

# My Experience



## Bel Spell 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

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This Master Cleanse Journal is by a cleanser Bernadette Hoizer during the Master Cleanse Group Experience at [TheMasterCleanse.org](http://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](http://TheMasterCleanse.org) and Author of [Zero To Master Cleanser](#)

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# About the Author

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Author Cleanse Status: Veteran Cleanser  
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Author Cleanse - Purpose: Cleanse Detox

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# Psychological and Emotional

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## Ease-In Day 1

Well, here I go again! If you are here, and you are reading this, I would like to thank you for your interest, and if you can offer it, for your support. Each and every tiny particle of positive energy I can acquire from the Universe while doing this thing will be sure to assist me in my quest, and for that, I think you from the bottom of my heart. I will be blogging on this daily throughout my journey, and on five different aspects of the cleanse, at that. The reason I am doing all of this writing, is that it seems that the proprietors of the website(s) that I have been attuning myself with over the last year or so, seem to believe that this will help other people who are going through this same journey. So, I do it this way, as an offering to them and all who would seek their knowledge and advice, and hope and pray that it will help some person, in some way, who is facing even a small part of what I am facing this day. My name is Bernadette, and my “magickal” name (nickname, for those who don’t understand what that means) is Beltana Spellsinger. On here, I’ll go as Bel Spell, to shorten it. I am a mother of a five year old little girl, a singer and songwriter, artist and land steward. I live on a beautiful farm in the Ozarks, and study earth-friendly building techniques. I honor the Earth and Her changing seasons and energies, and try to live as naturally as possible. I believe in what Hippocrates believed. He said: “Our food should be our medicine. Our medicine should be our food.” I truly believe that most ailments can be cured with proper food and diet, exercise and attitude.

I attempted to do this wonderful Master Cleanse a few months ago, but quit in the middle of it because I felt like I was coming apart, emotionally. It had nothing to do with the physical aspects of it. At the time, I was going through a very stressful change in my

families' living situation... and I was trying to deal with that in the best way that I knew how. I am still trying to deal with this same issue, though I feel a good deal more stable about it these days. I feel more prepared mentally this time, feeling pretty steady and ready for it. Physically, I have to admit, when I tried this the last time, even though I only lasted six days (three of the ease-in period and three on the fast itself) I hadn't felt so good... in ages. I had all sorts of energy, nervous energy, good energy, vibrant energy, and truthfully, it made me restless. I USED to be that energetic, all the time, and back then, I liked it. I guess that my life has changed in ways that have made me used to being calmer, so that when that kind of energy started resurfacing in my life I wasn't sure how to handle it. That was one issue. That one, and also the one that I still struggle with daily; the fact that I am still on these painkillers.

Here is the part that I find it hard to talk about. (I rarely like listening to other people complain, and dislike doing it myself, but if I am going to do it, this has to be the place to do it. I'll feel okay shedding those fears, but only for now, and only in here. Okay?) Daily, I wake up with pain. It extends from the bottom of my legs to the tips of my arms, and is all over my back, almost all of my waking day. I still have tingling and painful "falling asleep" sensations, in my hands and feet. Basic tasks are still difficult to do, to this day. Taking a shower or even simply brushing my hair can be a real a workout. My entire body feels like I have the flu, most days, until I take that first dose of medication. I start to feel like a real human about an hour later, and only then can I even begin to think about getting out of bed. This all stems from a rare culprit, one of my life challenges and the greatest adversary I had ever encountered; a thing called Guillain Barré Syndrome, which I contracted in June of 2008. It is a debilitating nerve condition that paralyzed me (literally) for a time and had me flat on my back in the hospital for over three and a half months that summer. I had to relearn how to stand, walk, and use my hands and arms. I endured over a month of physical therapy, in a special facility, hundreds of miles away from my home and family, and after that, months of wheelchair and cane use. I still haven't read my diary from all I went through around that time, as I haven't been brave

enough to do it yet, but that will be a blog for a different day. (Perhaps even a book.) I am still not completely back to normal, thus, back to the story and the current challenge at hand, the painkillers.

I managed to remove myself from the other myriad medications that the doctors had me on, an utter pharmacy of things from senna, sleeping pills, anti-depressants, to various vitamins and minerals and supplements. All that remains, luckily, today, is the painkillers. But even those are not good for my body, and though they help, (and to this day I feel that I cannot possibly function without them) I would still like to be rid of them. I have tried so many times to wean myself off of this drug, by myself. It hasn't been easy. I haven't ever been able to go for more than 48 hours without a dose of Morphine... (Since June 20 of 2008, to be precise.) If I try, I start to go through withdrawals, (even though I have more than once weaned myself nearly off of it and have done so very slowly, it doesn't seem to matter), shakes occur, sweats, I can't sleep, and the pain is just unbearable in my legs. My true hope is to find a replacement for the morphine (I am also on Oxycodone, but don't even take that as much as I used to, so I don't think that will be too difficult to kick), maybe something "natural" (an herbal pain-relieving concoction?) to replace it, and then, maybe then, I feel like my body (and life) would possibly return to the normal, vibrant state that it used to thrive in.

All of this, and more, are the reasons that I want and need to do this cleanse. I have done a lot of online reading; believe me, over the last two and a half years. I have searched for herbal potions, aroma therapeutic solutions, teas and tisanes, and you would think with all of the magickal, herbal folk I know; together we might have found something that would have been able to help. But there has been nothing, I repeat, nothing that seems to be able to take this pain from my body, other than the Morphine that it so desperately seems to need each and every day. So, wish me luck and send me healing energy in my journey, if you have it to offer, and perhaps thorough this cleanse, I will find a way to be rid of the thing that has been keeping me from myself, has slowed me down and sapped

me of my physical strength and energy, and has made me feel very much unlike the person that I used to be. I trust my body to know that this is good for me and that it will, at the very least, assist me in my journey back toward health and happiness.

