

My Experience



Laneen Haniah Says:

January 18, 2012 at 5:27 pm e

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

Reply



Jamie Says:

January 16, 2012 at 10:31 pm e

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

Reply



Mike Olaski Says:

January 18, 2012 at 6:18 pm e

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

Reply



TheMasterCleanse.org

Table of Contents

Forward by Mike Olaski	3
About the Author	4
Psychological and Emotional	5
Weight Loss and Physical Effect	12
Detox and The Salt Water Flush	21
Support from Family & Friends	30
Process & The Lemonade Diet	38

Forward by Mike Olaski

This Master Cleanse Journal is by a cleanser Laneen Haniah 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: Laneen Haniah
Author Full Name: Laneen Haniah
Author URL: <http://heartcompassion.wordpress.com>
Author Cleanse Date: 2009.10.16
Author Cleanse Type: Newbie Cleanser
Author Cleanse Status: 1st Time Cleansing
Author Cleanse - Purpose: Holistic Healing

Comments of Interest

Right now I would have to say that this blog board has become my greatest support. Just having the obligation to come here and post everyday has helped motivate me to continue to stay on the cleanse. After I made the adjustments I really felt defeated and like I should give up, but then I come here and read the encouraging comments from people like Paula and others and I know that I have to keep going. If nothing else what I am going through can and will help someone else so thanks MC team for making this outlet of support available!

Notes

Pending

Psychological and Emotional

Lemonade Diet - Day 1

I feel excited but nervous. I am doing this for health reasons and spiritual reasons. I am a preacher. I want to be more effective for God's use and I know in order to do that I have to stop allowing food to rule over me and give God control of every area of my life. I also have spent a great deal of my life battling chronic illness from childhood. I have taken tons of medications and been hospitalized more than most people ever will. I know my body is toxic and I want it clean again! I want my energy and pain-free body back. I want my clarity of mind and strength to pray all night like I used to be able to do.

Lemonade Diet - Day 2

I feel good this morning. I used aromatherapy before I went to bed last night with a body wash and lotion that I got from Bath and Body Works called Sleep. It really did seem to help me sleep much more restfully. I certainly have a sense of accomplishment knowing I successfully made it through the day yesterday and an excitement about conquering today. My greatest concern is the SWF for this morning. I am trying to be positive about it but... ughhh.... It's just so hard. I'm ready though, I still feel really ready to take this all the way – Thank you Yeshua (Jesus)!

Lemonade Diet - Day 3

Hey everyone - here were my thoughts from this morning. I journal throughout the day and then post in the evening:

I feel numb this morning. It's 9:43AM and I am really sleepy. I went to bed late and did not sleep well once I was in the bed. I am really not looking forward to SWF this morning. That seems to be the first thing I think of when I wake up and I don't like that. My mind is fuzzy, my emotions are numb but my will is still strong. In the essence of my heart I feel a joy and excitement about completing another day. Beneath the numbness I am looking forward to this challenge and ready to arise and conquer. Now how I am going to wake my sleepy mind without coffee or food – hmmm... That's a good question for which I have no answer.

Lemonade Diet - Day 4

Posting late today but here is goes:

Well, my mind is still foggy this morning. I seem to have the hardest time concentrating. I didn't have time to really evaluate how I was feeling this morning because my prayer alarm woke me up and I immediately began to pray. I can say that as usual, I have a sense of dread about SWF, but in terms of willingness I am still at the peak of the mountain. I don't plan on backing down. 10 days is not a long time, I have to stay focused and I will! When I think about all of the time I put into getting into this terrible condition how could I not commit to 10 days?!!

Lemonade Diet - Day 5

Posting early today so I can log off of the computer for Sabbath, yeahhh!

My first thought this morning was “OMG, I don’t want to get up...” LOL. I am really sleepy today. I didn’t go to bed until 1:30am. My alarm woke me at 3:30 for THE CHURCH on the Phone. I went back to sleep but I still had to get up by 6:30 so I could have bible study and prayer with my babies before school. But I still feel charged to go forward today. I’m looking forward to another great experience! The master cleanse is challenging but it’s been much easier than I thought it would be to not eat. I haven’t really experienced hunger or weakness and that is

Lemonade Diet - Day 6

I don’t know where to start today. I’m tired. My mind is tired, my body is tired, my will is tired. I think today is the first day that I don’t really feel like doing this anymore. It’s way too earlier for me to be feeling this way. I have 35 more days to go. I don’t know what is making me feel this way today. I feel a little down. It could be because I am just so tired. It must be because of how tired I am. Did you know that fatigue distorts your judgment and can cause mood swings and depression?

sorry I didn’t mean *35* days, lol. I was thinking of something else.

Lemonade Diet - Day 7

I feel pretty good this morning. I am a little disappointed by this continual digression in my health but I know it is a part of the process. This is becoming more challenging than I wanted it to be. I mean, initially I thought it was going to be a lot more challenging than it's been. However, I flew through it with such ease that I got spoiled, LOL. I let my guard down and I am going to have to "man up" so to speak, if I expect to make it through this. I'm not about to quit now!

Lemonade Diet - Day 8

Wow day eight! I am so proud to have made it this far. I have not eaten one morsel of food in seven days. I fasted on no food once before for eight days so at the end of today I will have matched my previous level and then I shall excel. That's a good feeling! Granted I am not too happy about the Candida issue, but I know that I overcome this. I have come too far in the cleanse to turn back. I am just going to push through and I will deal with the results -- good or bad-- when this is all over.

Lemonade Diet - Day 9

"I'm cold!" This is my first thought this morning. The temperatures are unusually cold here in North Texas, just as our summer was. As I mentioned in my intro, there are many repairs needed in my home that we cannot afford right now. Our broken thermostat is one of them. These kinds of challenges put pressure on me to quit and turn to my favorite food comforts. I feel strong being able to press forward in the face of this kind of adversity. There was a time when I would let inconveniences and disappointments immobilize me. At this time in my life I've decided to put childish tantrums of refusal to

cooperate with the development of my purpose behind me. I'm moving forward steadily, no matter what doesn't go my way!

Lemonade Diet - Day 10

Wow, it is day ten. As each day goes by I wake up more amazed. I can't believe the strength that I have had to get through this. This morning, I wake up with a renewed sense of peace. Just knowing that I have brought order to my room is very refreshing. That sense of dread about getting out of bed is gone. I won't trip over anything; I won't have to dig through a pile of clothes to find my slipper, LOL. It seems as the fast progresses so do I. I am accomplishing things that I couldn't even do before I was fasting!

