

My Experience



Fui Davies

January 18, 2012 at 5:27 pm e

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

Says:

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 “Fui Davies” 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: Kakda

Author Full Name: Fui Davies

Author Cleanse Date: 2010.07.17

Author Cleanse Status: Master Cleanser

Author Cleanse Status: 3rd Time Cleansing

Author Cleanse - Purpose: Cleanse Detox

Psychological & Emotional

Lemonade Diet - Day 1

Hi everyone. I am joining in the cleanse. This is my 3rd cleanse in 7 months. I did 15 days in July and 8 days in September 2010. I have been talking to friends about this cleanse and was amazed to hear from one of them that she also did it last year.

Psychologically, unlike the first time, I carried on through the day as if I were not on the cleanse. I am not emotionally disturbed in any way either. This is cool! But beware this is only the first day, I might feel differently tomorrow. But right now I am glad that I could do the cleanse again.

Lemonade Diet - Day 2

I am pretty focused as far as the cleanse is concerned. But then blogging keeps me stay in focus and I am very thankful for this website set up by Mike Olaski. I hasten to add that the real source of my psychological and emotional stability comes from the enjoyment of the gospel. It makes a person feel so safe and secure to be in God's saving hand because He is so mighty and powerful. He answers prayer. The feeling is doubly secured by the fact that God has a large family on earth and that I am practically living in this reality.

Lemonade Diet - Day 3

I can almost feel your pain, Bel Spell. More than 14 years ago my health was going downhill fast. My eyes were weeping, one of my ears had been blocked with very hard wax for over 20 years. My toes hurt so much I had to wear trainers 2 size bigger than my feet. I was having 80ml steroid injection every year during the spring seasons to stop the sneezing. I had carpal tunnel syndrome. My back caved in one morning. The list goes on. I prayed and prayed. Then one day the Lord answered my prayer in a very unspectacular way. So unspectacular and hidden that I didn't recognise it until years later. Because the healing process required me to treat myself over a long period of time. You can heal yourself by using your hands and fingers coupled with learning and acquiring the right knowledge. If you wish to know I will try my best to help you help yourself.

Lemonade Diet - Day 4

We had a video training at the end of December last year, not that long ago. This part in chapter 40 touches me very much...

EDITOR's NOTE: Message truncated - Transmission error

Lemonade Diet - Day 5

I wonder if any of you know that man is of 3 parts. Man has a body, a soul and a spirit. His

body is for contacting the outside world, his soul is his personality, and his spirit is for contacting God. The soul is composed of 3 parts as well - mind, emotion and will. Why do I talk about this? Because the title of this topic is Psychological and emotional. Psyche in Greek means mind or soul. Our mind is the strongest part of our soul, it takes the lead over our emotion and will. While doing this cleanse we can exercise our mind in order to overcome our emotion, which is weak and can cause us to fall from the goal we are trying to reach.

Lemonade Diet - Day 6

Like Martha, the sister of Mary, I am rushing around doing many things when really I should spend time sitting at the Lord's feet (a figure of speech) and listening to Him attentively to see what His desire and preference are. We seem to get busier these days, many things draw our attention so that we have no time for the things of God. For example, the internet has taken much of our time, the garden needs our attention, the shopping, cooking, washing, phone calls to make, the list goes on. Tonight I am going to give my time to the Lord by reading Revelation on Skype with a sister.

Lemonade Diet - Day 7

I had a full day today, really non-stop. Our family always eat cooked meal in the evening. Although I now know that cooked food has no nutritional value in it, I still cook because the family demand it. Not long ago a Swiss sister told me her mum once said...

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2011-01-21 8:57 AM Lemonade Diet Day 8

I spent this morning cleaning the worktops in the kitchen. I hate cleaning, especially cluttered worktops. On a small area I have a halogen cooker, a water distiller, a water filter, a micro-wave oven, a toaster, a kettle and other bits and pieces. In the past I would just move the things to one side, wipe and move them back. But this morning I thought the quickest way was to move everything out of the way and give the worktop a good scrub. So I put the CD on and then I was all absorbed by the music. Word is powerful.

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Lemonade Diet - Day 9

Writing comments for this cleanse has really helped me, especially when we have to write for 5 different topics everyday of the cleanse. What if after many days there doesn't seem to be any more to write about, especially under this topic of psychological and emotional? I have committed my psyche and emotion into the hand of God, who is Christ as the life-giving Spirit today. I set my mind on the things of God and enjoy being in His presence and singing to Him. Moreover, I enjoy being with His people who are being built into the house of God. God lives in such a house and I am in it!

Lemonade Diet - Day 10

It's hard to imagine that I have been on the master cleanse for nearly 10 days! The days just flew. Fasting is something that the children of Israel did much in their life. I read that

fasting and fruit and raw veg diet make a person healthier and physically stronger. This could explain why the children of Israel were so valiant in battle in the Old Testament against giants.

Last night I thought I dreamt of something, something quite pleasant but I simply can't remember what the dream was. Writing this particular comment of just over 100 words has taken me more than an hour. I am being distracted by Colombo on TV.

This is a jubilee for you, Danielle! In the year of jubilee all those of God's people who have lost their possession (God is our possession) and their home (God is our dwelling place) and have become captives of Satan in sin and sickness will be set free (faith in Jesus sets us free) and return to their possession and their home - God the Father. The parable of the prodigal son in Luke 15 is an excellent illustration of the jubilee.

The processed food, meat and dairy products loaded with refined sugar and salt and countless other additives make us crave for more of them. These harmful substances are stored in our body, they don't leave unless we purge it. During the process of purging, these toxins are being released into the blood stream causing the sensation of craving. As they leave the body the craving starts to diminish and the blood is being purified. Hope this helps, Renee.

