The Process & Lemonade Diet

Ease-In - Day 1

I haven't gotten to lemonade yet but I did find a couple of things that made my veggie and fruit day easier. Yesterday, I went to the store to get all of the things that I would need for the detox including the fruits and veggies, orange juice, more lemons than I could carry, and the maple syrup (Wow, that stuff is not cheap). Yesterday, I did as much preparation as I could. I have all of my lemonade and Salt Water Flush supplies in one spot in the kitchen so I don't have to waste too much time getting everything out in the mornings. I also chopped up all of the veggies and fruits so that they would be easier to access. I find that I am less likely to eat something if it requires a bunch of preparation. All I had to do was reach into the fridge and grab them. It was kind of nice not to have to make any food today.

Anna, thanks for the inspirational website as a reminder for why I am doing this. I have never done this before so I don't have any first hand knowledge of the benefits and it was nice to learn all about the positives.

Ease-In - Day 2

I'm still not on the lemonade yet but I drank a lot of v8 juice today. I don't have a juicer so I had to cheat a little. I know that this is a detox and that all the preservatives in packaged juices kind of go against what I'm trying to achieve but I figured the lemonade will give me plenty of time to detox. I did drink a lot of orange juice but I'm sure by the end of

tomorrow I will be turning orange with all of this orange juice. I'm kind of excited to start the lemonade. I might forgo the orange juice and just jump straight to the cleanse.

Lemonade Diet - Day 1

I figured I would weigh myself as soon as I wake up so I should get a pretty accurate reading. Then I do the Salt Water Flush immediately. I found that if I get it out of the way and I don't give myself too much time to think about it, it tends to go down a little easier. I keep everything I need including the measuring spoons and containers in the same place so that I don't waste time in the morning hunting things down. I find that the lemons will juice better when they are kept at room temperature. I also roll the lemons on the counter to break up the pulp a little. I usually have to juice three lemons to get the amount I need for the day. I prepared the lemonade in two water bottles. I keep them in the fridge so that they stay cold and I go get a drink when I am hungry. I find that it tastes really good when it is really cold. I then drink the Smooth Move tea just before I go to bed. So far, so good. I might have to tweak the process as I go.

Lemonade Diet - Day 2

I think that I am getting massive forearms from squeezing all of these lemons. I should have just invested in a cheap juicer. Today it took four lemons to make enough juice for today. It usually only takes two or three but I ran out of lemons from the tree outside and had to go to the store to buy more. I think I'll have to plant another tree for the next time I do this cleanse. I eased up a little on the amount of cayenne pepper that I used. I also reduced the amount of maple syrup that I used because the lemonade was a little too sweet. I hope that doesn't reduce the effectiveness.

Lemonade Diet - Day 3

I'm just about to run out of lemons again. Every time I think I have figured out just how many lemons I need a day it changes and my lemon tree is completely bare. I might have to see if one of my neighbors use their lemons because they are not cheap at the store and I have to buy more maple syrup as it is. I added even more cayenne pepper. I think I like it much hotter and I really like it with less syrup. I'm still juicing the lemons by hand because it is the only exercise I seem to have energy for. I know some of you mentioned using agave juice but do you still get the nutrients you need because I might try it if it doesn't affect the way it works.

Lemonade Diet - Day 4

I'm getting pretty good at my morning routine. Not only am I gaining massive forearms from squeezing all these lemons, but I am also taking much less time to get ready in the morning. My mornings are way less stressful than they were and it is a great start to the day. I really look forward to that first taste of lemonade in the morning. I think I might have to start putting in the full amount of syrup because I am really lethargic lately. I've also been upping the amount of cayenne pepper to keep the metabolism going. I have not had any weight loss but I don't want to gain weight when I get off the cleanse and I've killed my metabolism.

Lemonade Diet - Day 5

Today I decided that I would try the limes like other people have and I really like them. It has a tangy flavor that is refreshingly different when you're used to nothing but lemonade. I added just a touch of cayenne instead of the usual amount. I still should have kept all of

the cayenne pepper because I am really loving the spice. My neighbor said I could have all of the lemons off their tree because they don't use them so my problems are solved in that area. I'm going to have to get more limes. Maybe I'll mix the two.