You can find this entire blog at: <http://belscleanse.blogspot.com/>

## **Ease-In - Day 2**

Emotionally, I feel pretty good this morning. I had a hard time last night and came to a realization about something though, I am probably not going to be able to do the cleanse/detox and suffer the drug withdrawal (and leg and body pain) at the same time. I went, yet again, for almost another 48 hours without a dose of my pain medication. I started getting sore and restless during the early evening hours, and by midnight, my legs were screaming in pain. I finally got up out of bed, ran the bath, got as much hot/warm water in there as I could (not much these days, we need a new element I think, so only got a few inches of water warm enough for a bath) and poured in a lot of the Epsom salts I got at the store yesterday. Surprisingly, it worked! A miracle! It felt like the pain was dulled to a mild tingle instead of a raging flame, at least. Well, it did work, but only for a while. A couple of hours later, I couldn't stand it anymore. I knew I would never get any sleep (still haven't gotten much to speak of) and so I broke down (again) and took two of my pain pills. I had to. There was no other way I was going to survive the night. So, the conclusion I've come to this morning... I just don't see how I am going to do both of these things at the same time. Dealing with the fast is one thing. Dealing with massive amounts of pain, and also morphine withdrawal at the same time, well... hey, I'm pretty tough, but even I have to admit that I am not that tough. There has got to be a way. Ah well, at least the cleanse itself can be the challenge for the moment. It is still only ease-in, day two, so I



might try again, maybe by taking a smaller dose the next time I need it (only half a dose or so) and attempting to go lower from there. We'll see. Onward!

That must be tough to be allergic to gluten... how did you find that out?

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

Emotionally, I am irritable today. Maybe it's because a good portion of my intake yesterday was fruit (I ate all of the vegetable matter that I possibly could, with what I had, so maybe not). But... Psychologically, I am wise enough to realize that a good deal of it is probably in my head, too. I've eaten less food in a day many times in my life, and have felt fine. It's just that I know I CAN'T eat. My family is driving me absolutely nuts, and I feel like I am suffocating. Granted, this is the second snow day and my kid is bouncing off the walls, we share a room, and the house is feeling like a prison right about now since we can't really go anywhere. In addition to this, they all seem to be staying as close as humanly possible to me today, demanding my attention even more than usual, and I really feel like they are just, well, getting in my face. (And hey, they really are, to be honest.) So, I am thinking today, all about this with the process of the "ease in." I knew I shouldn't have done it this way, next time I'll know better for sure. I knew it the last time I tried this, and thought to myself even, "If I do this again, NO ease-in," yet here I am again, in the same boat. I am sure that jumping right in to the lemonade fast would have been way better for me. I can't tell you how many times today I thought... "Oh, well, I'm grouchy; I'll just go get something to eat. But wait! I CAN'T eat! And then I am thinking, okay... we are supposed to be taking in only orange juice today, which I've done. Five big cups of it, in all, and a couple of containers of water on top of that... and

then I remember, HEY! ORANGES are all fruit, so all I am eating today is fruit, (all day) and if that makes you so irritable, (as was mentioned) then.... uh... why do we do this? Hmmmmmm. Okay. I figured that I ought to at least give the entire process another try, with the ease-in, because it seems that it is a good idea... and I imagine it might be a little tougher with a bunch of food in my stomach tomorrow morning, when I go to do the SWF that and it would be somewhat unpleasant, and probably painful, I'd think... so... That's why I thought this was the right thing to do, initially, but now I am mad at myself for having done it yet a second time. I'm still gung ho about the cleanse over-all, and still going to get through this, somehow, but next time, NO EASE-IN. I'm promising myself that right now. To me, it does not make it any easier, it just makes it even more suspenseful and I'm not exactly feeling good about it right now. Next topic.

## Lemonade Diet - Day 1

Here is where I get to rant a tiny bit today. Emotionally, I am just so sad. I spent a long time today, throughout the day, typing out my blog. It was a great one. When I went to turn on my computer this evening, it wouldn't even boot. I have some boot sector virus effing up my desktop, just what I need. (This is the second virus I have gotten in the last two weeks on that thing. My entire life is in there. I am beside myself over that. I fixed the last one myself, by gods, and I'll do it again this time if I have to... but I may just call for help. It looks like a bad one. Why, oh why, do people do these things... Bless their souls, for they need more help than I do right now.)

OTHER than that (sorry had to get that out, because I spent so much time on this awesome blog for this MC cause and then couldn't post it, had to rewrite it all, and the rest of it is locked up in my other computer, dammit) But moving on... the things that I am

thankful for today? That I am me, that I am where and who I am, and that I have a freaking LAPTOP! I am pretty stable psychologically I think. I am just dealing with the challenges as they come, and trying to take it all in stride. I am going to try to spend the rest of the evening listening to other's perspectives, if I can manage to read the others' blogs. I had a lot of insight today. Maybe tomorrow I'll feel more like retyping it all and sharing it again. I found some great things about fasting, though... and seem to be finding more and more people who are into it... so... Love and Peace!

You'll be okay, lol. That was me yesterday, almost exactly. Today I was much better. You will have days like these. Keep going, you are doing a GREAT job!!! YAY HAYLEY!!!! ;- ) ;- ) ;- )

## Lemonade Diet - Day 2

I am feeling... Happy, content, satiated, alert, aware, awake, pleased, comfortable and at-ease. The pain that I normally feel (almost all of the time) in my back is better today, I can sit here and type on my bed without cringing in pain every few minutes and having to adjust myself. That is really something, in and of itself. Another thing that I've been doing today is making a couple of lists of things that I will reward myself with, after this fast is over, and I am on my way to a healthier new me. Yes, some of it is food, but it is a list of ONLY healthy, delicious foods that I know will be good for my body. The other list is a list of things I want in my future. These include plans I have for the warmer months, that I am so looking forward to, and things that I think I need to make myself happier. One of these things, (though not all of them are material) is a bed-lounge. For me, typing and writing is most easily done in my bedroom, in my bed, which sits next to my desk.