Read the Bible online, it's so handy. Visit this link

<http://online.recoveryversion.org/>

and get a free copy of the same from

<http://www.biblesforamerica.org>

Much grace be with you.

Lemonade Diet - Day 11

I thought I was getting a bit tired of this cleanse. The taste of the lemonades today wasn't the same as usual and I think this has contributed to my losing interest in it. I thought of quitting. Then in the evening I was roasting a duck for the family. The smell and look of the delicious crispy roast duck nearly stumbled me. But now as I am writing this comment I have recovered myself somewhat. I baked a big banana and ground almond cake as well. I use olive oil and butter, wholemeal flour and brown sugar instead of all butter, white flour and refined white sugar. I can freeze some of the cake and eat it after the cleanse is over.

I am so thankful for being able to share my experience on this site. I don't think I will ever succeed on my own. Like today I could have easily packed it in but I have looked forward to learning how the others are doing and to leave my own comments.

Lemonade Diet - Day 12

This morning I woke up looking forward to a new day and new challenges. The sky may be dull and grey yet the Lord in my inner man shines brightly as the sun in mid-day. Heavenly music was and still is ringing in my ear. The Lord never disappoints those who draw near to Him. I decided that I would have morning revival with some saints in another

city on my skype phone through their loud-speaker. It was so good to hear their voices. I checked with them first to see if they had received my email about the cleanse and brother Gordon said he was keeping an eye on me, how wonderful! This morning's nourishment was John 17:22-23. The Son's living in us is perfecting us into the genuine oneness for the Father's glory.

Lemonade Diet - Day 13

I have prepared myself today for the ease out tomorrow. I went to the farm shop and bought 20 oranges. If I remember correctly I had 30 oranges on my way out in my first cleanse. It is so important to prepare oneself psychologically before changing to a different phase. I can't panic over something because I haven't given it a thought. Everything is set for the ease out day. In one sense I am glad it's nearly all over, in another sense I feel a bit sad that it has come to an end. It has been a wonderful journey, getting to know you all by reading each other's experience. May be one day we will bump into each other somewhere on this planet. Who knows?

Ease-Out Day 1

I thank the Lord for His saving grace. As the Spirit (Pneuma) He is so available. I just need to call

Thank you, what a wonderful support from one another. This is what a group cleanse is all about. We will all get a life changing experience as a reward. Hope to see you all again in the next cleanse and to hear how you have changed your outlook in life.

Ease-Out Day 2

To carry on from the last narrative of my experience of liver detox which I left under The Process and The Lemonade I drank the potion made with olive oil and pink grapefruit juice. I can tell you this was so nauseating that I left about 200ml behind and climbed into bed. I had to lie there flat on my back with 3 pillows under my head and stayed still for 20 minutes. I expected to feel marble-like objects moving from the liver to my colons and intestines but I didn't feel anything. I was disappointed and thought that this was going to be another failure. I fell asleep for an hour and woke up at 11pm. I could now move about and I got rid of the extra 2 pillows. Throughout the night I had pain on my left shoulder blade. To be continued under Support From Friends and Family

Ease-Out Day 3

Psychologically I had a tremendous boost for future detox. As with the master cleanse this is not a once for all exercise although I really hated the epsom salt drink and the olive oil and pink grapefruit juice potion. I shall put the whole experience behind me for now as the thought of it still makes me want to heave. Emotionally I am very grateful to have the inner, spiritual support from the God of my salvation. He is today's Jesus Christ as the pneumatic Spirit who is always available whenever we call on His name. As I was trying to drink those horrible drinks I kept calling on His name. He is marvelous and I cannot live without Him.

Weight Loss & Physical Effects

Lemonade Diet - Day 1

When I did the first cleanse I lost 8lbs in 15 days. My weight went down from 6 stones 8lbs to 6 stones. Friends and family were worried about my weight loss, I was a bit worried too and that was why I stopped after day 15. Being so light at my age is not a problem for me because I have never been fitter, healthier and stronger. It's other people's comments that put me off. They don't know what they are talking about. They are the ones who fall ill time and time again, who have this or that wrong with their physical health. I am not boasting but I know people who eat a vegetarian (not including too much starchy plant food such as white flour made products, potatoes and white rice) are healthier than those who are mixed eaters.

Lemonade Diet - Day 2

It is so good to see so many comments on these sites. When I did the first cleanse in July 2010 there were only two of us blogging regularly and when the other one finished before me I was alone and felt lonely!

I weighed myself this morning to make a record of my starting weight. There are somethings about my health more than weight loss that concern me. I have a long term problem with insomnia. I used to sleep more but these days I sleep less and less. I also have a problem with my finger nails and toe nails. My other physical problems are hair loss and dry skin. When April and May come along, I start sneezing. Last year I was sneezing

like mad but on the first day of my cleanse in July the sneezing stopped and didn't come back for the rest of the season.

I am 6 stones 5 at the moment but I am only 5 ft tall.

Lemonade Diet - Day 3

I lost one pound of waste product and toxin mixed with fluid. This is how I like to call weight loss. And the result is I feel better and better. If I had never done any detox before the cleanse I would have the feeling of unwellness. This is because during the cleanse toxin is being released into the blood stream for elimination through the kidney and rectum. If there is a lot of toxin in the blood stream one will feel unwell. Too much being released too quickly can make one really ill. A book worth reading and very inexpensive is called Mucusless Diet Healing System by Arnold Ehret. One can obtain one from amazon.com.

Lemonade Diet - Day 4

I thought I lost a pound yesterday but this morning it was the same as when I started. I have noticed this in my last two cleanses at the start of the cleanse. It seems best not to pay too attention on the weight loss until the body settles and concentrates in what it is doing, namely, cleansing and detoxifying.

