

My Experience



Brenda Avila 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

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Forward by Mike Olaski

This Master Cleanse Journal is by a cleanser Brenda Avila 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: Brenda

Author Full Name: Brenda Avila

Author Cleanse Date: 2010.07.17

Author Cleanse Status: Newbie Cleanser

Author Cleanse Status: 1st Time Cleansing

Psychological and Emotional

Ease In- day 1

I am feeling really good about moving forward on the cleanse. On Saturday, I pampered myself by getting a massage and going out for sushi with friends. On Sunday, I went out for breakfast with a friend and had pumpkin pancakes with maple syrup. I anticipated that the maple syrup could make me crave pancakes since that is what I associate it with. I ate half of the pancakes in the morning then half in the late afternoon/ early evening. In between, I got a pedicure and afterwards, I attended a spiritual healing and drum circle on the beach in Lauguna Beach. It was a very nice weekend of friends and self care. I have also promised myself more pampering throughout the rest of the cleanse.

Ease-In - Day 2

All went well today. I had fun making juices and I actually had a lot less juice than I would have guessed. I had three glasses of juice/smoothies and herbal tea and water. When I got the urge to eat, I had tea or water instead. I am feeling optimistic about continuing on with the rest of the cleanse. I already feel successful and know I can do this. Tomorrow is the orange juice day and it makes me remember when I was pregnant with my daughter. During the pregnancy I craved oranges and orange juice. I drank orange juice all the time.

Feeling fine, feeling strong, gonna sing this victory song!

Ease-In - Day 3

Feeling really good about my decision to do this, feeling confident that no matter what I will do this to the end. I am doing this cleanse for so many reasons, first of all I feel called to do it. I believe my body, mind and spirit wants this. My body is getting healed and shedding excess weight, my mind is learning how to control it's self and how to be less dependant on food for entertainment and comfort. My spirit is watching it all unfold and is peaceful knowing that this is positive experience and that I am growing on so many levels.

Feeling Strong....can do no wrong.....gonna sing my victory song

Lemonade Diet - Day 1

I had a really good day and I am not having any problem staying on the lemonade. The biggest problem is the SWF. I made it through today, but had a never again train of thought as I was doing it. I AM going to do it again tomorrow. I want the results that it promises to give me and so I am gearing up to do it again. I am going to re read the benefits of it so I can psyche myself up, It is by far the worst part of this cleanse. It is like drinking a glass of ocean. Focus on the benefits, Focus on the benefitis.....Feeling strong still singing my song

Lemonade Diet - Day 2

So glad to get to Friday night. I have the weekend to whatever I want. I have it mostly unscheduled to I can let it unfold on it's own. I am allowing myself to sleep in tomorrow

as late as I want and will have time to do as I please or do nothing at all if that's what I choose. I will probably putter around in my garden and tend to it. Funny thing is some of my vegetables are ready to harvest and here I am on a lemonade diet and not eating, not even vegetables. I have put so much time into my garden and now I am not even gonna eat it. I suppose it will still be going strong when the cleanse is over. I find it a bit funny though to have a garden and not eat from it. It will actually be great when I go back to eating because everything is organic and I plan to eat a lot more veggies when I go back to eating.

Lemonade Diet - Day 3

It really amazes me that I am not hungry at all. I thought this was suppose to be the hardest day. Maybe because of the EASE-IN this isn't truly day 3, but more like day 6. Either way, I am very happy and feel good. I am a bit tired and my vision is a bit blurred. I went to the market today and bought myself some new herbal teas. I couldn't decide which flavor to get., so I bought 3 boxes. I haven't been much of a herbal tea drinker in the past. I drank tea but caffeinated. I also bought 2 bottles of essential oils and some organic soaps as a treat. Oh yeah and toilet paper....I wouldn't want to run out at a time like this. Still feeling good.

Lemonade Diet - Day 4

For the past two days the scale has not moved even though I have stayed on plan. I am anxious to see what the morning brings. I have stayed on plan, so it's gotta move right? I am a little concerned about gaining weight back after I am done with the cleanse. I haven't decided how I am going to eat once I ease off the cleanse. I have considered

going to a raw food diet but think that might be too extreme for me and I can't imagine doing a raw diet in the winter. When the temperatures drop I like to have a hot meal. I wonder if anybody does a raw food diet from Spring thru Fall and then hops off for Winter to return to it in the Spring. That might be an option for me. That way I can have my cake and eat it too.

Lemonade Diet - Day 5

Hump day is coming to an end and what a busy day it's been. I just love the fact that I am not hungry. It really is true what people say about not being hungry on this diet. I am so tired though I know my body is working hard on healing and cleansing. I am so happy to have made it this far and know that this is really benefiting my body.

The clothes I wore today were loose on me and just a couple months ago they were tight. That is a great feeling. I am looking forward to being able to wear clothes that fit last summer again. Right now I am craving some vegetable soup, but not because I am hungry but more for comfort. I am drinking my laxative tea instead. It is comforting too.

Lemonade Diet - Day 6

I am so glad day six is over. I was feeling bored with the diet today. Just feeling like I wanted to eat food for a change. Food smelled so good. I even sniffed the cinnamon cereal box today. It smelled so good, and I did want some, but not enough to blow all my progress so far. I would have to have a pretty good reason to quit now. It would have to be health related and not just giving in to some craving. I have made it pass the half way

point and so it is just a few more days until I can eat again. It isn't that hard to stay on, but in some ways it is getting old and I am getting a little impatient. I know I will feel so good to know that I finished what I started and that I did something really good for myself.