The chair I have for my desk isn't all that comfortable (maybe I need a new one of those too!) so I like to lounge about in my bed while I type. However, it isn't always that comfortable doing so. So, while looking on the internet for something that I might be able to utilize where I can continue to do this, but feel better about it and not have to deal with the awful back pain that it causes, I have found several of these "bed-lounge" type pillows. They look just awesome, and heavenly. That, and I might purchase a laptop stand of some sort. Those two things, I think would make all of my writing days much happier. (Wow. Re-reading this makes me sound pretty lazy. So... I realize that I'll also be working on strengthening my core again, so that maybe I won't need these things and my posture will improve that much... but meanwhile... I wanna feel good! So there!) I've also been toying with the idea of going and having a spa day with my bestest girlfriend this weekend. I'm not sure if it is going to be able to happen, but even if not, hey! (Interjection, for excitement, and emotion!) it's in my mind. If it doesn't happen, I am promising myself an in-home mani-pedi, a leg massage, another one of those Epsom soaks, and total new hairdo for at least one day. When and if I do get to any/all of this, I'll take some pictures! I am a Delighted Daisy! Mwah! Happy cleansing!

Awesome! I can relate to the hyper-energy feeling... it almost drives me crazy!

It sounds like a good idea to do that... to carry on as if nothing is different. I've found that doing all this bloggin kind of makes me focus on it, but that part of the day is also something I look forward to! Good luck!

## **Lemonade Diet - Day 3**

Emotionally, I am... melancholy, today, I guess one might say. I am wondering why I am doing this. Who is going to care? Really? Who am I trying to impress here? Isn't my life of trying to attract other people physically just really pretty much a thing of the past now days? But no... and why should it be? Man, this is where I start telling myself how pathetic I really am. I am doubting myself, doubting my cause, questioning my mission, and wondering why I feel so alone. If I even post this I am going to feel like a real ass. (Geez.) I am usually pretty upbeat. Maybe I'm just missing my daughter. Maybe I am just sad that I had nothing exciting to do for myself this weekend while she was away for the first time in months and months and months. Man I need to get a life. My stomach hurts. I am going to crawl back under the covers.

## **Lemonade Diet - 4**

Just catching up with my blog from yesterday. Today (Sunday) I am feeling okay about myself, pretty good about myself, actually, considering the physical feelings. (Not great.) Things around me continue on as usual, and I even brought home delectable looking chicken parmesan for my daughter and mother tonight. Watching them eat it, I wasn't sure if I really wanted it, or not. It looked good, and then I thought about it. So rarely do we think about where our food goes and how it affects us in the near future. Each bite of everything we take determines a lot of things. It can affect our weight, our blood pressure, how we feel physically and mentally, our alertness level, it affects our skin, our hair, our bones, eyesight, mood, energy levels, even our blood and muscles. Yet, we so rarely consider it. We just eat, mindlessly, without a thought to "right action" of any kind, most of the time. I say "we" here, but I really mean "I." I know that there are those of

you out there who really do consider each morsel that you put into your bodies, but probably you are the few and the far between. I still feel lonely, I still feel kind of sad. I did get out in to town yesterday (the first time since I began the cleanse) and it was nice to be around other people, even if they were strangers. (I live in a very remote rural area, which is normally heavenly bliss, but after a few winter months of being clammed up in the hizzle, it can get rather stale.) I miss food psychologically. That's about it.

## Lemonade Diet - Day 5

Dealing with the unpleasant physical sensations of the morning has put me in a less than happy mood. I question myself again, but also realize a couple of wonderful things; first, this morning marks the fact that I have now passed my last attempt at the Master Cleanse (only got to day five last time, and here I am on day eight!) AND... that after today, I am HALFWAY THERE!!!!!!!!!!!!!! That, all but itself, is worthy of much applause, methinks. Yep, today I am forced to admit that this is harder than I anticipated it would be. I thought it would be a walk in the park. I was wrong, but it isn't anything unendurable yet, so I soldier on. I am positive that I will feel an amazing sense of accomplishment when this is finished, and for the rest of my lifetime beyond this. (I'm not sure at this point if I'll ever do this again, we'll just have to see. Knowing myself, I probably will. In fact, I can easily foresee a time in the future when I go on a series of cleanse stacks, until I get my body and health back up to its peak condition. That is a challenge to think of on another day.) The next time someone says to me, "Man, I haven't eaten anything at all in a day or two!" I'll probably have to just give them a sideways glance, and politely keep my mouth shut. ;-)

I actually met a man once who was stranded in a jungle for one year before he was found. He survived quite nicely on berries, wild edibles, game he had caught, and other things. The body, mind and soul, are amazing things indeed.

Zabair, thanks so much for the kind words. ;-) I did indeed need that hug, and I got some more sleep too. I needed it! I feel kind of crummy today as well, but am working through that. I will try to do what you said and not think so much about all of this. I'll reserve some of those thoughts for the time I spend writing about it, and try to make the rest of the day more positive! I wish you luck with your challenge, too... It is certainly difficult to get rid of things that we no longer need or want in our lives anymore! I hope it is not too hard on you. I know you can do it, too! Warm Hugs right back atcha! -Bel

How are you doing Danielle?