Lemonade Diet - Day 11

How am I feeling today? In a word – blah! This is the worst day that I've had so far! I am tired and cranky. I have not been cranky at all until today. It seems like I lost some momentum. It's like a shift took place in my mind once the 10 day Master Cleanse period ended. I could be finished by now if I had not set a longer goal of days. Why did I do this??? Always the extremist. Sometimes I wish I could be like my husband, he keeps everything so simple while I have to make everything intricate and complicated. anyway I'm with you Paula, 20 days will have to wait, LOL.

Lemonade Diet - Day 12

I feel really good today. I woke up with a renewed sense of strength about around 8:30am. As soon as I opened my eyes, The Lord began to speak to me about how to attack this candida! I asked Him for wisdom and then He gave it to me just like that. I am excited about what He shared with me so that I can get my health together. I don't know how much I can stay on just the lemonade. I just need more instructions first.

Lemonade Diet - Day 13

I feel pretty serene today. I am encouraged and hopeful about this new program that I am on. I know that it is going to be a new level of challenge because it is much stricter than the Master Cleanse. I am up to the challenge though. I am proud of myself. I have never taken my health this seriously!

Lemonade Diet - Day 14

I feel absolutely crummy this morning! I seem to be deteriorating more and more. I was in so much pain last night that I had to take a pain killer, which didn't help by the way. I have not taken a pain killer in quite a while now because I was already detoxing before I began MC so this is somewhat of a defeat in my mind. Lying here this morning it is apparent to me that I cannot make it another day on no food and that is very discouraging. I really wanted to go longer. Why can't I be stronger and go longer than this?

Lemonade Diet - Day 15

I almost didn't get a chance to post today because I was so busy. It is late but here it is, my experiences and thoughts from today...

I feel really good this morning! I have not woken up feeling "really good" in a few days so this is great. I am very excited about preaching today. I also feel hopeful and encouraged. Also Emmanuel is going to be able to come with me!!! We have someone coming over to watch the children for us. This never happens because we have not found anyone in the last 4 years since we moved to Dallas to be reliable in watching our children. A lady recently moved near us from Florida and she has 7 grandkids and loves children, so she'll be coming over today for the first time. I am hopeful that this is going to work out because I really love her spirit.

Ease-Out - Day 1

I feel so good this morning! I stayed in bed so late, LOL. I was not sleep the entire time but I just wanted to lie. Yesterday was a very difficult day for me physically. My body really suffered, but my soul and spirit soared. I wake up this morning in the afterglow of it all. One strange thing is that I have been having really weird dreams almost nightly. They are not really nightmares but most do seem to have an unpleasant tone. There is a sense of anxiety in the dreams. Hmmm... What's this all about? Well no need to ask questions at this point since this is the last day of the group MC experience.

Weight Loss and Physical Effect

Lemonade Diet - Day 1

I get headaches and sinus infections very frequently. I also have flare ups of Lupus several times a year that seem to be getting more frequent. I woke up this morning full of phlegm after going to sleep with a migraine. Upon awakening I felt stiff as usual, especially my hands. I am only 34 years old. I don't want to have arthritis or deteriorate physically in my body anymore and want to regain what I've lost.

I don't need to lose weight – as a matter of fact I am concerned about losing weight.

When I last weighed myself in August I was 117 pounds which is perfect for me. However I have already been cleansing for the past 30 days on veggie juices and other healthy foods, so I have already lost some weight. I will try to weigh myself somewhere today on day 1 so I can keep track of my weight.

Lemonade Diet - Day 2

I woke up this morning feeling stiff as usual, but not quite as stiff as yesterday. My muscles were sore from working out last night on a mini-trampoline (also known as a lymphasizer or rebounder). I was surprised to see that my tongue was already coated by yesterday evening. From what I understand that's one of the signs that the detox is working. The weight loss is crazy. I weighed myself in the store and was 113.8, by the time I got home I had lost 8oz. then I weighed myself again after my shower before bed and I was 111.8. This morning right out of bed 111.6; and after dumping my morning urine 111.2.

I hope this slows down. I don't want to be in the 90's like I was when I detoxed 6 years ago. 113-118 is my ideal weight range. Mr. Burroughs said you can add extra maple syrup or take more of the drink if you want to keep your weight up, but I barely made it through drinking 2 liters yesterday.

Lemonade Diet - Day 3

Still stiff this morning but it seemed better than yesterday. The lupus causes low grade fevers and I was in a "flare-up" when I started this cleanse. I had a fever ranging between 99.5 and 101 daily for about 6 weeks. Yesterday and today I have remained fever free! Lupus is incurable, but I believe almost every disease can be cured with proper cleansing and a healthy life-style.

My weight dropped down to 110 yesterday afternoon, but by evening it had gone back up to 111. I drank a full 12 cups (48oz) yesterday. I also had two cups of laxative tea, 1 cup of peppermint tea, a cup of chamomile tea (all without sweetener of course), and 4 cups of water. Wow! That's a lot of drinking.

My energy level was really good. I haven't had any problems other than feeling really shaky when I first get up and finish the SWF. I have been really sleepy though. It's been tough to concentrate on my work and studies. My brain seems foggy.

Lemonade Diet - Day 4

I felt much better physically this morning when I woke up. I didn't feel very achy at all. I was still extremely sleepy. I woke up at 9:00. I didn't go to bed until after 4:00 AM, so I only got five hours of sleep. I am not surprised about feeling sleepy then.

I felt pretty weak lying there in bed. It was not terrible though. That is typical each

morning but I notice that once I get up I'm fine. If I dwelt on the weakness every morning I would give in to it. But I don't, I know it seems worse than it really is. Once I get up, I'm fine.

My weight was down to 110lbs yesterday morning, but by last night was back up to 111.4. It held steady at 111.4 this morning. I will check again after SWF and then before bed. I hope it will hold steady or go up a little.

My tongue is more coated. It looks gross. I seem to get really full of gas at night too. It's very uncomfortable and it doesn't pass. My rectum is a little agitated from all of the diarrhea and watery bowels. Other than these things though, I haven't had any real unpleasant experiences.

OH, BTW – I haven't had a migraine in two days! This is wonderful news for me. I usually get them daily!

Lemonade Diet - Day 5

My body felt strong this morning. Even though I was sleepy I felt energetic. My muscles are really sore from the vigorous workout yesterday but that is always a good thing. I felt dizzy this morning. That wasn't good and I am still experiencing really severe gas in the evenings and overnight. The gas in my tummy rumbles so loudly that it woke my husband when I got in bed last night and he can sleep through anything! The gas doesn't pass it just moves around in my stomach. It is very uncomfortable. I am going to try and do some research to find out how I can help this. Is anybody else experiencing this gas?