Lemonade Diet - Day 7

I felt good today, but dealt with some cravings. I started questioning myself for example, I asked myself why I was doing this and giving up eating. Luckily for me I prepared really well for this cleanse mentally and had all the right answers to my inquiring mind. There are so many reasons why that I could get myself back on track fairly easy. Part of me was trying to talk me into just having one meal and then getting back on the cleanse. That's not going to happen because you have to ease back into eating solid. That saved me. It makes it so you have to plan when to quit and can't cheat. I am so glad I didn't give in to any of my cravings!!!!

I am happy that the day is over and no damage was done. Looking forward to day 8

Lemonade Diet - Day 8

It is the end of day 8 and I feel good. I know I will finish the 10 days and the ease out. There is no question in my mind about that. There is however, lots of question about what to do at that point. Part of me wants to continue, the part of me that wants to go down another dress size. Part of me wants to challenge myself to go longer. Another part of me, just wants to live normally, be able to eat, get together with friends, have dinner with my family, etc. It has been on my mind quite a bit and I just keep telling myself that I don't have to decide yet. It helps me to say just 2 more days and if I add days to it before then, then it isn't really just 2 more days. For that reason, I am allowing myself to finish

my first goal, without taking it away. Once I reach that goal, then I will have the chance to make a decision on what to do.

Lemonade Diet - Day 9

I am happy to be at the end of day 9. Just one more day and I will begin my ease out. I had been debating going longer and had almost decided to add a couple of days, However today somebody answered my add that I put on craigs for vitamix wanted. I am going to get it tomorrow provided it all checks out. I am excited to start using it. I know with my vita mix that I will continue eating healthy and continue to lose weight and it will help me to stay on track with new eating habits. I can do juice fasts anytime I get the urge. The vitamix is my gift to myself for sticking to the cleanse like glue. It is also a tool to keep me on track and eating healthy. I am so excited.

Lemonade Diet - Day 10

Woo Hoo, I made it to day 10 of the lemonade diet. I feel really good about the fact that I stuck to this diet 99.999999 percent. I didn't have anything I wasn't suppose to have. The only reason why I didn't give myself 100 percent is because of what I left out, which is one day (today) of no swf and the times I forgot to add the cayenne pepper to my lemonade. Such small infractions, for a first timer, I can't help but be pleased. A big part of me wants to continue with the cleanse, but I have decided to start the ease out tomorrow. I think it is great that I want to continue, but that it is best to stop feeling like I could do more. I know that I will continue to make healthy choices. I bought a used vitamix today and am very happy about that!

Ease Out Day 1

I really feel like I could have continued on with the cleanse longer, but am stopping as planned so I will have fond memories of the cleanse and be willing to do it again.

Definitely in January and possibly in October. I know that I will want to do some baking around the holidays and so if I do the cleanse both before and after the holidays then I have planning ahead for success. I am also as I have said previously excited to start using my vitamix blender. Part of me wants to continue with the cleanse out of fear, fear that I will gain back the weight that I have lost. I have to fear those fears and keep focused on eating the right foods and the right amounts. I plan not only to not gain the weight back but to lose more in the weeks to come.

Ease Out Day 2

I feel fantastic. Today was my first day eating food again. I will have to say, I did very well. I had juice this morning, vegetable broth mid day and a large green salad in the evening. I wasn't at all tempted by the food others were eating. I actually felt like what I was eating were the best things ever. I guess after not eating for days, I was easily satisfied. I really feel in control of my eating. It was easy for me to pass on the cheese and egg in my salad. I also passed on the ranch dressing because I want to reduce or eliminate dairy from my diet. I use to eat a lot of cheese and dairy. I do think I will still eat eggs, but during the ease out. I also passed on the croutons that were available.

Ease Out Day 3

I have been planning each day what I would have the next day during the cleanse, even if it was a Lemonade Diet - Day, I still knew that I was having lemonade. I just realized that I

don't have tomorrow figured out yet. I suppose I will have a fruit smoothie in the morning and vegetables in the afternoon. Maybe I will add some nuts to the mix and some of my rye crackers along with a piece of fruit or two. I am aiming to get all my fruit and vegetable servings in everyday. I am going swimming tomorrow, so I am going to pack some food.

Like I said in another section today, it felt like I ate a lot of food, but I am happy with the choices since they were all healthy. I have to remember to drink more water, I think I only had two 16 oz glasses today.

Weight Loss & Physical Effects

Ease In - Day 1

I am doing this cleanse for so many reasons and while I definitely plan to lose weight that is not what is motivating me. For that reason, I haven't set an actual goal of how much weight I want to lose on this cleanse. I am not sure what would be an appropriate amount. I have heard some real high losses when reading about successful cleansers. I have always heard that you shouldn't lose more than 1-2 percent of your body weight per week. That if you do you risk losing muscle and lowering your metabolism. Anybody have any knowledge as to if that is what happens on the master cleanse. Is it that some of the weight is actually waste that is cleared and not muscle tissue.

Ease-In - Day 2

Day 2 and down 2 pounds, This morning I was one lighter and then just weighed myself to find I lost another one. Before the cleanse, I had lost 5 pounds, so altogether that puts me at 7 pounds in about a month. It will be exciting to see how much I can lose once I am done. I also will be figuring out how I will eat differently once I come off the cleanse. When I felt hungry today, I just had water or herbal tea and that helped to ease the craving for food. It actually has been much easier than I suspected. It is early on but I feel I will do this. I am thinking that soon I will try on some clothes in my closet that have been too tight to see if they fit.

Ease-In - Day 3

As I type this my stomach is growling loudly. I am looking at that as progress. I imagine the growling to be my fat cells being dissolved, that they are disappearing, sort of exploding in to thin air. Who knows if there is any truth to that, but it makes me look at it in a positive way.

Today, I am wearing a pair of shorts that just a month ago were tight.

I am peeing like crazy too, must be all those fat cells dissolving and leaving my body.

My tongue in feeling funky and my breath is less than desirable. It is the same thing I remember feeling when I was on the Atkins diet some time ago.