Thank you that helps! ;-)

## **Lemonade Diet - Day 6**

Emotionally I am at a loss. I was feeling so strong just a couple of days ago about this whole thing. I had to convince myself several times a day today to keep going with this thing until I am finished. I would feel like such a failure if I quit now. But, my mind is either playing tricks on me, or I am really, really just beginning to dislike this. I have definitely decided this is the last time I'm doing it. I felt sick today, really sick, yet again, and I am feeling like I am tired of feeling so sick. It's making me tired just trying to keep it together. I am sure a lot of this is just in my head, (the mood, anyhow, not the physical, which is very real) and that I can still do it, but I just got so mad today. I was feeling like, (once again) "Why am I putting myself through all this???" Is it really going to accomplish anything at all in the long run? Wouldn't it just accomplish the very same goal to start to eat healthy and do it slowly? I second guess myself many times today. I

almost take sip of my daughter's banana smoothie, and then I remember what I am doing. It's frustrating, and feeling so ill doesn't help. Even today, my little one told me that my stomach sounded like a freight train, growling so much. Why should it still be doing this? (Man! I am doing nothing but complaining today! Lol. I feel like telling my own self to hush the heck up already! I just feel like I need to get it out though so bear with.) It's not so bad that I would alarm anyone that it is such, but I just really, really hope that tomorrow is a better day, physically. I can't take eight more days of this sick stomach feeling. I feel like I would give a million dollars for a salad. But I won't do it, because I know how terrible I would feel if I caved. We'll see how the morning is.

On second reading, this is just... well, wow, so very sweet. Thank you, so kindly! Your words have just made my day a whole lot better. ;-) I know that what you are saying is true... it's just amazing to hear someone say it all in such an eloquent way. I'll re-analyze things now before I let the mood overtake me. Thanks again, Renee!

I know... I feel ya... ;-) I was having an awful day until I started reading through some of these posts... you can do it. ;-)

## **Lemonade Diet - Day 7**

It seems like it would be such a waste of energy to stop now. I am so glad that I felt a little bit better today. A lot better, really. Child home again from school, so that was a bit of a challenge as usual, but we had a fun day. We watched the Secret Garden and read books, made her a banana smoothie, and her fever finally broke (thank goodness.) I am feeling mellower today. Not seeing things as such a challenge and not taking anything too



seriously. It is what it is. Hoping that the last three days of lemonade will go quickly, quietly, and smoothly... I am ready to get back to a nice big salad... some healthy soups and stews... smoothies, green things. I am planning my garden and am happy about it. Herbes, vegetables, berries, oils, leaves... massages, peaceful music...

Thank you all so very much. All of that positive reinforcement just helped me more than you can imagine.:-) I didn't realize that so much of this was emotional. Smiles\*Hugs\*

Lucky you! Boy, I am looking forward to those oranges, too!!! ;-)

## **Lemonade Diet - Day 8**

Gods. I truly do hope that I look back on all this in a future reading in a few days from now, and am able to laugh about it all. I just keep looking at all of my little pink X's on my wall calendar, and just wish that the last day of NO FOOD was here, already. It almost seems like these categories are all one thing now... it's hard to keep track of what I've said and done, and on which day. I am wide awake, for sure, (more so than usual) but I wouldn't say alert, exactly. I have definitely slept less than usual and feel a bit more alive than usual, but it's not exactly a happy thing, in all. I wish I felt more focused and clear, like others are saying they feel at this point. I feel a little disoriented and foggy. My mouth tastes like metal. I scrubbed it thoroughly this morning, and that felt so good. Only two more loooong days until that fabulous orange juice. I started to plan my menu for next week already. I got out every healthy cookbook I have and just poured through them. Looks like there are plenty of wonderful options for me out there. Lonely.

## Lemonade Diet - Day 9

I can scarcely believe it. Tomorrow is day ten, and after that, I get to begin my new life, with a new outlook. I cannot imagine how I made it through this, truthfully. I know that I have great willpower, but after failing to make it past six days the last time I tried this, (can I even count that as a true cleanse?) I felt as if it was going to be something in the back of my mind that was always going to be just out of my reach. In the grand scheme of things, this really is just a very tiny accomplishment. (People say I over dramatize things. Who? Me?) And even though it may only be just that, a tiny achievement, overall, it is still something else very exciting to me. A NEW BEGINNING.

I still have many things to conquer, many challenges to face, many hills to climb, but knowing I can do something like this, I know now that I can do miraculous things. Life is just beginning. Life is NOT over, far from it, and I do not have to put aside ideas of being my old self once again. (At least, I hope to see again some of the better aspects of my old self!) There is a light at the end of the tunnel. I can visualize myself being happier, healthier, and fitter, better looking, better feeling, nicer, kinder, more humble, more pleasant to be around. I look forward to looking in the mirror each and every day and knowing that I am doing my very best, to BE my very best. I look forward to looking in the mirror again, and not minding it so much. I am looking forward to seeing myself as attractive again, desirable, unique, and exceptional. I am looking forward to being all of that, again, and now, even more. I believe that your outward self is a reflection of your inward self. I want to reflect that again. Better than before.

We need to BE the change we would like to see. We need to create the future for ourselves, and we CAN do it! We draw things closer to us, just by thinking of them. We utilize all of our senses, and if we simply open ourselves to the magick, we can do remarkable things. Step by tiny step, we can change our world, by fully living, loving, and always improving ourselves.

You are all precious beings! I honor and salute you!!!

Thank you thank you thank you!!!! I'm almost there... I just have to relax a bit and let the last couple of days happen. How are you doing?