Lemonade Diet - Day 6

You don't have to eat you'll be ok! Weight loss was a concern for me too so according to

mr burroughs bbooknii just started drinking more juice and I actually gained a pound!
The cleanse won't work if you eat so stick it out! I would complete a candida questionnaire if I were you because it sounds like you have some symptoms.

What a roller coaster with my body today. I don't understand this decline. It began last night when I couldn't sleep. My throat was tight and my mouth was dry. It seemed like I was having a little trouble breathing.

I woke up in a lot of pain and I had a fever again! My sinuses were stopped up, my eyes were puffy and later today I got a headache. I also have white patches on the inside of one of my cheeks. This is usually a sign of thrush mouth (a sign of yeast overgrowth in the body). I hope I don't have thrush. I wiped it away and if it doesn't come back then it was maybe something else, but if it does come back then thrush it is!

My weight is holding steady at about 111lbs. I am happy about that and on another positive note my teeth seem to be getting whiter... hmmm.

I don't know if these challenges I experienced today have something to do with the fact that I only drank about 5 cups of juice yesterday and 2 cups of water. Perhaps I dehydrated myself. I will try to do better today.

Lemonade Diet - Day 7

Bad news indeed, I definitely do have thrush mouth. Apparently the Master Cleanse has exasperated the symptoms of Candida Albicans. This is an overgrowth of yeast in the body. I knew I had this condition before I started, but I had hoped the cleanse would cure it. I was skeptical about this though since Candida feeds on any type of sugar (like the daily pound of maple syrup in the juice mixture)! Some of the main symptoms of Candida are: body aches (check), foggy brain (check), headaches (check), coated tongue (check),

sinus problems (check), gas (Wow! Double-check on that – I didn't know) and oral or vaginal yeast infection (check again). So... now what?

Lemonade Diet - Day 8

I didn't feel too bad this morning. I had a lot of pain in my back, but that is about every morning. I think it is because of my mattress. It is really hard. My sinuses were all clogged and tight as usual. However I had more energy than I expected to have. After not drinking any lemonade until late last night I really thought I would wake up very weak, but I didn't. The thrush in my mouth is much worse today. I am going to have to treat it because my mouth is starting to hurt. I will research some homeopathic cures today and if I can't find any, I have some Nystatin here from the last time I had thrush. Father please heal my body of the Candida.

@ Paula

Thanks for that tip. I will definitely pick some up when I go shopping on Wednesday. Thanks for the prayers too.

Lemonade Diet - Day 9

I felt good waking up this morning, other than the fact that I was cold. I still have not rejoined THE CHURCH on the Phone yet (4am Christian fellowship) but I don't feel any tremendous press to do that. I am going to give my body as much rest as it needs right now.

My weight is holding steady at about 111, give or take a few ounces. The thrush has grown in my mouth. I am still getting headaches daily. They are not as bad as they were before starting the cleanse but I am praying that I can live headache free. They've gotten worse

over the last few days and I wonder if that is due to the fact that I have had the heat on in the house.

Lemonade Diet - Day 10

My body feels very weak this morning. I had a throbbing headache upon awakening. As usual, I went to bed very late (around 2am). I tried to get up at 3:30am for THE CHURCH on the Phone, but I just didn't think it was a good idea. I was weak, exhausted and in pain and thought it would be wise to get more rest than one and half hours. I couldn't believe how much pain I was in last night after cleaning all day. My left knee was swollen and my back and hips ached.

The thrush is getting so bad. My mouth looks very unappealing inside and is very achy. It is making it hard to drink my juice. I started Nystatin last night but I only have a little bit. That is prescription med and I cannot afford a trip to the doctor right now to get more. What I am using is left over from a previous infection.

Lemonade Diet - Day 11

My body, what is wrong with my body? I feel like I am on day one or two. This doesn't make any sense. It is almost as if the Detox is starting from scratch. I feel terrible. I am very, VERY weak; extremely hungry; I had a terrible headache all day; I have a rash on my face; thrush in my mouth and my breath and feces smell foul (which has not been the case throughout)!

@ Paula: This darn Candida is a demon! I tried to drink garlic juice but it is so darn disgusting. I also cut the garlic up and swallowed it like pills. That was ok in terms of

getting through the taste -- that is until I started burping up the taste, LOL. I bought the cin sticks and forget to chew on them, LOL. I'll try to remember tomorrow. I guess it is just going to have to run it's course.

Lemonade Diet - Day 12

My body is no better than it's been. My sinus problems have worsened. The Nystatin has helped to alleviate the thrush in my mouth somewhat, but I can feel this Candida taking its toll on me. I am in so much pain. I have tingling in my hands and feet. My head is hurting. My mouth is dry. I am just not in good physical condition at all right now. As a matter of fact, I am in so much pain that I would have to say that I really don't recommend the Master Cleanse for anyone who has Candida. I was not this bad off before I started drinking all of this maple syrup daily!

@ Paula: Awww you are so sweet lol. I consider this good suffering because it is forcing me to take accountability for my temple and I am gaining much knowledge. I have suffered severely from illness since I was a little girl. I always just let doctors tell me what to take, never satisfied with the results. Then I stepped out on my faith in God and stopped all meds. I didn't die like ""they"" said I would. Life improved but I never sought how to be healed. Instead I just learned to manage pain without meds and drs. But this time I am reclaiming my health!"

Lemonade Diet - Day 13

I filled out a worksheet last night on Candida. It helps you evaluate the severity of Candida in your body. The highest possible score for women is 459, with anything above 180 being considered severe and anything under 60 being considered not an issue for you. I scored 347! I was horrified. I feel all 347 of those points in my body too. I truly believe my body can heal itself though. I am going to take this test again at the end of my fast.

Lemonade Diet - Day 14

My body is awful. I am in pain. My throat is dry and hoarse. My eyes are stinging. My heart is beating so hard it feels like it is going to shut down. I am having trouble breathing. I am in really bad shape. This has to stop. This was not my goal and I am not going to kill myself trying to prove something to myself. I had a dream right before waking that I was talking to the lady that created the Candida product that I am taking. She was shocked when she found out that I wasn't eating and she told me, "You have to eat while you are taking this product. It won't work if you don't eat." ...

(these were my thoughts from this morning. Please keep in mind that I journal throughout the day collectively and then just post here in the evening when all is said and done for the day.)