Lemonade Diet - Day 6

I tried making each serving as I needed it because I have been doing it all in the morning. For some reason, I think it tastes so much better that way but it is very time consuming. I thought I would try it to keep as many of the nutrients as possible. I think I'll go back to making all of the lemonade in the morning because I felt like I spent all day squeezing lemons all day long and then I still had to make food for everyone else. It's a good thing I work from home ;) I have a feeling that I will still be drinking the lemonade long after the cleanse is over because I am starting to really like it.

Lemonade Diet - Day 7

I'm really ready to stop juicing lemons. My skin is dry and cracked just like ProVI and when the lemon juice gets in there it really hurts. I was using one of those hand juicers with the plastic cup and I must have been pushing too hard because I cracked it today and the juice went everywhere. I had to start over and I wasted 3 lemons. Talk about frustrating. I had to just squeeze them in my hands today. At least I got a work out. I added just a little bit of lime and juice and it was really good. I think it was even better than using all lemons or all limes.

Lemonade Diet - Day 8

I went back to just plain lemonade because the limes I bought went bad. They don't last as long as the lemons apparently. I cut back on the maple syrup again. I just can't get used to the sweetness, which is really weird because I used to love anything with a ton of sugar. I wonder if that is part of the detox. It kind of makes me a little excited because maybe it will be easier to change my eating habits afterward because I don't seem to crave the sugar anymore. YEAH! Someone tried my lemonade and they gagged because I put a lot of cayenne pepper in it. I didn't realize how much I had been putting in because I must be getting used to it.

Lemonade Diet - Day 9

Today I decided that I would do the program to the letter. I made sure that I put all of the maple syrup into the lemonade and my headache went away. I didn't add the lime juice with the lemonade juice today. I also think that I drank more water than I usually do. I probably went through over a gallon of water and my bladder is getting quite a workout. I also took the time to make each glass at a time. I don't know how much of a difference it makes but the lemonade tastes a lot better. I've been putting a lot of cayenne pepper in but today I went by the book. I missed all of the pepper but it was nice to give my taste buds a break.

Lemonade Diet - Day 10

I am kind of sad this is the last day that I'll be squeezing lemons (unless I stick with it like I think I might). I haven't drunk as much lemonade as I'm supposed to. I find that I'm usually trying to suck down the last half of the lemonade before I go to bed at night. I only

drank about half the lemonade that I'm supposed to and I don't think I'm even going to bother making the other half. I have drunk over a gallon of water, which might explain why I'm full. I went and bought oranges today for some fresh squeezed OJ tomorrow if I decide to ease out.

Lemonade Diet - Day 11

I enjoyed my lemonade more today than I have in the past. Probably just knowing that I didn't have to drink it made it much more tastier. I made it a little weaker than usual because my stomach feels a little iffy this morning. I was a little nauseous this morning so I don't know if maybe I'm getting a little sick. I didn't even add the cayenne pepper because I didn't know if I could take it. I definitely didn't want to start easing out with the OJ if I'm sick. That would probably just make it worse. Hopefully tomorrow I will be able to go back to the pepper because it misses something without the spice.

Lemonade Diet - Day 12

I'm having a lot of trouble finishing my lemonade. I have lost all of my hunger pangs and so I forget to drink it. Today I didn't take my first drink until almost 2pm, which is not good I'm sure. I'm finding that I have to chug it just to get it down before I go to bed. I've been playing with the amount of maple syrup because I think it's too sweet. I haven't been getting headaches today so I think I can start to decrease the maple syrup safely and not have to worry about it. I put a little bit of lime juice into it today just to change things up a bit.

Lemonade Diet - Day 13

This is going to be the last day that I will have to drink the lemonade. I'm glad that my arms will finally be getting a break. Today I added a little extra syrup to prep for the ease out phase that I start tomorrow. It was really good because I added a little extra juice from a lime and some extra cayenne pepper. I wasn't able to drink it all again today. I drink a lot of water but I can never finish my lemonade. I'm glad that it is over but I am really going to miss the lemonade. I'm going to have to make it every once in awhile to remind myself to be good.