## Lemonade Diet - Day 10

I feel like I am pretty much just sitting around waiting for this to conclude now. I am feeling in a bit of a better mood, but still not a great one. I am sure I have lost a little bit of weight, but not nearly what I thought I might. I do have a plan for afterward, finally, though. I am going to do one week of whatever I want (as long as it is relatively healthy), followed by one month of vegan, and then one month of vegetarian eating, returning at last to regular eating (whatever I want), as long as it is low in fat, nutritious, and hopefully, if I can manage it, organic. I think that eating organic, above all else, is most important, for me. It makes me feel better from head to toe, and psychologically, it doesn't hurt, either. I did some reading about how much more nutrition is in organic foods versus non-organic, the facts are frighteningly desolate. In on book I am reading, it mentions that spinach, for example, had about ten times the nutrition in its organic form, than the alternative. Man, what are we eating then??? At least I got some good nutrition education in during this! I can't wait to start planting some good organic/heirloom seeds next month...

## Ease-Out - Day 1

I could not be happier!!! I survived the ten days without food, without toxic fried potatoes, greasy hamburgers, fatty snacks and pesticide-laden fruits and vegetables. I have accomplished what I never thought I could (or would, for that matter!), and I feel great about doing so. Those who thought I would become ill, or die, well, they were dead wrong, of course, and I am probably much healthier than when I started out. I am, glad to be back to getting something in my system other than lemons, though, and I had freshly squeezed orange juice all day long today (and YES, it most certainly DOES make a difference!!!) until this evening, when I had a bit of soup (delicious). I am so blessed and grateful for everything in my life. I am grateful for my home, my family, our food, our clothing, our friends, our bounty. Bless you all and see you tomorrow and the next day, and then I will be starting my new life!

## Ease-Out - Day 2

Happy happy. Ready to get back to regular life. Feeling much happier but still a little tense. (It's not related to this cleanse, just some things in the homestead that make me long for spring and the beginnings of my new life. I am planning to build a cob/strawbale house with my little girl and some friends, and I can't wait for the change of scenery.) I am lighter and less concerned about all of this, and am glad to have had the blessings to be able to see things and food in a new light. My hopes are to keep up with a new healthy regimen and lose even more weight, sticking with mostly vegetarian foods for a while, eating lean proteins and meat only occasionally, and baking lots of great new breads and exploring new grains like quinoa, rices, orzo, pastas, and so on.

YaHOOOOOOOOOOOOOOOOOOOO!!!!!!! :-)

## **Ease-Out - Day 3**

Here it is, the last day of my master cleanse. I feel glad that it is over, and glad that I have taken, and have overcome the challenge. I am happy that (hopefully) in a few days time, when I can return to eating properly, that my body will really know better how to soak up the nutrition it needs from healthier, more wholesome, unprocessed foods that I choose. I've learned about nutrition, learned what to do and what not to do, and learned a lot about taking care of myself. I hope that when I appear next on here, when and if I ever do, I'll have even more sage advice and better stories. I plan to continue this blog, in due time, here and there, as far as my progress goes in the near future with my food and my health. I won't be posting it here, but you can find it at: <http://belscleanse.blogspot.com/> (or you can just click on my name, Bel Spell, over there next to this post) I hope that I have offered some insight into what it is like (or can be like, from one perspective) to do this cleanse. I am grateful for each and every one of you on here who posted during this time, as well, you helped me on my own path more than you know. Blessings and Love to all of you, and thank you for taking this journey with me. See you on the other side of health!

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# Weight Loss & Physical Effects

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## Ease-In - Day 1

Weight loss? There is going to be weight loss on this thing? SWEET! Just kidding, I knew that. And yes, I know that that is not the reason that you should be doing this cleanse, and blah blah blah. But let's be honest here folks, (truly honest) how many of you HONESTLY want to loose just a few tiny pounds? (Just a few?) I know, I know... And I do too. I think you might be dishonest if you said that you didn't want that to happen to your body, (if it needs it, which many of ours obviously do with the traditional American way of eating and treating our bodies) and it certainly seems a nice side-effect, anyhow. The weight I have acquired from not only having a child, but then getting sick for a while and not being able to do much of anything, did absolutely nothing to help mine. I realize that the weight you loose while you are doing this is likely to pop back on, I have done it before (not all the way though, mind you, but six days) and I DID loose some weight, something like fourteen pounds, I think. Yep, and it came back at me, less than a month later. It's not that I am against going on just a simple healthy diet or adapting to a better lifestyle, I am ready to do that. But... I tend to be anemic, and I don't think that I will ever, ever (EVER, okay???) Quit eating MEAT. I have been a vegetarian before. It did bad things to me, seriously! I could probably stand to do it again if I had to, wanted to, desired to even remotely, but I don't. I know that there is a "right way" to do it and all of that. Eat the right combos of proteins and starches; eat a lot of iron-rich greens, and all that. Yeah Yeah YEAH. But adopting an entire raw foods diet, I don't think so. Heh. And yuk. (Sorry raw foodie peoples.) I remember my mom telling me about a program she recently saw about how people started actually getting healthier when we learned how to COOK food as a species, and talked about how food was generally better overall

cooked at least somewhat. (Perhaps not certain veggies and fruits, of course, but that is not all I am going to eat, either.) I need to find out where to locate that program so I can watch it.

But in any case, I am not here to debate a certain lifestyle, and I really don't want to get into arguments about all of that. I know that there are as many ways to eat as there are people. I know my body. I know what it tells me it needs. It needs a large variety of stuff, but in the best, wholeset, most nutritional form I can get it, and closest to the most organic form that I can get it in. I did try to go all organic before, but damn it was hard, and expensive to find everything I needed. The best I could find was Trader Joes, but the closest ones of those are in St Louis, three hours from where I am. I have asked my neighbor to raise an organic cow for me (yes that sounds very funny, ha ha), and am looking forward to sharing that with a friend that next spring/summer. We raised and tried to kill a few chickens in past months, to have our own organic chicken, but for all my talk about wanting to eat no meat (other than what we raised or killed ourselves) I couldn't bring myself to do it, for some reason. I did sit from the kitchen window and watch my mom do it though. I don't think that she was too fond of it either. I have been deer hunting for years. (I've never shot one, and when I did actually see one one hunting day, gun in hand, I couldn't get a good aim on it and she bounded away, for which I must admit I was secretly grateful, with my heart racing and all) But darn it, I DO believe that... that if you are going to eat meat, you should be able to harvest your own. Going to the grocery store and purchasing pounds and pounds of mass-produced (and terribly treated) steak and chicken can no longer be an option for me. There is a farm out here that raises great free-range chickens and turkeys; maybe I'll try them out again.