Is it the toxins leaving my body?

Well, I gotta go brush my teeth right away because this gross taste has got to go...lol

Lemonade Diet - Day 1

I am down 4 pounds already as of this morning and that is just off the ease in portion of the cleanse. I am excited to get up each morning to see if the scale has good news for me.

I am feeling really good and wasn't really hungry, the lemonade satisfied me fairly well.

At times, I had hunger pains but they quickly passed. I feel lighter and know that more weight is coming off every day that I stay on. I am also starting to have a bad taste in my mouth which is probably toxins leaving my body. I am scraping my tongue. My tongue feel numb and white, it is a weird feeling.

Lemonade Diet - Day 2

I am down a total of five pounds since Monday and still feeling good. Surprisingly, no hunger or hunger pains. I am tired but I had a full day and I am not overly tired. I am

having liquid BMs that are like water falls. These are happening shortly after the SWF and I guess that is what is suppose to happen. I really didn't know what to expect. I now know you have to be ready because it can come on strong. I do wake up and do some elimination before the swf in response to the evening tea. My tongue and breath are still bugging me, They feel real fuzzy and my tongue is still white. Tastes yucky.

Welcome aboard...

Lemonade Diet - Day 3

The scale didn't show any movement this morning, so I was bummed for a minute but, quickly dropped it. I know that I have stuck to this diet and am doing what I set out to do. I am getting results, so no need to worry. I even wonder if I should weigh myself every morning or not. I think that if would be hard not too. Either way I am still excited because I am down 5 lbs since Monday so that is nothing to be bummed about.

Physically, my tongue is still bugging me, being all white and fuzzy, but I know that is part of the process so I'm dealing. The other thing that I am noticing is blurred vision, not terrible but it's happening on and off. I feel a litte dazed, but I feel good and I am not hungry at all.

Lemonade Diet - Day 4

The second morning that the scale stayed the same. I am anxious to see what the morning will report will be. I am feeling really good, but a little dizzy or light headed, but not hungry. I was kinda tired at times and my vision sightly blurred or doubled. I did some

reading today and read that this is most likely as result of the toxins that my body is releasing entering my blood stream. I know that I have a lot of toxins leaving because my mouth tastes like metal. It is like having a mouthful of nickels. That must be the heavy metal detoxing. Even so, I feel good and I know that this is part of the process.

Lemonade Diet - Day 5

Okay, so I felt good all day, but right now I have a headache and am very tired from my long day. Still not hungry and I am very grateful for that because it is making it a lot easier. The scale showed me a half a pound lighter this morning.

I am breaking out with zits on my forehead, chin and bumps on my chest. My tongue is still white, but it is not as heavily coated as the past few days. Still have an awful taste in my mouth but I think yesterday was worse.

I am wondering if the all the lemonade is bad on the teeth. I have heard that lemon juice harms the enamel. If that's true then my teeth are getting harmed. I am going to look that up tomorrow and see what I can find out.

Lemonade Diet - Day 6

I am maintaining a 5.5 weight loss and hoping for more. I had some good elimination today so that makes me think I could see a drop in the morning when I do my daily weigh in.

I am feeling really tired tonight and can't wait to go to sleep. I feel cold too and I know it is not cold out. I wonder why I am feeling so chilled. My tongue is still white, but not heavily coated with the fuzzy gunk. I would say it is lightly coated and pink around the edges. I have a slight headache, but not too bad. Hopefully, I will feel better tomorrow,

sort of feel less enthused than usual. This really is the first day that I kinda felt blah. I kinda feel like it is taking it's toll on me. Hopefully some rest is all I need.

Lemonade Diet - Day 7

Clothes that were tight are fitting and I like that. That helps to keep me motivated. I am physically tired at the moment, but it is late so that is to be expected. I felt pretty good all day. My stomach feels smoother. The awful taste of nickels in my mouth is lessing even more. My tongue is still white but the around the edges is returning to pink. I am still at a loss of 5.5 pounds and am hoping for double that. With all the elimination I had today, I think it is likely I will be down more in the morning. Hanging in there...one day at a time.

Lemonade Diet - Day 8

Day 8 coming to a close. This morning I woke up to another half a pound loss putting me at 7.5 pounds down since the 12th. That was the good news. The bad news being that I had a major headache. I drank a cup of peppermint tea and use some lavender essential oil which helped tremendously. Once the headache disappeared, I felt pretty good all day. I took a nap which I needed. I still want to lose at least another 8 pounds, but don't know if I want to stay on this another 2 weeks or so. Being that it is my first time, I think the 10 days plus 6 days of easing in and out is enough for now.

Lemonade Diet - Day 9

I was down another pound this morning with is always welcomed. I hope to lose a couple more before I am done with the ease out. I also plan to continue to lose weight in the months to come. I would like to lose at least another 8 pounds. Physically, I am feeling really good. My tongue, while not completely restored to pink is getting there. My energy is good. I am clear headed. I had a really good day and while I have decided not to extend beyond the ten days and ease out. I kinda still want to keep going. It is a bit hard to stop. The results are wonderful and it is hard to stop. Maybe part of that is fear. Fear that I will lose control and put the weight back on.

Lemonade Diet - Day 10

I am feeling really good. Amazing really! I am down 8 pounds over the 13 days. This cleanse was so worth it. I would like to lose another 8 pounds and hope to do that by eating all natural and staying away from all processed foods. I am planning to eat very little to no meat, perhaps some fish. Whatever meats I do eat will be natural and free of hormones etc. I plan to eat lots of fruits, veggies and nuts. I plan to limit the grains and breads too. I also plan to to the cleanse again. I have decide to do the one after New Years for sure. I may do another one before then but haven't decide on if or when.