Physically, I feel fine. I have energy, I don't crave food. The only thing is my feet feel cold and wet (but they are not wet actually, the trousers I am wearing are not wet either). Now

that I come to think of it, my eyesight has improved a lot. During my first cleanse I couldn't type without wearing glasses. But now it's no problem at all.

Lemonade Diet - Day 5

Haven't had a chance to weigh myself this morning because I was in a hurry to go out. I was trying some clothes on in the shop and noticed that my arms are really skinny. I wonder how I could train my arms to be more firm and muscular. Talking about arms I just remember I am playing badminton tonight. I enjoy playing badminton and this is the only sport I take on a weekly basis. Our badminton club is very sociable. The age group ranges from mid 20s to 60+ and there are always 20+ players each night the club is on. I have been playing badminton ever since we moved here while I was in my early 30s. It's a fun game.

Lemonade Diet - Day 6

Bel Spell, your first cleanse is not your last. If you stop it doesn't mean you quit for all time. Getting back to eating plenty of healthy fruit and raw veg helps clean out a lot of waste and toxin from your body and will make your next cleanse easier. The bad experience you endure might put you off the master cleanse forever.

I noticed some weight loss this morning but there was something else I noticed. I blew my nose and there was blood. I have been having stuffy nose when I get up in the morning and yesterday morning there was a little bit of blood as well. But I am not worried because it only lasts a very unnoticeable short while. It is my fingers that I take a greater interest in

seeing if this MC will help restore. I don't have great expectation though because it needs to couple with other detox and I am going to doing parasite zapping after this cleanse.

Lemonade Diet - Day 7

I was so cold when I went to bed last night, mainly my legs and feet. I didn't bother to weigh myself this morning, I will weigh another day. This is because I get dressed while sitting up in bed to keep my legs warm. But I noticed something about my neck, it felt like goose pimples. In a sense I am glad that something inside is trying to get out through my skin. I had amalgam filling in my mouth since my teen and I strongly suspect metal poisoning in my body. This master cleanse is part of an effort to rid myself of layers of toxin. Amalgam has 50% mercury and 50% other metals in it. and toxic mercury hides deep in the tissues. Layers of other toxic matters have to be peeled off before mercury can be exposed and entice to come out.

Lemonade Diet - Day 8

Last night I was even colder in bed than the night before despite having had an extra lemonade just before bedtime. I had my gown wrap round my body under layers of quilts and bedsheet. But that wasn't enough. My body just didn't seem to heat up through the blood circulation. By 2am I decided to add an extra blanket. But it still wasn't enough so I added another double-folded one. The skin on my thumb cracked and was the most painful thing because I kept hitting it against something. When in bed it was throbbing so I put a plaster on and that felt better.

Lemonade Diet - Day 9

I haven't lost much weight, only around 2 pounds or so. Just as well, I can't afford to lose too much. I don't know how my metabolism is working, why I don't lose as much weight as others on the cleanse. But one thing is for certain, that is I still feel good about the way I look. Some of the people who knew me before I lost 14 pounds show concern for my weight loss. They think I am dyslexic and tell me politely to be careful. But I reason that I can't be dyslexic if I am eating, lots and lots for that matter. the most nutritious food that man can eat. Sadly, the majority of the population are blind as far as food is concerned.

Lemonade Diet - Day 10

I did weigh myself this morning and I am now at 6 stones 3 pounds. Someone told me once about weight loss when a person is not eating that the body will eat up the bad cells first. After all the bad cells are eaten up and if the person continues to not eat then the body will begin to eat the good cells in order to keep the person alive. This sounds logical because a controlled fast should not make one lose any more weight after a degree. The body is not in a starvation mode and therefore will not eat its own good cells. Bad cells are foreign to the body and the body will by default try to get rid of them first.. This probably explains why I don't continue to lose weight.

Lemonade Diet - Day 11

This morning the scale showed 6 stones 2 pounds. I wear so many layers of clothes that I don't see how I really look but I can feel the bones and ribs sticking out. My nose has only bled a little for three mornings running and have stopped a couple of days ago. Those goose pimples on my neck have not developed further. The only thing that irritates me is

the little crack of the skin under the nail of the thumb. This has nothing to do with the cleanse, it's been a condition of mine for a number of years now. I am seeking for a cure and hope and pray that I will find it someday.

Ha ha! I should have checked the word dyslexic with the dictionary before I wrote it down on this comment. I did mean to say anorexic. You are right I need more education. Here is the definition of anorexia nervosa.

\Anorexia

Lemonade Diet - Day 12

I lost weight but not alarmingly. In the summer it is more visible. It is a healthy loss of weight. It makes me feel light and have the sense of almost being able to fly away! When I play badminton I hit so hard that I am being propelled backward, at the same time I move around the court with lightning speed (just joking). My dentist was impressed when he heard that I move fast on court. I am not that great really, I was better when I was young. I still play well but without the same power and strength. I do a lot of gardening. I mow the lawn, cut the tress and hedges, dig holes and plant tress and shrubs (I have two apple trees to plant this winter). I practically have to do everything in the garden.

Lemonade Diet Day 13

Now I can really tell that I have lost weight even though it's only 4 to 5 pounds. My trousers are really loose and my tummy really flat with bones sticking out on the sides. But I quite like the look of my face. It's by no means sunken anywhere, it's rather

rounded. Sunken face looks unhealthy but I think my face looks healthy and pleasing. If one has a healthy looking face it strengthens one's confidence in oneself. I think I am more confident in myself now than I have ever been before. I don't want to sound like I am exalting my self, this is rather the result of enjoying the wonderful, unsearchable, unlimited, immeasurable, incorruptible, eternal Triune God who is Christ today living in our spirit as the Spirit of reality, making the divine, spiritual, heavenly things real to us.