As for all of that, I do realize that I need to start searching (and quickly here) for a plan. Not a diet. Not a complete change in eating (I DO eat fairly well, I just don't get enough exercise and it hurts me to do real strenuous things a lot of the time due to my still-healing and somewhat-exposed nerves), but I am not sure how I want to go about this part

of the “change.” I’ve always been very fond of fruits and veggies, and love the idea of having my own garden and growing my own heirloom organic things. It seems like a glorious life. (And, I am going to attempt it, bygods.) I just don’t know where... to start. I am thumbing through the new Richters’ catalogue now, and loving what they have in there (mostly herbes, but herbes of EVERY kind, I dare say) and I did once subscribe to a group that sells all heirloom organic seeds. Maybe I should start there, and plan my garden for next spring. Okay. I have a plan, somewhat.

Anyway, physically, well, physically, I guess I feel pretty damn good today! I haven’t taken any pain meds yet... and I’m not going to until I feel like I really need them. Whew. Wish me luck!

## Ease-In - Day 2

Physical... I looked in the mirror yesterday, and I did notice that my eyes were very “wide awake” looking. They seemed very white and clear... and my “Sanpaku” seemed balanced, really balanced, for the first time in a while. If you don’t know what that means, it is a Japanese term for the “three whites,” where neither the tops or bottoms of the white parts of your eyes should be showing. (Only your irises, situated perfectly in the middle of the outlooking eye, should be visible, if you are healthy and mentally stable.) It is said that people with extreme Yin or Yang Sanpaku are unbalanced... might have issues with alcoholism, extra sugar intake, toxins, or on the other end of the scale, (if the tops, rather than the bottoms of the whites of your eyes are showing) that you are... well, you might be psychotic, among other things. There are even predictions about people’s futures and stuff. Look it up if you are curious! Nevertheless, (and who knows if any of this is true) I have had it stuck in the back of my mind since I read it in a Reiki book one day, years ago. Since, I noticed that mean people and criminals and bullies, weirdoes, people like that, seemed to have a lot of their under-eye whites showing. (Don’t know what that means



with me, just an observation I felt I should mention.) As for weight loss, I don't know, and I don't care. I am not going to even look at a scale this time. I want to FEEL good, be strong, be healthy, and I will take a look if and when I begin to notice a real difference in my appearance. (Like, weeks from now. If then.) Oh, and my libido seems to be back in attendance these last couple of days, too. ;-)

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

Physically, I feel pretty good, to be honest! Even though my mood is less than affable on this day, I still feel like I am doing something great and am proud I've even gotten this far. I promise that I am not going to beat myself up, no matter what happens. Feeling like I need more encouragement though. I do feel like I am fighting an uphill battle with my sanity, in a way. Other than the pain from the nerve condition that I have, I do feel pretty okay. I am looking forward to maybe treating myself to another one of those Epsom salt baths later tonight, after the child goes to sleep and the house is quiet. OH! BUT I did have something of a revelation today, and I hope this at least helps someone. (It seems to be helping me, just thinking about it!) I realize that I have to live pretty much without one of my senses for a while, the sense of taste, (That and the sensation of chewing, the reason I ate an entire plate of celery and hummus yesterday). However, there is nothing that says that I cannot enjoy my other senses! I dove eagerly in to my world of available scensual supplies that I happen to have right now... like... I have had a delicious smelling pumpkin-spice candle burning all day (and since I started this), had some wonderful incense smoking about in the rest of the house during my room-cleaning, and am planning on adding some essential oils to my bath later. (Perhaps lavender!) So that is certainly something that I can take pleasure in. I am a very hedonistic, pleasure-loving kind of person, normally. I am not a fan of deprivation. (At ALL.) So, while I have to live without my food, dark chocolate and (my very occasional) red wine for a few days, I am not about to deprive the rest of my body of the pleasures it might have with the other

sensations, while I am missing only the one. What other things could I do, I wonder? Feelings and sensation on skin is great too, and being a former (and hopefully once again in the future) massage therapist, I know that a massage would be just heavenly right now. I think I'll give myself a mani-pedi here at home, rub my aching calves in the bath, and do a lot of cleansing and scrubbing, over-all. I read that bathing, scrubbing the skin, and brushing the teeth was not to be neglected during this. (I also read that you should rinse your mouth with water after drinking the lemonade. Didn't know that. That lemon juice isn't great on your tooth enamel.) I've flossed, brushed, scrubbed, even made sure to extra-specially-clean my tongue, gums and inner-cheeks today... I'll probably be cleaner than ever after this! I've been thinking of different ways to add scents and other sensations to my days, too. That alone will be fun! There is touch, smell, sight, and hearing, too! (Not to mention the "other" senses!) What I could do next... please my ears or my eyes... hmmm.... My girlfriend recently sent me some pretty interesting pictures of artwork that woke up my senses; to put it mildly... maybe I'll pursue that. YES! A new way to be happy! Maybe this mood will not conquer me after all...