Ease Out Day 1

I am down 9 pounds since the 12th. It has been 14 days if you count the ease in and today. My tongue is mostly returned to pink. I feel really good and clear. My energy level is good. My clothes that were tight now fit easily. My stomach is flatter. This has been a

great experience for me. I wasn't real hungry today and hope that my appetite will remain mild as I ease back to food. I hope my stomach has shrunk and that I will be able to continue to eat lightly. I enjoy the feeling of not feeling stuffed and bloated. I enjoy the lightness that I feel in my body.

Ease Out Day 2

I was down another pound this morning. I feel great. I was able to wear an outfit today that I couldn't wear at the beginning of summer. It is like getting a new wardrobe. At the start of summer, I took out my summer clothes to find that they didn't fit, but now they do and that is so awesome. Today I had juice in the morning and then wasn't hungry for hours, but mid day around 1pm or so, I got light headed and dizzy, I think it was low blood sugar. That sometimes happens when I diet, but I will have to say that it never happened on the lemonade diet. The maple syrup kept my blood sugar from getting low.

Ease Out Day 3

Physically, I look and feel so much better than did before the cleanse. Now it is up to me to maintain my weight loss and to lose more. I look forward to losing more weight in the month to come and also by doing the cleanse again in October. I am very happy with the results of the cleanse and will do it again.

It feels like I got a whole new wardrobe now that things fit that didn't. I haven't been exercising and that is something that I would like to get going. I am going swimming tomorrow and that is good. I need to find some other things that can do. Maybe I will take up tennis.

Detox & The Salt Water Flush

Ease-In - Day 1

Okay so when it comes to the SWF, I have no experience as of yet. I bought the sea salt without the iodine today. I had sea salt but with iodine added. Perhaps someone will be kind enough to enlighten me on this topic. Why do we use salt without iodine in it? Isn't iodine a mineral that is necessary? Is it just when cleansing that you want to use sea salt without it? or all the time. Is it bad for us? If so why is it added?

Okay, so a couple more questions: Am I suppose to be doing the swf and the laxative tea while easing in or do I wait until day 1 of the lemonade diet. I thought I read that you start the tea the night before day 1 of the lemonade and then do the swf in the morning, but have read posts from cleansers that are starting the flush during the ease. Which is it?

Thanks

Ease-In - Day 2

So I have a couple of days yet until I start the SWF and not sure how that will go for me. It doesn't sound too enjoyable to me. I have been reading all the comments and hearing different experiences that cleansers are having. I am good a chugging as a result of all my party days, so maybe it will be a breeze, maybe it will be a challenge, maybe it will be a total disaster with puke everywhere, ha,ha maybe it will be like my old drinking days lol. I

am willing to give it a shot and do my best and that is all we can do anyhow, so I will let you know how it goes. Best wishes to all of you on the master cleanse!

Ease-In - Day 3

Today I start the detox tea and will be having a cup shortly. I bought the Smooth Move laxative tea and will begin the salt water flush in the morning. I have been mentally preparing myself for the SWF over the past few days. I have set my mind to it, and hope that my body will cooperate and keep it down. I will get it down one way or another, it is keeping it down that concerns me. I am going to try all the tricks that others have posted. I will post all about it tomorrow

Note to self: Pick up an extra large package of T.P you are going to need it.

Lemonade Diet - Day 1

Last night I started the laxative tea and as I type, I am having tonight's cup. I like the taste of the tea.

I woke up this morning about a half hour before my alarm to stomach cramps and headed to the bathroom. The pains were mild and passed quickly. I did my business and then jumped into the shower. After getting dressed and ready headed downstairs to take on the SFW. The SWF was no fun at all. It tasted like the beach in a glass or like I was drowning at sea. I gulped it down between gags, but it went down none the less. I didn't like it, not one bit, but gonna stick with it another day. Just one day at a time on the SWF can't promise anything more than that.

Lemonade Dite Day 2

I did the SWF this morning and I am happy to say that it was easier than yesterday. I still hated it, but maybe because I knew what to expect being it was the second day. Another thing that really helped was warming up the salt water before drinking it. I remembered reading somewhere that if it is warm, you can fake yourself out that it is really bad chicken soup. That worked. It was like a super high sodium soup. Worst soup ever.... but much better than doing it cold or even room temp. Having it cold taste like having a cup of ocean. I am doing it again in the morning. I won't like it but know it's for my own good.

Lemonade Diet - Day 3

The SWF was way easier today than the past couple of days. I was able to get it down without gagging at all. It really makes a difference for me to drink it warm. It has to be at least body temperature, many warmer. I am so glad I didn't give up on it. Tomorrow, I may try it actually heating it up like soup. I hope that is okay and doesn't hurt the cleansing power.

I went out today and bought Pink Himalayan sea salt because I heard it is the best salt you can get.. It is organic and my other sea salt was not. It was really expensive like eight dollars for a small size, but I bought it anyways. I only want to put the best in my body.

Lemonade Diet - Day 4

Today the SWF went down easily. I am getting so much better and drinking it. I am so

glad I didn't give up on it. Also, I used my new pink Himalayan sea salt. Maybe that had to do with it because it was a lot more bearable. Only thing was I didn't get much of a flush. I don't know if it had anything to do with the change of salt. Doesn't seem like it would matter. I read that

Kelly didn't get a flush either and she is on the same day as me so maybe that happens sometimes. Tomorrow, I am going to up my salt from 2 teaspoons to 1 tablespoon and see if that helps.

Lemonade Diet - Day 5

Today I had a morning meeting away from home so I debated weather to do the SWF or not. I decided to go ahead and do it, but rather than increase the salt to 1 Tablespoon like I had planned I stuck to the 2 teaspoons. I thought it would be a good compromise and will increase to 1 Tablespoon tomorrow. I got a flush and made it to my meeting okay. There was a couple of times that I became a little concerned during the meeting because my stomach rumbled. Immediately following the meeting I used the restroom and had more release. I made it just by the seat of my pants.