Ease-Out Day 1

I was cold in bed last night. This morning when I weigh myself the scale showed 5 stones 11 pounds. My thighs are really thin and there is a lot of space in my trousers. My legs were feeling cold all morning until I put an extra pair of leggings on.

The weather was dry and sunny this morning with the wind blowing the trees about. I thought I might go into the garden to try and remove the leylandii which I felled in October. I need to move it out the way so I could plant one of the two apple trees I bought. I am just getting a bit anxious about the apple trees still standing in the pots outside. But then I thought I'd better not because of the cold I feel and also because of my thumbs. I'd better let them heal first.

Wow! You're doing so well. Nothing like a smooth ride. Your raw vegan life style is really commendable. Good luck with the rest of the cleanse!

So good to see you getting such great result. Now you are a living testimony to all who know you and say to themselves \Wow,

I am sure I wrote Ease Out Day 2's comment telling my experience of the liver detox. I don't know what had happened to it. I would be ever so upset to have lost it permanently.

Ease-Out Day 3

Yesterday on my Ease Out Day 2 I only had about 2 oranges and a banana to eat in the evening. I was still nauseated from the liquids that I had to take for the detox. And the eliminations from around 10am in the morning lasting through the day to 10pm had taken a toll on me. All I wanted to do was to lie on the couch and rest as much as possible. I wasn't ill or anything, just wanted to have nothing to do and lie there and be comfortable, getting up to go to the toilet from time to time. As a matter of fact I didn't have much coming out just a little bit but there was a lot of gas. I didn't eat much just sipping water now and then to prevent dehydration.

Detox & The Salt Water Flush

Lemonade Diet - Day 1

I drank a cup of lax tea the night before I started the cleanse. To tell the truth I love Dr Stuart's Lax Plus. It's slightly sweet and very pleasant to drink. I have been drinking it continuously for the last few months and I have no problem with it. In fact, it helps me with my BM. Therefore, to start the cleanse with a cup of lax tea the night before is part of my routine anyway.

I prepared the salt water the night before and put it by my bedside. This time around I decided to use 650ml of distilled water with 2 teaspoons of sea salt. I justified myself for drinking 650ml instead of 750ml or 1000ml because of my slight figure.

Anyway, this morning I drank the salt water and went back to bed lying on my right side. I was expecting to rush to the washroom in half an hour but nothing happened. I got out of bed after 1hr 20mins. I had a good elimination and some flush, but that was about it. I was puzzled, where did all the salt water go? It must have been absorbed into my system. I just hope nothing had gone awry because of the salt water.

Lemonade Diet - Day 2

This morning I had an elimination at 5:30. I drank the salt water at 8:49. Then my first flush was at 9:36. It was dark brown first then it got lighter. I continued to have flushes until before 11:00. I added half teaspoon more salt to the water.

I had my last amalgam removed only two days ago. I have been reading on Dr Hulda Clark's articles on parasite killing, colon, kidney and liver detox. Apparently, parasites harbour in metal poisoning in the body and mercury is the most toxic of all metals. I had amalgam filling since the age of 13. After that I began to lose bits of my body parts like a toe nail soon after the amalgam filling was put in my mouth, then hair loss at age 21, a finger nail at age 29 and insomnia after my first child was born. I am pretty sure now that I know about mercury amalgam's harmful effect that my health have been linked to it. I am now on the quest to eliminate poison, parasites and all things bad from my body.

Bel Spell

Visit the website below, it might help you with your backpain and other pains.

<http://zap.intergate.ca/>

Lemonade Diet - Day 3

This morning I got up and drank the salt water at 8:45. I found at the beginning of the drink it was quite alright until toward the end the unpleasant feeling came over me. But I endured it. The fushes came and went between 9:36 and 11:00.

In the afternoon my stomach was playing musical notes. It rumbled continuously and I had to make frequent visits to the washroom. Slimy wastes were being discharged. I was glad as I know the lemonade is doing its work of dissolving mucus and toxins into the bloodstream and is being removed out of the body.

Lemonade Diet - Day 4

I drank my salt water, less than 700ml. I judged that since the flush became clear quite early on, more salt water wasn't going to flush out any more debris. So why make myself sick by drinking more than I have to?

I did a liver detox early in December last. I had to drink a solution of epsom salt and water - four tablespoons of epsom salt to 750ml water. Divide it into 4 portions. I took the first portion at 6pm, before 8pm I had visited the toilet 5 to 6 times. The amount of waste coming out was astounding. I guess over the years we had accumulated vast amount of waste inside that it seems to take forever to cleanse.

Hi Hayley

Sorry to hear you are having problems. I am not a doctor but I have been practicing acupressure and reflexology on myself (and others) for a very long time. You said your BMs are very painful is it due to the many flushes you do? Because repeated flushes will make your bottom sore and may split the muscle hence the blood. If I were you I would stop the SWF for a while. If it was me I would apply pressure with my finger around the area where the pain is. That will reduce and even get rid of the pain. But if you flush again the pain might come back. Simply keep applying acupressure around the area. If you are not sure you might have to seek medical advice.

I can tell you my experience if that will help, Bel Spell. In July 2009 I went on a raw veg diet, mainly carrots, cucumber, tomatoes, raw nut and dried sultana that kind of things. In 3 weeks I was relieving myself up to six times a day and I lost 14 lbs. Since then I have been trying to stick to eating raw and some cooked veg and a bit of meat now and then. One day

in August of that year I bought some Pakistani mangoes. They must be the best mangoes in the world, very sweet and aromatic. I ate them and the next morning I eliminated half a bucket of waste. I can only describe that as amazing because I felt cleansed after that. But even before I started the raw food diet I was following Paul Braggs' The Miracle of Fasting. I had been fasting one day a week for 8 months prior to the raw food diet. But don't be fooled to think as if all these will make you completely pain and illness free. I use reflexology and acupressure to treat all my aches and pains. I am thankful to the Lord for all these acquired intuition and skills but it has taken 16 years to come thus far. So, don't be discouraged, seek you will find, ask and you shall receive, knock and the door will be opened to you. The Lord does not disappoint those who seek after Him. May you be blessed.