## **Lemonade Diet - Day 1**

Physically, I feel a little bit of a tummy ache tonight. I felt pretty decent all day though. I feel full enough, am not suffering any real hunger pangs (thanks to the lemonade) and love the way the cayenne affects my body. (The spicier, the better, I say!) I have no idea of what the weight loss factor may be thus far, but my tummy does feel lighter. I feel lighter all over, really. Not a bouncing about lightness, quite yet, but I expect that soon. My body is doing good things and I am satisfied and confident that I'll be just fine.

## Lemonade Diet - Day 2

I felt a little light-headed today, this morning. Just a tiny, itty bitty bit. I suppose that is entirely natural. Actually, even with that, I still do feel very alert, and surprisingly, pretty energetic. I haven't done much, physically, but I DO plan to get to work making some crafty kinds of things as soon as possible. (Maybe tonight since I have the time somewhat alone!!!) I think that without the focus on eating all of the time getting in the way, I'll have much more time to contribute to some things that I've really been wanting to spend time with. Art. Music. Writing. (This is a great little composition lesson in itself, just in doing all of this blogging!) I was just remarking and listening to someone on another blog that it is startling how much of our time (at least in the American lifestyle, and probably plenty of others, too) is focused on eating and food. Socializing, working, entertainment, all of it... seems to revolve around a plate of some kind. When that is taken out of the equation for a while, though, you get to see up close how much we really do depend on that timeline (breakfast, lunch, dinner, snacks... almost every corner we turn), and how it is (and WE are) so dependant upon food. Crazy. So yes, even with that little disorienting feeling, the feeling that I am missing something every now and then of late, I feel good today, physically! And actually, the light-headedness isn't an entirely bad sensation. I might even have to say that it is better than the usual sluggish sensation I've been having throughout most of my days. Hoping you all are feeling great out there, too!

## Lemonade Diet - Day 3

Well, physically, as I mentioned over in the SWF category, I haven't felt the greatest today. My stomach is doing summersaults and it hurts a little bit. Nothing I can't handle though. Why am I doing this? Ha ha. I did go ahead with the SWF after all, and it wasn't that bad. Took a few hours to get through me, but it did work, in a way. It's just never been like it was that first time I did it. But that's okay. I drank all of my lemonades today,

and tried to drink more water. I just can't seem to get that much liquid down! I'm trying though. I'm sure I've probably lost some weight, but I am still not weighing myself.

## **Lemonade Diet - Day 4**

Feeling kind of yucky today. Got moving and out to town though, so that made me feel a little better. My tummy definitely feels lighter. I've been feeling like there is a cold or a flu coming on, slightly. Not that bad, but the feeling is there. I feel like the sick sensations are causing me to miss out on that "cleansers high" that I might be feeling otherwise. I know there is clarity in my head, and I want to be able to experience it, I just can't seem to reach through to it with the negative opposing sensations.

## **Lemonade Diet - Day 5**

Okay, here is the subject of the day. This morning, when I began to wake up, I felt a sick pain in the pit of my stomach. It almost feels like the stomach flu. I had to rush to the bathroom several times last night, and this morning it begins again. Stuff IS going through me but it doesn't feel like it is moving fast enough. I feel sick... I feel like there are a lot of toxins trying to eat me alive from the inside out. (It sounds terrible and it really isn't quite \*that\* bad, but it is most certainly worthy of note. This is the worst day for me so far. Though unpleasant, not unbearable.) I got my fluids going without haste this morning, so I am hoping that this will clear up the bad sensations. I even felt like throwing up this morning. (What would come out? Lemon juice and cayenne pepper, with a bit of bile on top? Er.... THAT would not be good. Yeah. It's not going to happen.") So, I stifle it, kind of. I promise myself I am NOT going to throw up. My Intuition, however, (there she is again) is telling me to get whatever out, however it needs

to get out. My mouth is dry and funky and feels like.. well, indescribably nasty. Bleck! No matter how much I brush my teeth, the feeling and the taste don't go away. I am lightheaded, but just a bit. After I take my pain medication I do feel a bit better. (Gods I wish I didn't have to do that.) I am feeling right now like I am going to have to spend the day in bed, but I really don't want to. I am going to wait a while to see if this passes, and then maybe I'll be able to function. For now, taking it real easy.

Dang! Tried to reply to this (actually typed out this big response and it somehow just disappeared!) Yes, I think that is perfectly normal. I lost 14 my last time in only five days. You really have to work at keeping it off if that is what you are going for though. I think the stats say that most females loose and average of 12 and regain and average of 6, but that varies considerably. Check out Peter Glickman's site for lots more statistical (and other great) info, too!

You'll be okay Zabair... it's probably just a result of the toxins like you said... I think you'll start to feel much better soon, especially if you can give up the smoking during this cleanse too!

## **Lemonade Diet - Day 6**

Well, when I woke up today, it was even worse than the last two days have been. I could barely get out of bed. It didn't help that everyone else in my family was sick too (child home sick today with 101 fever. Poor thing. But then again, I am the one who has to take care of her.) So I practically force myself to get up and moving, because I not only have to take her temperature throughout the day, make the required phone calls to the school,

and so on, but also because I simply can't stand this awful feeling and I want to get some relief somehow. It is almost starting to feel more like flu than a detox, but I wouldn't know for sure. I was weak, shaky, nauseous, and my stomach just feels like there is something trying to crawl out of it. Not pleasant whatever. I seriously consider ending this. But, as the day goes on, as has been the norm, I feel tolerable by evening. Not great, mind you, but better enough to not decide to quit. (Stomach still hurting, still feeling awfully hungry, bad mood, slightly weak feeling, and so on, even now.) If the remainders of the days are all going to be as bad as the last three have, I won't continue. I don't recall hearing anyone say that three pretty bad days in a row were normal.