Lemonade Diet - Day 6

This morning I had a good elimination first thing as a result of the evening detox tea. I then drank my salt water in which I increased the salt to one tablespoon, up from two teaspoons. I had a few good flushes and I think the increase was helpful. I am getting use to the swf and I don't dread it in the same way I use to. I use a straw but trade off from using it and just guzzling it out of the bottle. Somebody posted that they used two tea

bags in their laxative tea, so I am trying that tonight to see how it works. Hope to get another good round of eliminations.

Leomonade Diet Day 7

I am drinking my laxative tea as I type, it has become a nightly ritual. I put 2 tea bags in my tea tonight as well as last night. This morning I had a good elimination which I credit to doubling up on the tea. I am still doing my SWF and haven't missed a day. I wake up every morning about a half hour before my alarm with slight stomach cramps and head to the bathroom for the first elimination of the day. It is good timing. Any earlier would be too early and any later would interfere with my schedule. The only exception is the weekend when I don't have to wake up at any certain time but am awakened by the cramps early. It is worth it though.

Lemonade Diet - Day 8

Well just when I was saying that the morning eliminations were perfectly timed, it all changed. I was woken up at 4am with stomach cramps and heavy elimination. Because I didn't want to open my eyes, I didn't get to look at it, but I could tell it was a good one. I luckily was able to fall right back to sleep, but when I woke up I had one bad headache and upset stomach. I decided I would skip the SWF and had a cup of peppermint tea and applied lavender essential oil to my temples. I felt better by the time I finished the tea. Since I felt better I went ahead and did the SWF. The rest of the day went well.

Lemonade Diet - Day 9

I was awoken early this morning around 4am again with stomach cramps and a heavy elimination. I went back to sleep and woke up again with another elimination. I drank a tea last night with the two tea bags. I think that is helping. It is great that I am getting such good elimination when I am not eating solids. That means it has to be old waste, The eliminations are not solid, i haven't had a solid bm on this cleanse. I don't see how that would be possible with all the liquids and no solid being taken

I did the swf and got a less than usual flush. I just figured it was because I had two real good eliminations already this morning.

Lemonade Diet - Day 10

I am drinking the last two packages of my detox tea tonight. It is brewing right now. I have taken two bags for the past 3 nights. Last night I woke up again in the middle of the night to eliminate. I woke up at 2am and then again at 3 or so. It kind of worked out since it is Saturday and I didn't have to get up at any certain time. I slept in until about 9:15 which was great. The only problem is it didn't give me time to do the swf because I had to give my daughter a ride to a friends house that is about 30 minutes away and I didn't want to risk not making it back in time. I figured I could do it later, well the day took shape and that never happened. I am okay with it though because I did it every day but today and over came the challenge of it.

Ease Out Day 1

I didn't have to do the SWF today and have to say that that was okay with me. The SWF was an important part of the cleanse and I am so glad that I was able to conquer it. I do

miss the detox tea. I was using “Smooth Move” organic detox tea and have become fond of it. I would have made a cup tonight but I ran out of it last night. I will pick up more soon and continue to use it. I am unsure if it is healthy to continue to use it on a regular basis. I don’t want to over use it or build up a tolerance to it. I did have some heavy cramping this morning from the tea. I had doubled up on it.

Ease Out Day 2

It seems odd not to do the SWF or the detox tea. I have been doing them for about a couple of weeks and it seems like a habit. I wonder if it is a good idea to do them on a regular basis. I mean not necessarily every day, but several times a week. If anyone knows if that is healthy or not, please let me know so I can know. I have had several bm’s this evening after eating a large green salad. It is like it is just going right through me. I guess that is a good thing. I must be totally cleaned out and able to digest quickly. So far all is going well and I am feeling fine.

Ease Out Day 3

This morning I actually thought about doing the SWF as much as I dislike the taste, I really like the results. I decided instead to take the laxative tea and had a cup this morning at eight am. Around 2 pm I was feeling the effects of that. The timing wasn’t the best for me since I was busy working, but I got through it. In the beginning, the tea took about 8-9 hours to take effect, but I have noticed that the last 4 times or so it now works sooner more like 6 hours. I wonder if that is because my system is now cleaner and has less waste in the way.

Support from Family & Friends

Ease In - Day 1

I have heard of the master cleanse over the years and always thought that people who did it were either super human; nuts; had eating disorders; or were in to self deprecation. I never thought I would be doing it myself, however the timing is right for me now. I now get it and am ready to roll. At first, I thought I wouldn't tell anyone I was doing the cleanse. I only mentioned it to people who I thought might be willing to do it with me. I have really surprised myself by telling most everyone I talk to that I am doing it. I even posted on Facebook. This gives me added confidence, because I know that I am totally serious and committed. I have received mostly positive feedback mixed with a little, your crazy or that doesn't sound safe. I totally understand their view point because I thought that way not too long ago.

Ease-In - Day 2

My daughter and husband are supportive. My husband is just eating salads when he gets home from work and eating a bigger meal at lunch during the day. That way I don't have to cook or be around dinner. For my daughter, I am just fixing her easy things that don't appeal to me and she is happy. She even tried and liked my watermelon-cucumber juice that I made earlier and wants me to make it for her again. I am posting on my facebook too about the cleanse, so everyone I know, knows I am on the cleanse. Haven't had to deal

with any social situations in the past two days, just immediate family and that is going well.