@Paula: How did you know I write Paula, LOL. I have written three books and I agree with you that it is long overdue that I write one on this topic. I really needed that encouragement tonight thank you so much because I have been feeling like giving in. I am going to stay on the journey!

@Sarah: You spelled my name perfectly, LOL. Sarah could you really send me something to help with the Candida? Oh wow that would be such a blessing! That is what I was thinking about the other day, just giving my body a jump start. I am willing to do what I need to really deal with the root cause of this but right now I would like some relief from the symptoms. It is so bad right now. Let me know what I have to do in order to get what you have. :-)

Lemonade Diet - Day 15

I had the usual aches and pains this morning; quite honestly it seems as if the severity is increasing daily. In addition to the pain, I had a terrible migraine when I laid down last night and woke up with the same. I have also been experience numbness and tingling in my hands, arms, feet and legs which seems to be getting more frequent and stronger. I feel extremely sleepy and drained. I will really need God's power to rise up in my today as I minister. I just don't have any of my own physical strength to offer for preaching, but I've preached under worse conditions. I once preached the day after surgery, LOL.

Ease-Out - Day 1

Well last day of the group experience and I am happy to say that I can end this on a good note - my body feels really good today! I don't really know why. I have only been treating the candida for a few days and although I can't say I feel great I do notice a significant difference. I do recall praying really sincerely as I laid On my bed last night. I also drank ganoderma coffee yesterday. If you want some I can get some for you. anyway, I guess it is just all things working together and I am so happy to start seeing some positive change!

Detox and The Salt Water Flush

Lemonade Diet - Day 1

First word that comes to mind about the SWF is “YUK!” The SWF is the first thing I did this morning and it was gross in every sense of the word – from tasting it; to finishing it; to what came out of my body; to how long it took to get it out! I am still on the toilet as a matter of fact. It’s been nearly an hour now. It took me 20 minutes just to drink it. I left a swig in the bottom. I just could not take anymore. I nearly vomited. My body was really rejecting it. I may try just 3 cups tomorrow instead of 4. BTW I used uniodized sea salt made by Hain. It’s cheap and looks just like regular table salt. It did its job!

I tried the small amount with a big chaser cup of water afterward; I have one word for how that turned out - VOMIT! It didn’t work for me, it made the water come out of the wrong end.

LOL don’t worry if you can keep it down it will feel great coming out! No cramps and once you are done YOU ARE DONE! Now the laxative had me feeling like death with horrible cramps and the movements came unpredictably! I’ll take SWF any day over tea. If this doesn’t work out ill teach you another trick that I learned. GN

Lemonade Diet - Day 2

I fought a good fight... but I lost. The SWF was a wash this morning... well not literally. It didn't wash because I couldn't keep it down. I vomited it all up. I tried to cheat. I am not good at drinking big cups of liquid. That was really brutal for me yesterday. So I figured I could drink some plain water first, then put all of my salt in 8oz of water and guzzle that down and chase it down with another 8oz of plain water. Well I immediately became nauseous. I was burping and really struggling to keep it all down. I used aromatherapy to help me, and for 5 minutes I wasn't sure if I'd make it. Then it all settled down and I thought I was OK so I got up and brushed my teeth. What did I go and do that for?!! That did it – right after I brushed my teeth I sat on the toilet and eliminated a little bit, it was starting to flush but then it just all came out the way it went in – through my mouth!

I really needed to eliminate and could not bear to drink any more salt water so I resorted to a tried and true method for me, an enema. I used Epsom salt in it for the detoxifying effect. I was really pleased with the results of the enema. Well, other than the fact that I didn't quite make it to the toilet before it all came splatting out – yuk! Between the vomit and the missed toilet I really made a mess in the bathroom, it wasn't a great way to start the day. Sigh...I'll try again tomorrow folks.

@ Paula:

I really appreciate Mr. Burroughs and I love his book but I disagree with him about enemas. Anything done in excess is harmful but using enema's once or twice a week during a cleanse presents no more harm than some of the other "unnatural" methods that we use. I mean let's face it, we are supposed to be able to crap on our own, LOL. that's the bottom line - so whether it's a colonic, enema, laxative or swf all can be extremely harmful if we use them to the point that we weaken our colon muscles! I have

been doing enema's for years now, after reading Cherie Calbom's books. But I'm not giving up on SWF though, lol."

Lemonade Diet - Day 3

I have good news about SWF today! Well first and foremost I didn't throw up, LOL. Secondly it worked. I made some adjustments. I tried 3 cups of water with 1 tsp of salt this time. I also mixed it up last night and put it in the fridge so it would be chilled. My stomach was much more receptive of it as a cold drink. Now granted -- cold water is not really good for your colon. Any cold drink causes the tiny hairs that help push waste through your colon to lie down flat, and thereby inactivate them. However, I was desperate to make it successfully through this SWF today and so I took a risk and it paid off this time. It took a lot longer for me to eliminate though. With the reduced salt amount it didn't work as quickly. Since the chilled water didn't affect the movement and made it more drinkable I will try 1 1/2 teaspoons tomorrow to see if I can finish eliminating a little faster. I don't want to spend two hours crapping every morning, LOL!

On another note, I experienced painful violent cramping in my stomach yesterday all throughout the day and as I tried to sleep. I had diarrhea all day. It was very unpleasant. I think it is a result of the laxative tea. I am using Dieter's Tea. I am going to try a different brand because that was rough.

Lemonade Diet - Day 4

First it started off bad because my children took my salt water out of the refrigerator. I had put it in regular water bottles (the disposable, 16oz kind you buy from the store) and they took them to school! Now I don't know how many times I've told them, "If you didn't put

the water in the refrigerator, don't take it!" This is a constant problem in the house. LOL, well that meant somebody was going to have a really unpleasant surprise at school, and that I didn't have cold water ready. With me already waking up late, I didn't have time to chill more water.

But, then I remembered that I had cold lemon water in the refrigerator. I had extra lemon juice after I made my juice last night and I didn't want to throw it away so I had put it in water and placed it in the fridge. So I decided to try cold, lemon-salt water for the flush. I am pleased to announce that it was pretty easy to drink and it worked just fine! I am so happy. This is the best SWF experience I've had. I used a full 4 cups and 2tsp of salt and probably about 3 or 4 TBS of lemon juice. I eliminated well too. I do believe that the cold water takes a little longer to run through my system though. I guess your body has to warm it up first, but that's OK.