Lemonade Diet - Day 5

I prepared the salt water last night. I used a sea salt given to me by someone. It is grey in colour and slightly wet. I baked it in the oven at 200 degree C for a few minutes to dry it out as well as killing germs. I read in a book by Hulda Clark, she recommends killing germs in the sea salt by baking. My hubby won't eat this salt because he says it is grey. I don't know why it is grey. It is quite hard as well and it didn't dissolve completely in the water so that this morning when I drank it, it was so salty at the bottom bit that I couldn't finish the last couple of mouthful. Anyway, the flush went as usual with the first one always dark brown. I am still feeling fine with no side effects.

Thanks for your feedback, Jenn. Yes, I think it's from France. The name on the packet is something like Gerundy, I can't remember because I couldn't pronounce the name and

have thrown the packet away. I did taste it but didn't swallow it and it did have much more taste than other salt.

Lemonade Diet - Day 6

I had been drinking the salt water from a narrow-neck bottle and I think it is the reason why I couldn't \enjoy\""

Lemonade Diet - Day 7

I measure 600ml of distilled water and add 2 teaspoons of grey salt. Then I pour it into 2 maple syrup bottles, but the bottles must be less than 300ml in capacity each because after I fill the bottles I still have some left and have to throw it away. This means I am drinking less than 600ml salt water. Since the flush is still going on alright, I guess I needn't worry.

I don't drink much water. I drink 500ml and that's about it. Half of that is drunk during the night in bed, especially toward the morning. I guess if we eat a lot of fruit and raw veg we don't need so much water. But during the night I definitely need water because my mouth gets very dry. So the body does tell us when to drink. The other thing is a person who is on a raw diet doesn't have body odor. It is the mixed-eater who smells a lot.

Lemonade Diet - Day 8

I don't know what happened! This morning I drank the salt water but I am sure I didn't flush out all the salt water, I went to the loo 2 or 3 times only. This is most strange. This meant that the body has absorbed the rest of the sw. Does my body need the salt and minerals? I remember on day 1 of my cleanse the same scenario also took place. This is something to ponder on for later. Very early in the morning before the salt water I had an elimination, very mucousy. I am glad at least the few salt water flushes did flush out the dark remain.

Lemonade Diet - Day 9

This morning as soon as I drank the salt water, I had to rush to the toilet. This was very uncharacteristic. Then I spent the next hour and a half just to be near the toilet. It seemed like I was flushing out yesterday's salt water as well. One thing was for sure, unwanted dark brown matters were being flushed of the system. This is what the cleanse is all about - to cleanse and detoxify. I look at my fingers, they haven't changed much. Deeper detox is needed. If it is a pure fast just with drinking distilled water, the detox process should be deeper. I might go back to fasting one day a week later.

Lemonade Diet - Day 10

I got up late this morning and didn't drink my salt water until 9.30am. I just don't enjoy drinking this salt water, may be the salt is not the right kind. I tried at the beginning of this cleanse Himalayan crystal pink salt. I didn't think it was that good and switched to the grey one that I am using now. Tonight I am going to use a white sea salt and see if it makes any difference. I have inquired about the Celtic sea salt but couldn't acquire any.

I didn't drink all the salt water this morning. I poured the last few mouthfuls down the sink. It was too yucky. I had an elimination before the SWF. Once again it was mucousy and slimy. I am glad that foreign matters are continue to be removed and flushed out.

Lemonade Diet - Day 11

I only prepared just over half a litre of salt water last night because I didn't think it was necessary to have more. This amount is doing the job fine. I put quite a generous amount of salt though and it tasted horrible! But I didn't give up, instead, I muttered just to get the bad feeling out of my system and drank some water to rinse my mouth. I haven't done very well with the preparation of the salt water this time around.

Knowing that I have successfully completed my 10 day master cleanse I am beginning to be slackened a little. I begin to think that may be I could go without the lax tea tonight; or may be I could do without the SWF tomorrow morning. I think I am on my way out!

Lemonade Diet - Day 12

I mixed half a litre of salt water using white sea salt for this morning. I promised myself that I would not drink less than half a litre. But, alas, I didn't have the flush, just a little. May be it will come out tomorrow morning, it happened before. I just hope that this salt water does not end up staying inside for good. I don't know if that will do any harm to my body. I think since it's going to be the last day or two I will increase the volume of the salt water, no big deal!

During my first cleanse my fingers became very slender and beautiful. But I think the bad peanuts I ate by accident had deposited their toxin in my fingers and right now they have not been put right. This cleanse hasn't done much to help them. I am eager to start the zapping process as soon as I finish the cleanse.

Lemonade Diet - Day 13

This morning I drank about 600ml or so of salt water and the flush did go according to plan. It's hard to believe that from tomorrow there will be no more salt water flush until next time whenever that may be, probably the next group cleanse. According to that book \The

Ease-Out - Day 1

Today I have decided to do a liver flush/detox. This is an excellent opportunity as it involves not eating or drinking after 2pm. I did a liver flush in November and one in December. The first one I did I got up to 30, 40 stones out. Some the size of a cashew nut. The second one was not as successful. But this time I hope I will have a better result than before.

The liver flush involves drinking a solution of epsom salt tonight at 6pm, then another one at 8pm. After that I will drink a potion of light olive oil mixed with pink grapefruit juice and black walnut tincture at 10pm precisely and go to bed straight away, lying flat on my back and keeping still for 20 minutes before turning about.