Ease-In - Day 3

I am finding to be an asset that I am telling people I am on the cleanse, it is not so much about staying on to ""save face"" as it is reassurance to my self of my committment to do this. It also gives me witnesses to my decision and my progress. It also allows me to introduce the cleasne to people who might at some time want to do it themself. Even if it is years from now. It was years ago when I first heard of the MC but didn't even consider it. Little did I know that the seed was planted and when the time was right it sprouted. I am keeping social situations really safe until I get past the next few days. Even though I feel really strong, I don't want to risk anything at this early stage."

Lemonade Diet - Day 1

Haven't had any problems at all. Nobody has tried to talk me out of doing this or tried to tempt me. I think it is really clear that my mind is made up and that there is no stopping me, not that anyone would want to anyhow. I was invited to a beer tasting next week but obviously that is not going to happen. There will be other beer tastings in the future should I decide I want to partake. For now, I am content. I do childcare and have to make food for the kids. This didn't bother me and I wasn't tempted at all. My daughter tells people ""My mom's given up food, she doesn't eat anymore"" Not forever I add.

So far so good"

Today, my mom stopped by and we talked about all kinds of things including the Master Cleanse. She asked me if I was still on it. I told her yes. I haven't told her exactly how long I am planning to be on it, so she wouldn't worry. She was amazed to hear that I wasn't hungry. She is supportive and even had a lemonade with me. She drank it all and liked the taste and thought the cayenne made it a bit spicy.

She also talked about recipes that she made and food, talking about the food didn't make me crave it.

My daughter had friends over and I made the lemonade for them without the cayenne. They like it and asked if I would make it for them next time.

Lemonade Diet - Day 2

EDITOR'S NOTE: Message truncated - Transmission error

Lemonade Diet - Day 3

Today my husband and daughter ate out twice which I thought was great because I didn't have to make them anything. I wasn't the slightest bit hungry, so I didn't feel left out or deprived.

I will have to say that this website and writing about my experience is really great support. It is wonderful to have a place to write and share my experience with people who are interested. I also appreciated that the site was here prior to starting my cleanse. It was a huge help to read the words of the cleansers as they journeyed through their days. I don't know if anyone is actually reading what I write, but it sure helps to be able to reflect on my day regardless. Thank You Mike and company for this opportunity to do this as a group.

Lemonade Diet - Day 4

Today I had someone I know tell me that they think this cleanse is too extreme and that I should be doing it under a doctors supervision and that it could be dangerous. I was surprised because I thought this was a person who would be supportive. I guess it just goes to show, You never know who will be supportive or not. Some people who I thought would be negative about it weren't so you never can tell. I don't think the person who I first mentioned was truly being negative, I think it was more of a concern and her way of showing she cares.

Lemonade Diet - Day 5

Today I talked to a friend who lives out of state and we talked a lot about the cleanse. She asked questions about it and so I am sending her a link to this site so she can read the comments and learn more about the process.

She is interested but not willing to give up her coffee. I know how she feels, because not to long ago, I felt the same. Now, that I haven't had coffee in weeks (gave it up before starting the cleanse to avoid withdrawls while cleansing) I don't even think about it unless someone brings it up. I hadn't planned to quit permanetly but I could if I decide to.

I am just not sure because it has been a big part of my life every morning and also socially. You know meet for a cup of coffee, have a coffee break with a friend. I would only want to quit in order to have an alkaline, rather than acid system. Okay, so I don't have to decide right now. Good Night All

Lemonade Diet - Day 6

I don't have a whole lot to report in this area tonight. I feel blessed to have a family that is working with me and not against me while I do this cleanse. Nobody is trying to tempt me or talking me out of doing it. Nobody wants to join me on the cleanse either...well except for all you master cleasers who are part of this group. So grateful to have this group and a place to share my experiences. Even tho I am at the point where I want this cleanse to end soon, I already know that I will do it again. Most likely in January after the holidays. And most likely I will do it with this group. Thank you all and until tomorrow Good Night!

Lemonade Diet - Day 7

Today I was away from home all day and since I was with others who actually eat food, I had to go to a restaurant. I brought my lemonade into the restaurant and mixed it up right there at the table in my jar. I noticed the restaurant manager watching me. I bet she thought I was sneaking alcohol as I was pouring my lemon juice/ maple syrup mix with my water.

She never said anything, but she was definitely watching me. I started thinking that this lemonade would taste good with some tequilla. Between the salt and the lemons the only thing missing is the tequilla...lol. Maybe I'll try that some time in the future. I bet it would be a hit among margarita lovers.

Lemonade Diet - Day 8

I have had to turn down some invitations to go out because it would be hard to do so while being on the cleanse. It seems that a lot of what we do revolves around food. It is one of the main things that we do socially. I have thought about going raw after the cleanse, but

think it would be really hard socially. I could do it when I am on my own but when I try to imagine social situations, I have a hard time. I know that I will incorporate more raw foods into my diet and may even learn about dehydrating raw foods and sprouting live foods. I guess any improvements are good and I don't have to do a drastic switch.

Lemonade Diet - Day 9

I am looking forward to being able to eat with my family again soon. My husband made salad and broccoli soup. He asked me ""you can't even have broccoli soup? or a salad? Not yet, I told him. He doesn't say much about it. He has been supportive by making his own dinner which has mostly been salads and eating a bigger meal at work during the day. It helps not to have to prepare dinner.

I think this support group has been so helpful and so instrumental to my success. It has helped me in all stages of the cleanse, especially before I started so I knew what to expect. It has been nice to be able to reflect on my day every day while drinking my detox tea."

Lemonade Diet - Day 10

Today was with my Dad for part of the day. My dad had some really yummy looking cookies that he was munching on. I wanted one, but not bad enough to blow my plan. It is getting easier to just say no to things that aren't good for me.

I went to the health market today and bought a bunch of organic oranges for tomorrow. I also bought other fruits and vegetables all organic. Before the cleanse, I rarely bought organic because I thought it was too expensive, but now I look at it differently. I want to

give my body the best fuel possible. If it is not full of nutrients then It ain't for me. I don't want chemicals, pesticides or any junk in my body.