Lemonade Diet - Day 5

I didn't have any time to be mucking around with SWF this morning, LOL. I needed it to work and work quickly because I had to go somewhere early. It went fine. It just takes so darn long to drink all of that liquid – 20 minutes to finish the drink and the movement usually starts right before I finish it all. I drank quickly this morning and I got dizzy but other than that it went fine. I used the same formula as yesterday – the juice of one lemon, 2 tsp of salt and nice cold water. The SWF pushes out the gas that builds up overnight so that's good and I am noticing that the last movements of SWF are much clearer than the first. I really am getting clean inside!

Lemonade Diet - Day 6

I was so tired today that I skipped SWF! I just didn't have the energy to deal with it this morning. I have not drank the laxative tea for three days now because I hadn't had a chance to get back over to Whole Foods to buy a different brand. I tried one last night but it was gross. I called myself giving myself a little treat. I brought chocolate laxative tea and some no sugar sweetener but it was all gross! I couldn't even get it down. I'll have to try another one tonight. Thankfully I bought two different flavors to try, so let's see.

Lemonade Diet - Day 7

I drank a different laxative tea last night. It was still pretty nasty, as they all have proven to be. However unlike that crap I drank the night before LOL, I at least could get it down. It was supposed to produce a bowel movement in 6-12 hours. Well, unfortunately for me it produced it in about 3. At 2:30 in the morning I was running to the toilet. It was certainly effective. I actually passed a solid clump, which was surprising. I have never passed anything solid since using SWF after the first day. I wonder what it was, yuk!

Nonetheless, the laxative produced very painful severe cramps and still has me going to the bathroom even now! I hate laxatives. They are too unpredictable and painful. I am going to stick to just SWF from now on. My belly is in too much pain to do it today but I'll be back on with it in the morning.

Lemonade Diet - Day 8

I really didn't think that I would have anything interesting to say about SWF after 8 days, but I was wrong again! I experimented today with a different kind of sea salt; hand harvested French sea salt that cost \$30 per pound. I used the same formula I did last time,

4 cups cold water, juice of 1 lemon and 2tsp of salt. The results? NOTHING! Absolutely nothing, for almost an hour it all stayed inside. When it did finally come out, it was just a little bit. I had to drink two additional cups of water to finally get it moving.

I wonder if it is the different salt, or perhaps my system is still messed up from the laxative yesterday. Could it be because I haven't done SWF in 2 days? Or, perhaps the fact that I held it in this time instead eliminating when I felt the first impulse. I don't know!

Tomorrow I will try the regular salt again and see how it goes.

Lemonade Diet - Day 9

I skipped SWF this morning. The cold temperatures in my home deterred me from getting out of bed until after 9:00am, at which time I was way overdue to cook breakfast for my children, LOL! I am thinking about an enema later tonight, we'll see how the day goes.

Something interesting to share is the fact that I saw dead worms on my tissue yesterday when wiping! When I do SWF, the last eliminations are usually just clear like urine. So when I wiped I saw what appeared to be a small grayish worm on the tissue. I wasn't sure until the next time I went to the bathroom I saw the same thing. This was gross but it was so good to know that this cleanse is getting this nasty stuff out of me!

Lemonade Diet - Day 10

Interestingly enough, I woke up this morning and eliminated without doing anything. I did not drink any laxative tea last night nor did I do SWF this morning. I don't know why I suddenly had to eliminate on my own but since I did I just chose not to do SWF. Instead I did an enema. It was a struggle. It seemed like the water didn't want to go in. It was like

my rectal canal was swollen or something. I did finally finish though and did not feel quite satisfied. My stomach was upset and it seemed like I still needed to eliminate. I really believe this has to do with the Candida.

Lemonade Diet - Day 11

Ok, I am giving myself the MC gold star for discovering the cold lemon water for SWF!!! Everyone who has tried it has really liked it! Yeahhh... and all thanks to my kiddos accidentally taking my salt water out of the fridge that fateful day, LOL. Gold star for Laneen :-D

I trudged my way through SWF this morning. I struggled to drink and the elimination seemed minimal. The thing I noticed most, as I mentioned earlier, is that the feces had an odor to it. That is strange because my feces lost its odor after the 2nd day. My only reasoning for all of these changes going on is that my body is going through a deeper level of detoxing now - or the Candida, or maybe both. Perhaps the first 10 days were just scratching the surface. I need to change my program. I really wanted to stay on MC for 40 days but there is no way I'll make it the way I'm feeling. Plus I feel weak, with 7 children I need strength.

@Paula: Can't believe you like SWF- that is sick, LOL. I still hate every moment of it and if anything will stop me from doing MC again it will be the thought of SWF.

Lemonade Diet - Day 12

This morning I was shocked to wake up with diarrhea. I didn't take any laxative, enemas, or SWF. I was just lying in bed and all of a sudden I had to go. I had diarrhea and it was very slimy. I thought this was strange until I filled out a candida worksheet tonight; turns out that slimy diarrhea is a one of the symptoms! I never had this problem before Master Cleanse. I've had candida for a while, but the symptoms have just gotten so much worse!

Lemonade Diet - Day 13

eliminated on my own this morning. It was again in the form of diarrhea. As long as I keep eliminating on my own I will not do anymore enemas or SWFs, but I can't say that right now because I only went twice today and it was just a little bit. Let's see how it goes tomorrow though. I am definitely not going to miss anything at all about swf LOL!

Lemonade Diet - Day 14

Nothing to say here, there is nothing to report. I did not eliminate today and I am very disappointed about that. It took me all day to finish that apple because I got full so quickly. I put a little raw almond butter on it and later ate a plate of raw spinach leaves. I can't believe that I have not eaten in 2 weeks and the first food I eat gets stuck in me! I guess I am going to have to do SWF or an enema when I get home from preaching tomorrow. I can't do it tonight. I am too sleepy!

Right now I would have to say that this blog board has become my greatest support. Just having the obligation to come here and post everyday has helped motivate me to continue to stay on the cleanse. After I made the adjustments I really felt defeated and like I should give up, but then I come here and read the encouraging comments from people like Paula and others and I know that I have to keep going. If nothing else what I am going through can and will help someone else so thanks MC team for making this outlet of support available!

Lemonade Diet - Day 15

I am so happy to report that I eliminated twice today on my own! I was so worried that I was going to have to go back to SWF because yesterday I didn't go all day and I really felt bloated and uncomfortable. It seemed like it would be the same way today, but then things got moving - literally LOL. I had to leave the sanctuary to take care of business when I went to preach. Thank God it didn't hit me while I was actually preaching, LOL. Can you imagine that... ""And the Lord said... umm... ur... can be I excused please?"" LOL, LOL Ok I am amusing myself now, sorry."