The next morning after 6am I will drink two more portions of epsom salt solution to flush

out the stones. But since I can't stand the taste of epsom salt an alternative is to drink salt water which I will do. I will describe the outcome tomorrow. Wish me luck!

2011-01-29 11:10 AM Hmmm, this is strange. I seem to have lost the comments I took so much time and effort to write yesterday. O well. let it be.

Ease-Out - Day 3

I am so glad this is the last day of the ease out days. It has been a wonderful journey doing it with others. I have lost 5-6 pounds and don't intend to lose any more. My body still needs more detox in the near future, sometimes this year, may be in the summer or autumn or may be in the winter. I don't know. It all depends on how I feel and what is going on in my life and whether my fingers will improve from now on. I am now eager to get back to my life again, eating food that I enjoy most, namely fresh fruit and raw veg. Mind you, I am not a 100% vegan. It is not easy to prepare two different meals for the family and me so I sometimes have to settle eating their kind of food. But as long as I eat 70% to 80% vegan and whatever the rest is should be find.

Support from Family & Friends

Lemonade Diet - Day 1

You know when I did the first cleanse I had a lot of negative comments from my family. I survived the storm by finishing the cleanse in 15 days. In my second cleanse I was challenged by my son who finished uni after four years and was home. He didn't understand what I was doing and was worried sick about me losing weight. And that was why I decided to stop the cleanse after day 8. But this time around I don't have any opposition and everyone just seems to take it for granted that I am doing a cleanse. Do you know why? Because everyone except me have been having the flu.

Lemonade Diet - Day 2

I invited some friends, actually they are my sisters in Christ, to read my comments. These are the ones I have spoken to about the cleanse. When I think of my brothers and sisters in Christ I feel very happy. I met them not long ago. We came together in one place, each from a different locality, even from the US, Europe, the Middle East and the Far East. We come to live together, study the Bible together and go out to other cities nearby to preach the gospel. Although we may have never met before, what unites us and makes us happy is the Christ who lives in us. I see their Christ in them and they see my Christ in me and this is the reason we can be built together as the house of God.

Anyway, I want them to visit this mastercleanse website so that they may see the benefit of the cleanse for their own health.

Lemonade Diet - Day 3

By the way, Bel Spell, I had a look at Jeff McLeod's site. I was surprised to see how much he looks like my 22 1/2 year old son. Even the hairdo. Ha! How amazing! I fetched my husband and he fetched his son. They all were astonished. Anyway, I have been trying to encourage my son to do the cleanse. May be this young man will inspire him to have a go at it.

There is this ministry song called...

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Lemonade Diet - Day 4

When it comes to writing comments on this cleanse, I am as slow as a turtle. The comments on the first day of the cleanse I spent a lot of time pondering, thinking up something to write about. I started before 9pm and finished after 1am. But tonight, I am more focused and think and type faster too. Otherwise, I will lose some more sleep tonight. I mustn't forget that I still haven't washed up after the family had their dinner and the time is already nearly 11.30pm.

Giving is one of the most blessed things because you can't give if you don't have. How can one bless others if he/she hasn't been blessed by the Lord in the first place?

Whenever I visit saints I always end up giving treatment because there is always someone who is unwell. I wish I could render some help to you all here but this is not possible. But at least I can pray for you all.

Lemonade Diet - Day 5

I wonder where everyone is today. Kind of strange talking to your own self. I have a lot of support from FAITH and LOVE. The definition of faith in the Bible is...

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Lemonade Diet - Day 6

I brought a CD back last November when I attended the weekly training. I have been listening to it over and over again until I am familiar with the tunes. This has taken a long time. Then I said to myself, It is now time to learn the lyrics. So I chose the short and easy one first. Even so it was not so easy. It took me ages before I could sing along with the CD. Now I have learned at least 2, I am on to another 2. It's getting better. I am a slow learner but I find learning keeps me focused and it does sharpen one's mind. Support for this cleanse is not going to come from any source except from myself and my relationship with Christ the Lord and His believers.

Lemonade Diet - Day 7

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Lemonade Diet - Day 8

I continue to draw support and strength from faith and love...

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Lemonade Diet - Day 9

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Lemonade Diet - Day 10

I have a feeling that I am onto something which will affect my life in a big way. Well, I always keep my eyes on Jesus by looking away from all things other than Him. This is an inward looking in the spirit, a kind of watchfulness. Outwardly there are all kinds of distractions and they draw people away from their faith in God. To those who stay in the word of God and with His people they have a better chance of overcoming. Overcoming the self, sin, the world and degraded Christianity...

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Lemonade Diet - Day 11

Today all day long I didn't sing a lot in praise to the Lord. I was all in the mind. To sing to the Lord means I have to exercise my spirit, but instead, I exercised my mind and I can feel the difference. Just a couple more days and I will be free to contact the saints to have fellowship with them and read and pray in a corporate way. It's good not to go on too long on this cleanse without any physical support. Yet It is not easy to talk to people about what I am doing. So it can become lonesome after a while depends on our mood. You see, whenever we are not in God enjoying Him we get trapped in our mind which then affects our emotion and causes us to make unwise decisions.

Lemonade Diet - Day 12

It's surprising just how long it takes to read and write these comments. If I could do this for a living, well and good. I wouldn't mind at all. It seems like the more I write the easier it gets. It's just that there is so much of it. It's now well into the afternoon and I haven't done the shopping yet. Tuesday is the day I shop.

As well I have to get these comments out of the way because tonight is my badminton night. Support comes in like manner from going out and seeing people. As I mentioned before our club is very sociable. Sometimes some of us go out to a local pub afterward. I don't drink with them instead I always have my distilled water with me and they understand. These last few months we have some junior doctors join us, one of them was taught at school by my hubby. What a small world!