Ease out Day 1

I am surprised that I didn't have very many people express an interest in doing the cleanse themselves. Most everybody said they could never do it.

People think that it is a lot harder than it really is. I think that making the commitment to do it is the hardest part. Having faith in yourself and it really comes down to loving yourself. I did this cleanse out of love for myself. I did it to clean my body of all the toxins and all the junk that I had put in it before I had the level of awareness that I now have.

Some people said I must have a lot of will power. For me it had nothing to do with will power. There was no fight within me. It was something my body wanted to do, it was something my mind wanted to do and it was something my spirit wanted to do. It was a gift to myself.

Ease out Day 2

So I am now easing back to solid foods and entering back in to the world of eating. Today I was away from home most of the day. I was at a friends for most of the day and we went to the store and I bought a can of soup to eat. She bought chicken strips from the deli. I had no desire to eat the fried chicken. I was happy with my vegetable broth soup. We took our food home and I heated mine up and it was wonderful. Later my Dad called and asked me to stop by his house which I did. He asked me if I was still not eating. I told him I am just starting to eat some things. He asked me what I could have and I told him I could

have a salad. We went to a pizza place. He had a calazone and I had a salad. I really enjoyed my salad.

Ease Out Day 3

I had a friend tell me today that I really lost a lot of weight since she saw me two weeks ago. That was a nice feeling. My husband hasn't said anything, but then he has seen me every day and I told him how much I lost so maybe he just figures I know already. I am going to a get together on Friday night and it is a potluck. I have been trying to figure out what I want to bring. The people who attend this potluck are fairly health conscience and there will be lots of healthy choices along with a few sugary choices. I am sure it will be fine. On Saturday, I am going to a BBQ, but have no idea if it will be health conscience or not. I haven't decided if I will eat there or not. I might just make my self a lemonade and take that. That might be the easiest thing to do.

Process & The Lemonade Diet

Ease-In - Day 1

I have been easing in to this cleanse for some time without even realizing it. I cut out meat about a month ago and only had fish a couple of times. I also cut out dairy with the exception of eggs and ranch dressing on salads. I have been eating mostly plants. Once I decided to do the cleanse I cut out caffeine so that I wouldn't experience withdrawals during the cleanse. That helped a lot, as I am feeling good and already dealt with the headache etc that comes with detoxing off caffeine. I don't miss the coffee all that much and while I only planned to cut it out temporarily, I just might stay off it for a while even after I am done with the cleanse. I never want to tell myself I can't have something as that doesn't go over well. I can give anything up temporarily knowing that it will still be there when I am done or if I want. I am planning to start the SWF on Lemonade Diet - Day 1 and the tea the night before.

Ease-In - Day 2

Today was my juice day and I looked at it as my last day to be creative with food until after the cleanse is over. The first smoothie I made, was banana and peach which was really, really good. Then mid day I had strawberry banana with ginger smoothie.

The ginger added a nice spicy flavor to the smoothie and I will definitely make it again after the cleanse. Ginger is known to be healthy for both mind and body. There are too many benefits to list here, but if you do a search on the web you will find out for yourself. Use raw peeled ginger, sized about half the size of your thumb.

My evening juice was watermelon with cucumber and it was delicious and reminded me of a lotion that I used to have.

Tomorrow is orange juice, orange juice and then some more orange juice. Good thing I like OJ,

Ease-In - Day 3

Okay so here I am on day 3, the orange juice day. I started off the day with water followed by orange juice and then herbal tea and just repeated the pattern all day. I included all the pulp in my orange juice which gave me something to chew.

I felt hungry at times, but not anything unbearable. I am excited to get started on the next step of the cleanse. I am blessed to have a lemon tree in my back yard that truly has an abundance of lemons this year. I mean in the 8 years that I have lived here, this is by far the most lemons it has ever produced. The timing is definitely right for me to do this!

Lemonade Diet - Day 1

Today was the first day I tried the lemonade and it was to my liking. I am making it room temp. and then added a couple of ice cubes. I am not sure if it has to be room temp and since I am not sure I am playing it safe. I am concerned that chilling it will affect the enzymes. I would prefer it cold, so if anyone knows the answer to if the lemonade needs to be room temp or not, please let me know. I was surprised that I only used 1 and a half lemons today. I had about 8 lemonades and it was just a medium size lemon. I know I need to drink more water I drank the salt water, but only about 2 glasses of water throughout the day.

Lemonade Diet - Day 2

Everything is coming along fine with Day 2 but after I drank my first one of the day this morning, I realize that I forgot to add the cayenne pepper to my lemonade. I forgot all day yesterday too. OOPS, I guess I was so excited to get started that it slipped my mind. I probably forgot it because I already had it on hand and didn't have to buy any, so I didn't have it together with the other ingredients. I already had the lemons because I have a lemon tree that is extremely abundant this year. Of course there is no way I could possibly forget to add the lemons LOL.

Lemonade Diet - Day 3

Today, I only had the minimum amount of lemonades which is 6. I just wasn't hungry. I drank a couple of teas and just finished my Smooth Move tea. I bought more maple syrup at the store today. I bought grade B, because I already had grade A here at the house when I started and didn't know that B was better for the cleanse until I read it a day or two ago. I figured I might as well pick up some since I was at the health food market. I looked for a parasite cleanse tea that I had read about, but they didn't have it. They only had the pill form and I think we aren't suppose to have any pills while on the cleanse. I do want ot parasite cleanse so I will try a few more places tomorrow and look for the liquid parasite cleanse.