2009-11-04 12:29 AM Only one elimination today and it was rather hard. That was a bummer. I really want my bowels to be regular without enemas and flushes. I can't live on them for the rest of my life. Hopefully my system is just trying to regulate. I wonder if the caffeine messed me up? I had coffee yesterday. I thought it was caffeine free but turned out to be just regular ole caffeinated coffee. Caffeine can make the bowel sluggish. I hope my body will compromise for me every once in a while. I don't want to give coffee up for the rest of my life, LOL.

Support from Family & Friends

Lemonade Diet - Day 1

I know the people around me will have an effect on me during this abnormal period of my life. The first influence was a good one. While I was shopping for the ingredients, I ran into a lady that had already done The Master Cleanse. When she saw me asking for grade B maple syrup, she guessed that I was doing the cleanse and began to give me advice. She gave me the best piece of advice that I can give anyone: get Stanley Burroughs book, “The Master Cleanser”. He is the originator of this cleanse and the book was beyond illuminating. I don’t even know how to describe how I felt reading that book other than to say it was supernatural. I feel like it transported me into another dimension of understanding and success. That is the best support you can get – direct mentorship from the creator of this master plan.

Lemonade Diet - Day 2

I am doing this all by myself right now. My husband wanted to join me because he knows what I am doing, but I haven’t told him yet that I plan on doing this for 10 days. I didn’t want him to make any dissuading comments such as “You sure you want to do that?” I know he will support me but he is protective of me as well and doesn’t like for me to do hard things. Also, me fasting for 10 days could mean a lot more strain on him in the home (we have 7 children) so I wonder if he might try to deter me. I will have to tell him soon but at least for the first 2 days or so I can conceal the fullness of my plan. I hope I will have convinced him by then that I can handle this and that I am not going to abandon my

household duties and thereby gain his encouragement. I won't be able to continue if I don't have his blessing because I do believe in the husband being the head.

@ Paula:

Yes, I think my husband will definitely want to do this after me. He is impressed thus far. As a matter of fact The Lord blessed me today! Today in the kitchen my husband led the children in a chant, "Mommy is great, Mommy is great..." Then he came to me later and had a heart-felt talk with me that began with an apology for his cranky attitude. This was such a blessing. I was really praying for him last night. I love my husband so much. We are best friends and his support means everything to me so this talk with him really strengthened me emotionally. So far, so good!

Lemonade Diet - Day 4

I really felt the support of my husband today. He checked on me when I was in the bathroom and was concerned about me when I wanted to go to the gym. He is such a sweetie. I am so glad that he is feeling better. God really answered my prayer concerning this. My kids are being supportive too. They are trying to stay away from the bathroom when I am in there and encouraging me. They don't understand what I am doing so they feel sad for me, LOL. I actually feel sad for them that I didn't teach them how to eat healthier from a younger age. I really hope they will gravitate toward this healthier way of living. That would be the best encouragement they could offer me!

Lemonade Diet - Day 5

Today someone responded to my blog journal about this experience that I am going through That was really encouraging. Another one of the disciples from THE CHURCH on the Phone contacted me too and wanted to know why I have not been on. They really miss me. I have to get back on! My husband was supportive as he usually is. He supports anything that I want to do. He is really impressed with my energy levels and that makes me feel good. My children are amazed too, LOL. They can't imagine not eating for 10 days. <http://heartcompassion.wordpress.com>). I have much more detailed information on the blog if anyone is interested.

Lemonade Diet - Day 6

I am facing an avoidable obstacle right now. I knew it might come up but I thought I might be able to make it through... My darling husband said to me, "I'm living like a monk. You're looking all good and I can't even touch you!" LOL, now he said this in a joking manner. He is truly a mild-natured person, but I know he was serious. Emmanuel is very disciplined when it comes to sex. He was abstinent for six years before we married but what can I say, this cleanse is making him attracted to me. I want to abstain during the cleanse but we'll just have to see how it goes. It's not like I'm thinking about it too, LOL. Well... at least I'm not one of those, "Not tonight I got a headache" wives, LOL!

Lemonade Diet - Day 7

Well, I so didn't make it on the "no sex thing"! LOL, when I first read about the Master Cleanse it was indicated that it would experience increased libido. I'm a witness! I always have a great time with Emmanuel but... WOW! Last night was... Ok, I don't make a habit

of speaking of my intimate life with my husband so let me not start now, lol. It is sufficient to say that there was a very notable difference and I would recommend this for every married couple!

That being said, I would really like to try to maintain these next 6 days in abstinence. My husband is super attracted to me during this cleanse. He loves the way I look and the whole notion of “being clean” is just a turn on to him. Couple that with my increased libido and I am going to need a whole lot of Jesus to stay abstinent, lol. Thank God I am married so I am not in sin. I am blessed if I do or blessed if I don't, LOL.

Lemonade Diet - Day 8

The cat is out of the bag. I finally had to tell my husband that I intend to go 14 days. He kept pressing me about when I was going to stop because I was giving him elusive answers every time he asked me about it. He wants to do Master Cleanse too but he didn't want to start until I was finished and that is when I had to tell him. His response was very much what I thought it would be. “14 days? That's a long time Laneen.” he said in a very somber voice. I was so on point with his concern that me fasting for so long would put pressure on him in the house. I reminded him that I have been taking care of business since I started fasting and he couldn't argue with that, LOL. So I am glad that is over with, now I can move on in peace.

Lemonade Diet - Day 9

My family is being super supportive and it really means a lot to me. My children are very empathetic. They cannot imagine going without food for this long so they are really trying to help as much as possible. Today my nine year old daughter Nebiyah said, “Yeah, it's

your last day”. Dad had told her I was doing 10 days but then I told her that I was not finished and didn’t want to discuss how much longer it would be since it would make the days drag on. And she said, “You know Mom, the days are going by really fast.” That was an encouraging statement and I appreciated it. They are going by fast. I can make it.

@Paula: It’s always good to have extra support. LOL

Lemonade Diet - Day 10

I have met a wonderful influencer. She is another blogger that I came across that just so happened to be in the midst of her own 40 day fast. We have been emailing and blogging each other for the last few days, but today we actually spoke on the phone. You know it is always a little weird speaking to someone on the phone that you met On-line. However there was such a natural flow with her. She is on day six so we are pretty close in days. I am so glad to have someone to share this experience with; I think it is really going to help me.