Lemonade Diet - Day 13

It's not easy cooking a meal, watching others eat and not eat myself. I see and smell the food and I want to eat it! But I dare not speak out before the family because I know what they are going to say to me. It's my last day of the cleanse so I will bear it just a little longer.

Last night there were a lot of people at the badminton club, more than we have courts for them. A few new ones came. We seem to be getting new people come to play these last few months. I always enjoy going every week. It's one of the highlights of my week.

Ease-Out - Day 1

It excites me to suddenly come to the decision of doing a liver detox on my ease out day 1. It's like...

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Ease-Out - Day 2

The experience of my liver detox continued from under Psychological Emotional. During the night the pain on my left shoulder blade kept me from sleeping. When morning finally arrived I stayed in bed and couldn't bring myself to face drinking the 3rd portion of the epsom salt solution until 9.20am. I braved myself and drank one mouthful at a time.

When I got to the last mouthful I heaved and brought up some olive oil and grapefruit

potion. I thought, so not all the potion reached the liver, this is the sign of failure. Half an hour later the event of all events occurred. I had a massive elimination. Hundreds and maybe thousands of greenish yellow beads came out. Some large ones the size of hazelnuts were among the little beads. I was elated! Goodness, I could hardly have imagined my little liver harboured so much cholesterol obstacles causing it to not function at its optimum. I hope my experience causes everyone who chances to read this to think about your liver, are you over-burdening it with the wrong kind of food that you eat. Do you breathe in toxic chemicals and have metal poisoning? Spare a thought for your liver which has to deal with all these obstructions.

Ease-Out - Day 3

The last day of the ease out is here and I couldn't wait to get back to normality. I would love to go out shopping for the best organic fruit and vegetable. But it is easy said than done. We are at the mercy of the producers to supply us with whatever they produce. Do we have a choice here? Unless we grow our own but in the dead of winter we have to rely on imported fruit and vegetable. Farming is a hard life. I have tried to grow my own food but there is so much to do in the garden that it takes a lot of time and effort. Without the support from family and friends it is even harder. The majority of the western population are so accustomed to eating without knowing where the source of the raw materials come from that it is very difficult to make them aware of the danger of food we put in our mouth.

The Process & The Lemonade

Lemonade Diet - Day 1

I didn't decide to do the cleanse until yesterday when I went to the shop and saw some large, fresh lemons selling at £1.05 for 5. Since I had been thinking about doing the cleanse but couldn't decide when to do it I thought these lemons had helped me make up my mind. So I bought 40 of them. Then I went to the health shop to get the organic maple syrup. To my great delight it was being sold at £5.45 each bottle instead of the normal price of £7.35 and there were only 5 of them left. So I bought the lot. Since I had bought all these ingredients I was eager to start the cleanse the next day which is today. Happy cleansing!

Lemonade Diet - Day 2

I had 8 lemonades yesterday. The last one was taken after the lax tea because I felt hungry before going to bed. It is hard to go to sleep on an empty stomach.

I am half surprised to find that this 3rd time doing the cleanse have been pretty easy. I have no craving for food whatsoever. I do not even show any interest in cookery programs on TV like I did during the last two cleanses. I seem to have complete self-control as far as food is concerned. My hubby cooked a delicious Malaysian coconut chicken curry which is his favourite and mine as well and the aroma of coconut curry filled the kitchen but I was totally immuned to it.

Lemonade Diet - Day 3

I am still counting how many lemons I use each day. I use one lemon to make a lemonade. Some lemons are bigger than others. Some have more juice even though they are smaller because they have thinner pith and more juice. Some lemons have lots of pits, 30 to 40 of them in one lemon. Some have no pits at all. Only because we use so many lemons during this cleanse do we discover all these truths about lemons.

The lemons I buy are not organic. Organic lemons are hard to come by and very expensive. Even if I buy them there would not be enough for my need. So I have to make do with what the market supplies.

Lemonade Diet - Day 4

I had to go to work this morning so I made up some lemonades to take with me. In order to keep the lemon juice as fresh as possible, I mixed two portions each of water, maple syrup and cayenne pepper and poured the mixture into a bottle. I then brought with me two lemons, a knife, a fork to help squeeze the lemons with as I do not have much strength to squeeze without a tool and a jug to mix the drink in. Problem solved.

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Lemonade Diet - Day 5

Day 5 is here already. I don't know how the time has come and gone. My lemons are running out so I put it in my shopping list. As I was going to town I gave my son a lift to save him catching the bus. But this meant that I was rushing to get ready before I even finished the flush. What a hassle! I managed to drink less than one lemonade but I did prepare another one to take with me. It turned out that it wasn't too bad after all as I planned my route carefully so that I would not be caught by surprise by being too far away from a public toilet. In the end I didn't get to drink the lemonade I brought with me and didn't get home until after 1pm, but I made up for it by drinking 6 of them before 7pm.

Lemonade Diet - Day 6

I had to take my hubby's car to the garage; one of the wing mirrors had been broken off and this errand was to get a new one fixed. I prepared a lemonade and brought a bottle (330ml) of distilled water as well. Before I went I drank a lemonade. I must have a very small bladder because I had to keep going to empty myself within a short time. As I was waiting for it to be fixed I made sure I emptied my bladder again before they brought the car to me. I spent 2 hours in town afterwards and I dared not drink the lemonade or the water in case I had to go again. Over the years I have trained myself to ignore my hunger pang when lunch time comes along. We follow the clock as far as food is concerned and eat even when the body does not require it. Here, stomach, I (my soul) am your master and you get food when I want to give you.