Lemonade Diet - Day 4

This lemonade diet is moving right along. I wasn't hungry during the day and had only drank 3 lemonades by 5pm. I made another at 5pm. Then since I had evening plans I packed three more servings to go. I did this by taking an old clean peanut butter glass jar

and putting the fresh squeeze lemon and maple syrup and cayenne in the jar. I packed water in a different glass bottle along with a Tablespoon. My plan was to mix 4 T. of the mix into a glass and add the water to it when I got hungry. Well, being that I forgot the bag I packed, that didn't happen. I didn't get hungry until about 930 but wow then I was starved. Even though I was hungry I knew that I would wait until I got home which was an hour later. I made a lemonade and put on water to boil for my Smooth Move tea. I am drinking the lemonade now and my tea is brewing. I feel much better now that I have it. I bet I won't forget it again. So I only got 5 lemonades in today. Less than what is suggested, but I didn't blow it by having something else. And for that I am glad

Lemonade Diet - Day 5

Today I picked more lemons from my lemon tree so I would have more ready to go for the rest of my cleanse. I also harvested some peppers that were ready. I don't know if they will still be edible by the time I am back on solid food, but they were ready so I did. Maybe I can freeze some of them and enjoy them after the cleanse.

I have to remember to drink more water. I don't think I drank more than two glasses of water today.

I made lemonades for others today without the cayenne and they thought it was the best lemonade they ever had. In fact everyone loves it. I am gonna need some more grade b maple syrup soon. I am almost out.

Lemonade Diet - Day 6

so today I had the usual...lemonade, water and tea. I am getting a little bored with the lemonade. I am thinking about getting some limes and having a lime day. I have all the

lemons a person could ever want because I have a good size tree in the backyard, but even so maybe do a lime day would help to break up the monotony of nothing but lemons. I remember reading somewhere that limes could be used and I can't see why it would hurt anything. Just four more days and I can have orange juice! That will be a welcome change.

Lemonade Diet - Day 7

Day by day, lemon by lemon, just a few more days to go! Today I was away from home all day, so I packed a jar with lemon juice and maple syrup mixed together and a bottle of filtered water. I forgot to pack the cayenne pepper so with the exception of the first and last lemonade of the day, none of my lemonades had the cayenne added to it. I wonder how important the cayenne is. I stuck to the lemonade, even though I was in a restaurant while others I was with ate.

This was the first time during the cleanse that I actually went to a restaurant. I just drank my lemonade and was fine.

Lemonade Diet - Day 8

Just two more days on the lemonade and then I can start easing out. I sometimes think I could add a few more days on to the cleanse because I would like to lose another 8 pounds or so, but I am ready to take a break.

I wonder if I can take a break and then go back on it in a few weeks or maybe I will just juice fast instead so that I can have more variety. I might be able to continue to lose weight while eating a fruit and vegetable diet for a few weeks or do something with

vegetable broth. The other thing I have thought of is maybe having the lemonade for breakfast everyday and then a light meal mid day and a salad for dinner.

Lemonade Diet - Day 9

Today was really easy to stay on track. I even looked at recipes throughout the day to get ideas of new ways of eating. I looked at a lot of recipes and you tubes about raw foods. I do plan to add a lot more raw foods to my diet but not go 100 percent. I still enjoy cooked foods and don't want to completely change my way of being. For now, I vow to add more raw foods, eat more plants, eat less sugar, little to no processed foods, whole and healthy foods free from artificial flavors and colors. I am keeping it natural. My new vitamix that I get tomorrow is going to help a lot.

Lemonade Diet - Day 10

I ran out of maple syrup today and since I knew I was running low, I made my lemonades with just one tablespoon of maple syrup. I read that you can do that especially if you want to lose weight. Even so I still ran out and had to have the last couple of lemonades with molassas. Let me tell you that was not tasty. The maple syrup was so much better. I could have used agave since I had some or honey which I also have, but read that molassas is what is recommend (for diabetics) and that honey and agave are not recommended on the diet.

Ease Out Day 1

I drank orange juice today all day. I started with my first orange juice made the same way I made my lemonades using my electric citrus juicer. I drank it slowly as advised in the Master Cleanse book. I read the instruction manual that came with the vitamix. I decided to make the rest of my orange juices using the vitamix. With the vitamix the whole orange minus the peel is used. It is a lot thicker of a juice than with the juicer. It is also more vitamin packed because it contains the white substance between the peel and the fruit called the pith. I really liked the way it came out using the vitamix. I will use the vitamix tomorrow to make juice and vegetable soup.

Ease Out Day 2

I am all done with the lemonade and on day two of the ease out. I started the day with a juice made in my vitamix. I used a small orange, small banana, 2 celery stalks and an apple and ice. I mixed it up and shared it with my daughter. I found it to be very filling. I then had a can of vegetable soup. The soup was made from a tomato broth and had a small amount of vegetables in it. It was mostly broth which is what I wanted. I would have made my own but since I was at a friends I wanted convenience. For dinner I had a salad with a oriental dressing rather than my usual which had always been ranch. It didn't want to take in any dairy yet. I am actually going to cut way back on dairy and see if I can live without it. I passed on the cheese and egg that was on the salad for the same reason. The oriental dressing was very good, but a bit sweet. I asked for some vinegar and use it to dilute the dressing which I ordered on the side.

Ease Out Day 3

Wow, today was my first real day of eating and it felt like I ate a lot. All healthy all really good choices, I started the day by having raw applesauce that I made up in the vitamix made from a small apple. Just pureed apple with a splash of lemon. I had lots of raw veggies, some from my garden. I had yellow summer squash, green zucchini, and orange carrots. I topped them off with an Asian style salad dressing I found at the health food store. I also made a bowl of vegetable broth with mushrooms in it. Later I had a banana and coconut milk drink that I made in the vitamix. In the evening I had two rye crackers and a half a cup of chicken broth with corn and broccoli in it.