@juanita: listen to your body. If you have the strength for a few more days then go for it. Just remember that you can always do the cleanse again in a few months. Plus, it is advantageous to use a whole body cleanse following the ease out to get whatever you may have missed. It may take a year or more for us to really get our bodies ”” clean””. I know that I can speak for myself when I say that I have spent decades contaminating and abusing it so I don’t expect a few days or weeks or even months to reverse all of that! I am in this for the long haul and I plan on doing back to back to back cleanses of all kinds, with consistent new eating habits!”

Lemonade Diet - Day 11

There were many influencers today, but I think I will write about the most recent. I called a health guru (he calls himself a healing Evangelist actually). He was recommended by a friend for his 31 years of excellent service in the area of helping people get healthy naturally. He really sounds like he knows his stuff but his conversation with me was discouraging. He did everything he could to try and get me to see that I should break this fast! He suggested that I could eat just a little bit and said that God would still be pleased! I didn't need to hear that.

I am struggling but I need to finish this. This is a personal quest that I am on. God didn't tell me to do this, I asked Him for the privilege and the strength to do this and I don't want to back down yet!

@Juanita: your welcome, let us know how it goes.

@Paula: I love my children! They are a constant reason to live and keep striving. Their energy and hopefulness is a contagious disease that I try to catch daily, LOL!

Lemonade Diet - Day 12

My greatest positive influence has become my new friend Melody. I found her On-line. It just so happened that she was keeping a blog about a 40 day fast that she was doing and she started almost the same time as me! I left her a message on her blog and asked if we could pray together. She accepted my offer and we have been talking daily for a few days now. Praying with Melody and just being able to share with her about this experience knowing that she relates gives me so much strength. She was truly sent from God!

Lemonade Diet - Day 13

I am my own worse enemy right now. I was really excited about this new program... that is until I implemented it! Everything tasted so disgusting. I have to swallow big horse pills throughout the day, swallow raw garlic and drink unsweetened kefir (made from coconut milk). I was on the verge of vomiting all day! I can honestly say that today for the first time, I really don't want to do this anymore. It's the dread of putting nasty things in my mouth daily. The not eating is no bother. I was happy to drink my lemonade mixture for as long as needed

, but I can't see myself doing this.

Right now I would have to say that this blog board has become my greatest support. Just having the obligation to come here and post everyday has helped motivate me to continue to stay on the cleanse. After I made the adjustments I really felt defeated and like I should give up, but then I come here and read the encouraging comments from people like Paula and others and I know that I have to keep going. If nothing else what I am going through can and will help someone else so thanks MC team for making this outlet of support available!

@Paula: I had intended to do the ease out but the candida flare up really threw me for a loop. I am going to try MC all over again next time and do it right with the necessary candida adjustments.

Lemonade Diet - Day 15

The people that I preached to were my greatest support and influence today! Many, many people came to me after I finished speaking to thank me and tell me how blessed they were. I sold a good number of products too – well for the size of the crowd present it was good. Seeing this positive result after I spoke meant so much to me. I see many preachers that are over weight and out of shape and it really does effect one's ability to preach the gospel. This was one of the main reasons that I started the cleanse. I want to be fit and in shape to minister to people. Preaching is hard on the body, much harder than most people realize so even though I was not feeling my peak today, I still see positive results and I expect the same in the future!

Ease-Out - Day 1

Well it's been an eventful 16 days. I would have to say the greatest motivation coming out of this is seeing my children eat healthy foods. Some times they like and sometimes they don't, but just knowing that I am being a good example before and laying the right foundation for them to build upon feels so good. They have eaten more vegetables and healthy foods during this time than any other time in their lives and I definitely plan to keep living like this! Thanks MC team.

Process & The Lemonade Diet

Lemonade Diet - Day 1

I would like to share something about the process of shopping for the ingredients. I heard it was tough to find the grade B maple syrup that's needed. I did a search On-line to find out if I had a "Whole Foods" supermarket near me. I found one close by and they have tons of it! As a matter of fact everything I need for the cleanse is right there in the store... and everything I want to eat when I come off of it. It's an amazing place. You should really check to see if there is one near you.

Lemonade Diet - Day 2

I made my first batch of lemonade as soon as I finally made it off of the toilet after the SWF yesterday. It took me an hour to make the first batch. I used the recipe in Burroughs book that I mentioned earlier. There are a bunch of different variations out there, but him being the originator of this cleanse I wanted to try his exact recipe first. He suggests that we drink 6-12 glasses daily. Thus I made enough for 12 glasses... I thought. When I mixed together enough water, lemon juice and maple syrup for 12 individual servings it actually amounted to just a little over 1 gallon. Yowza! That was way too much for one day. I hardly made it through drinking 2 QTS. So, even though Burroughs says not to, I'll be drinking leftovers from yesterday for today. With that maple syrup costing me \$30 a bottle, I'm just not willing to waste it

Oh forgot to mention:

Just a tip, the lemons are the healthiest when first juiced so if you can, make one cup at a time. If you do choose to make a big batch you should drink it within 24hrs. The lemons lose their nutrients after that time. Also, you want to store the mix in an airtight, opaque (non-see-through) container because the phytonutrients in the lemons -- or all fruits and veggies for that matter -- are sensitive to light.

Lemonade Diet - Day 3

@ Paula:

Well it made me laugh when I saw that big ol' jug and thought about my little self trying to drink that in one day, LOL. On average day I struggle to drink 8oz of water or anything for that matter. Not big on drinking. My husband always teases me about my little cups of juice. Do you know why the pepper is not supposed to added until last? I hadn't heard that.

Anyway for the today as recorded earlier in my journal:

Yesterday I drank leftovers. They tasted fine. I didn't notice any major difference and my energy was fine. Today I had to make a fresh batch and I have to say I missed the convenience of just grabbing an already prepared jug out of the fridge. I wanted to go for just two cups at a time today to aim for fresher juice but I still made too much. I used 2 lemons and 20oz of water and 4TBS of maple and that made 3 and 1/2 cups (28oz) and about a 1/4 tsp of cayenne. Maybe for tomorrow I'll just try the recipe that is on the master cleanse website. I am going to make it tonight though right before bed. Then I will be able to finish it within 24hrs tomorrow so it will still be potent.

Lemonade Diet - Day 4

I actually made it out of bed last night at about 11 to make my juice. I didn't think I was going to have the strength but once I actually got out of bed I was pretty energetic. I attempted to make 12 cups but ended up making only 9. I was not about to try and make more. If I want more later I'll just have to make it at that time.