Lemonade Diet - Day 7

Today it's like a blink of the eye and day 7 is here already. I don't have to go anywhere this morning but I sure have plenty to do in the house. By now I am getting a bit rushed because I have to go to the post office. I ordered an ink cartridge, it went dry very quickly. They sent a replacement and it dried up even quicker. So I am going to return them both. In the back of my mind I am thinking about cooking the dinner for the family. If I don't give myself at least 1 1/2 hours I will end up not doing it well. My lemonade is taken in between all these chores. At the same time I put the CD on and listen and learn. It will be a success if I can sing another one with the lyrics.

Lemonade Diet - Day 8

I took one extra lemonade yesterday, that meant 9 instead of the usual 8. I was feeling the hunger pang before going to bed and had to drink one. I have to go get more lemons today. As for the maple syrup I bought half a dozen on Wednesday. The price was still low and on top of that the shop assistant gave me 10% discount. By now I have come to love the simplicity of life by just drinking lemonade, and when the cleanse is over, eating food that does not require cooking and, in order not to be too strict, some cooked veg now and then. I was introduced to Victoria Boutenko whose entire family were saved from deteriorating health 16 years ago through eating raw. Very interesting testimony.

Lemonade Diet - Day 9

Last night I was on to something on the internet and didn't get to drink my 8th lemonade. I can't believe it's day 9 for me. I have enough lemons and syrup for at least 2 more days. I think I will carry on the cleanse for a few more days. It doesn't seem to be that much of a

big deal. I seem to be quite up to the challenge. I mean we went to Marks and Spencer food store to buy some ready meal. There are so much temptations in there but I have no difficulty resisting. My energy level and my physical wellness have not altered. Once my lemons run out then I will decide whether to continue or not.

Lemonade Diet - Day 10

I slept in a little later this morning. Mind you, I didn't go to bed until late last night. All these late nights are catching up with me. After I drank the salt water I started busying myself with housework. As I didn't feel hungry so I didn't make any lemonades and it occurred to me that I might do a water only fast. I could quite easily have done it except that when I check the lemons, they are beginning to go off. So my reasoning faculty tells me to use the lemons up then. before I ease out, I can do a day's water fast. And so my first lemonade today was after 1.30 pm.

Lemonade Diet - Day 11

I continued to do another lemonade day after day 10. From now on it will be when I feel to stop then I will stop the cleanse. I have enough lemons to go for two more days. After that I will probably stop. However, today's lemonades didn't taste as good as before, they were quite sour and just didn't have the same taste. I was thinking if these might be lemons that had been contaminated by chemical spray. Nowadays one simply can't trust the source where our food comes from. I bought a cucumber from the local farm shop and when I bit into it. it tasted absolutely chemical! My daughter said the same thing. Some celery tastes so bitter at the base it makes me wonder what I am eating!

Lemonade Diet - Day 12

I am so glad I made it to day 12. Last night I said I wasn't going to drink the lax tea but I did. I said I was going to skip the salt water the next morning but I didn't. I felt so much empowered by my not swaying from the original plan. This morning I squeezed a lemon and it was the largest lemon I have ever seen. I got over 100ml of juice out of it. This time, however, I was not going to mix the whole lot with just two tablespoons of maple syrup and 250ml of distilled water. I used just two tablespoons of the juice instead and it didn't taste as sour. Hmmm...that's it, I have been mixing too much lemon juice in my drink and it became too strong. Still it has worked wonder in my system so I don't regret it.

Lemonade Diet - Day 13

It's day 13 of my lemonade diet. I can hardly believe it. I seem to be oblivious to the passing of time. However, this will be my final day. Hubby doesn't like the look of me losing too much weight. I also am not counting how many lemons I am using to make the lemonade. I remember on my day 11 the lemonades didn't taste very good. Yesterday I had to use half a lemon to make one lemonade in order to get a better taste. But strangely enough, today I am using one whole lemon again to make a lemonade and it taste great, like it always has. and yet the lemons are from the same batch.

Ease-Out - Day 1

I comfortably ease into the first day of the three easing out days. Last night for the first time since the start of the master cleanse I did not drink a cup of lax tea. And this morning no salt water either. It is getting back to normality. I squeezed 4 oranges for breakfast. I

am surprised to find that there is a lot of fiber in oranges, so much so that I hardly get much juice out of one orange, unlike the lemon which can yield 3 times as much juice as one orange. Ah, well, looks like I have to supplement the loss of liquid with drinking more water. By the amount of liquid we take during the cleanse which is on average 2 to 4 litres I realise my daily intake of water and liquid is far below this level. From now on I will have to make sure I drink plenty of distilled water.

Ease-Out - Day 2

You must understand that I am lying down on the couch writing these comments as I am still feeling a bit nauseated after the experience of the liver detox. To continue my story which I started under Detox and The Salt Water Flush, I had a big evacuation after the 2nd drink of epsom salt. I thought this was impressive! But I didn't expect something that looked like pieces of orange that float. Then I prepared to get myself ready for the final drink which must be at 10pm precisely. I poured 250ml of light olive oil in a jug with lid, then squeezed 1 1/2 pink grapefruit juice and mixed it in with the olive oil. Close the lid and shook the jug vigorously. This action caused the two liquids to emulsify and thereby drinkable. I had the hot water bottle refilled with hot water, 3 pillows in the bed, extra blankets and I was ready to get into bed. To be continued under Psychological and Emotional

Ease-Out - Day 3

This journey has been an experiential one and I am glad it has come to an end. My liver detox in particular which gave me an unexpected, excellent result as it could have been a waste of time and effort if not done correctly, The day I chose to do the liver detox after

the master cleanse was strategic. If I didn't do the cleanse first I would have to do an enema to cleanse the colon which I didn't at all look forward to. I had been reading articles about the live detox and had done 2 not so long ago. But they were nowhere as good as this one. So I think the master cleanse much have helped me to succeed.