I figured out a conversion formula (probably could've looked up On-line, LOL). 4 TBS = ½ cup. So ½ cup lemon juice, ½ cup maple syrup, 2 pinches (a little over 1/8 tsp) of cayenne pepper and 200z of water would be equivalent to 2 servings; according to Mr. Burroughs original recipe. That means that you can drink up to 1 gallon + 2 cups of this mixture per day! Wow, I can't do that. But if weight loss is really a concern, like if you are body builder or something, I guess that would be good, lol. As for me I am going to try to shoot for 3qts per day.

Lemonade Diet - Day 5

I was too sleepy to make my juice last night or my salt water. This was not the morning to be messing around in the kitchen mixing concoctions. I had that important meeting today so I was glad that I had made the conversion chart the other night. I knew just what I needed to make for the amount of juice I wanted. Unfortunately a last minute call informed me that I was way behind schedule so I couldn't even make what I wanted to make. But guess what, at the end of the day it didn't even matter because I never even finished drinking what I made today. Had I made more it would have been wasted! LOL

Lemonade Diet - Day 6

I didn't make my juice last night. I was too tired. This morning when I finally dragged myself out of bed I used juice from yesterday. I had about 3 cups leftover. Then I went back to bed and didn't get up until 3pm. I made fresh juice immediately because I felt so weak. I do notice a difference in taste when the juice is fresh. The lemons taste much more potent when I first make the juice. I am still getting the gas and I wonder if the juice is causing it. I really don't know but I am going to keep trying to discover the source of this gas.

Lemonade Diet - Day 7

I haven't made juice yet today. My first thought this morning, after seeing the thrush in my mouth and waking up in pain and with a headache, was to research Candida. I have been sipping on some juice leftover from yesterday and will make a batch soon. I may be making some adjustments to the mixture though. One of the focal points of this fast is the healing of my body in order to gain strength and stamina for my service of the Lord. If the juice is going to agitate the Candida then I will still be in bad shape at the end of these days. At least for the next 3 days though (possibly even seven), I am going to leave it as is. I want to give the juice a chance to work. Perhaps I am just in a healing crisis right now.

Lemonade Diet - Day 8

I have respect for the juice, LOL! I didn't drink juice yesterday and man did I feel it. It was so hard preparing meals for my family yesterday. I have not experienced any difficulty preparing meals for my family until yesterday. And the weakness I experienced made me feel like I was going to fall out. THE JUICE MAKES A DIFFERENCE!!!

Not only did I learn how much this juice nourishes and strengthens, but also how healing it is. Around 7pm last night my stomach was still in pain from that terrible laxative. So I decided that since my stomach had not felt better anyway that I would go ahead and drink my juice even though it would probably trigger more diarrhea (so I thought). Amazingly, the juice healed my stomach. As soon as I drank it the pain went away! Just imagine -- I spent all day in weakness and in pain when all I needed to do was drink my juice. Lesson learned! LOL

Lemonade Diet - Day 9

I have been drinking juice leftover from yesterday all this morning. It seems like I do not desire the juice as much as I did when I first started the program. I remember the first day I didn't like it at all. The pepper burned too much. I quickly grew accustomed to the taste though and really started to look forward to those spicy, sweet swigs of nutrition, lol. Now I just don't seem to want to drink. I only got in five cups yesterday. It's 1:00pm already and I haven't even finished my second cup. What this means, I really don't know.

Lemonade Diet - Day 10

I didn't make juice today. I sipped on juice that I had left over from last night. I just haven't had the strength in the morning to make it. I am waking up so late that after I do SWF it is 11 or 12 before I take a sip of juice. As a result I have not been drinking as much juice for the course of the day and I have lost weight. I lost three pounds and am down to 108! That's not good. I really have to try and get more juice in. Another factor is the thrush mouth though. My mouth hurts and I don't want to drink.

Lemonade Diet - Day 11

Everything was bad today. My husband bought some lemons from a different store. They were still organic but they looked so weird. They were huge like some deformed looking oranges. And guess what? They tasted as bad as they looked. I struggled to drink today. Those lemons were gross. It was like drinking dish soap; that's what they tasted like, dish soap!

@ Paula: I have experienced that Paula. I learned to always leave just a cup or two from the day before that way if I start to feel weak from getting around to juicing too late then I have something to up my strength. That has worked out well for me.

Lemonade Diet - Day 12

I didn't want to drink any just at all today. However, I did not have the necessary ingredients to start my new plan. I needed some nourishment before shopping so I have about 12oz of juice leftover from yesterday. That was my last time drinking the spicy lemonade. I will miss it. I really did like it. I'll be on a whole new host of liquids starting tomorrow. I will however continue to drink lemon water with the same formula (2TBS lemon juice for every 10oz of water.) It's the lemon that really does the cleansing, not the maple! The maple just added the extra nutrients but I will be getting those nutrients from some other liquids now.

Lemonade Diet - Day 13

The juice was certainly different this morning. I juiced a combination of cucumber, spinach, apple, celery, parsley and ginger to make 16oz. The whole process from getting

all of the ingredients prepared to cleaning up and drinking took 35 minutes. Not nearly as convenient or as tasty as the lemon juice, but I know it is going to help my body. Later on I will be drinking lemon water, kefir and carrot-beet juice.

Lemonade Diet - Day 14

Well I decided yesterday not to do the maple and lemons anymore. I have some other juice to drink but I got up and was too weak to make my vegetable juice. My husband made it for me, but I couldn't drink it! My body just rejected it. I don't know how else to describe it other than to say my body wouldn't allow me to drink it. It was then that I was looking at a green apple that was on the table and knew in my heart that I had to eat that apple. That is just what I did. I ate half a green apple. Later I drank kefir and berries. I am feeling much better – not great but still much better than I was this morning.

Lemonade Diet - Day 15

This morning I started off with a disgusting cup of Detox tea. Then I decided to go another route. I have some ganoderma coffee drink here. I've had it here for a while. The distributor gave me some free samples and I told him I could not try it until the consecration was over (because I just thought that would be too pleasurable, LOL.) However, he insisted that I must drink it immediately saying that it would only aide my Detox efforts. Supposedly ganoderma is an herb (a fungus specifically) that has amazing healing properties from everything to headaches, to cancer, to lupus, to candida, to allergies... the list goes on and on. I figured since I am feeling no better with what I have been doing; why not give it a try. So we'll see!

Ease-Out - Day 1

Well what can I say, it's the last day so no lemonade today. I really like the lemonade and I am going to miss it but I don't plan on drinking between clenases. It just has too much sugar in it. For now I am focusing on trying to be diligent in drinking fresh veggie juice daily. It is so good for the body and helps keep me regular - just so darn tedious to make daily though. But I know I need to do this for my body until the next MC group experience.