## **Lemonade Diet - Day 7**

Physically I am glad to report, that I am not feeling deathly today. Not quite fabulous yet, but a hell of a lot better than the past three days. I am feeling, at this point, anyhow, like I can probably endure the remainder of it. I can't believe I've gotten this far, frankly.

Rarely would I suffer through feelings like those and continue to treat myself in such a way. I am all about physical comfort, pleasure, happiness and feeling good. Feeling bad, at my own hand, is not something I would intentionally create for myself. I am surprised I even feel like going on, but somewhere inside me seems to lie this promise of beauty and physical, mental, spiritual rejuvenation on the other side. I wait in stillness for that time to arrive. I do feel a bit humbled, and though I know that is not physical, it is caused by my endurance of the last three days. I guess sometimes we think we are tougher than we would like to admit we actually are. ;-)

Thank you, Kakda! ;-)

I am actually feeling sooo much better today, thank you so much, Danielle! Your kind words really do help so much. ;-)

How are you doing?

## Lemonade Diet - Day 9

Today is a lesson in humility. Well, as I mentioned I feel a little light headed yet, but I know the reason for that today. I am so hoping that once I get some different nutrition going through me here in a couple of days, that that will change dramatically. I did start out with the clear-headed cleansers high kind of feeling, but after I got so sick for those three days, I just haven't felt myself again quite. I am looking forward to getting some energy from some great foods soon. I even got some probiotics today, everything looks so good... and healthy food looks even better. I just know I've got to feel great after all of this light headedness passes! Strangely, I am pretty alert and focused, but man, I can really tell when I don't get the required minimum of drinks in me during the day. Today was the best example of that. They weren't kidding when they said to space it out throughout the day, and not to go anywhere without some lemonade! Lesson learned... when and (a very big) IF I ever do this again, I'll know better next time. Or, maybe it will just have to be good advice for the next person. I know one thing; I've never been more appreciative of what we have in our life. So many people go without, on a daily basis, and I cannot imagine HAVING to go through this against one's will. Can you imagine going without any food or drink at all for ten days? Without the lemonade, even? People all over the world go through that, all the time. Today, I am humble. I am blessed. I am grateful. Thank you God, thank you Goddess, thank you Great Spirits, for everything that I have, and for everything that I AM.

## Lemonade Diet - Day 10

I am feeling like I need energy, I have drunk seven lemonades today, and am still just so sleeeeeepy. I can't wait to get some food in me. I am feeling a bit better physically, but still not quite back up to par yet. I know now that a lot of the grouchiness and also the physical ickyness was maybe due to the emotional aspects of the cleanse purging themselves out of me, but I still just wish I had more energy. It might be a result of having continued on with the pain medication, too. I just couldn't do both things (remove both food and the pain meds) at the same time. Maybe I can work on that next!

## Ease-Out - Day 1

After having that blessed orange juice today, whooooo eeeee!!! I felt better almost immediately. Later, I even had some butternut squash soup tonight. It made me feel like a real human again, I tell you! I don't think that my body likes going without food for so long. I am glad I did this, and I do feel a wonderful sense of accomplishment, but I don't feel the need to do it again. Maybe I'll do some form of fasting, when I feel I need it, I know a lot of folks who do a three day juice fast here and there, and that sounds like something that would better suit my constitution. Welp, I've done this now, and I don't feel like I've messed up my digestive system, like some people warn you about, I don't feel like I am starving, and I don't feel like I am malnourished, at all. I do feel like I needed some vitamins though. I'm glad to be getting them now. I even started the probiotics today too. I feel ten times better.



## Ease-Out - Day 2

My sweet child went back to school today, (everyone seems to be all better now, for the most part) so I got to nap off the sleep I missed last night, this afternoon, which was great! I am feeling much more grounded and well rested, since I've been eating a little food. The light headedness is almost gone, and I feel happier and stronger, a bit. (My legs are still weak and sore as usual, but that is something I'll just have to work on at another time.) My back still hurts like crazy. I've been putting hot corn packs on it today, and plan to sleeeeeeep well tonight, and hopefully get to sleep at a reasonable hour. I am looking forward to my last post tomorrow, where I'll describe in a bit more detail all of the feelings that I've been experiencing.

You are rockin' this, Zabair! Sounds like you are on to something great!

## Ease-Out - Day 3

I'm afraid to say that I don't feel great physically today. My stomach is rejecting everything food related, and I was in bed every minute of today with what felt like an awful stomach flu. (No fever so far, though, so I come to the conclusion that it is my body rejecting what I have put in it thus far. My tummy has been tumbling and rumbling all day, belching and I've felt like throwing up, and the thought or smell of food makes me utterly nauseas.) I spent a lot of time sniffing balls of cotton with peppermint and orange oil on them. That did make me feel a little better. A word of advice; I am not sure what is doing this, but make sure you don't eat anything other than what the MC sites suggest on your ease-out. I'm hoping it isn't what is wrong with me, but if it is, I only have myself to blame. I ate fairly healthily, but maybe not the exact right things, and maybe just too

much. In any case, don't let that scare you off. Keep on truckin', and after it's over, you will probably feel much better.

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# Detox & The Salt Water Flush

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## Ease-In - Day 1

Yep, haven't had the SWF yet in this process. It's only day one and that will come with day three. Although, I have to admit, I am looking forward to it! I only did it the once the first time I did this cleanse, and man, I wasn't really prepared for it (it is pretty intense), but after I experienced it, wowza I felt better!!! As for detoxing... I know how fast things can happen with your body. Remember that film about the dude who ate nothing but McDonald's for a month? Remember how FAST his body started deteriorating? (It was frankly pretty frightening) Well, I believe that the body heals pretty quickly in just the same way. I remember the last time I did this, I felt great even after the conclusion of day one. I'll let you know for sure tomorrow morning... but I do know that the skin gets clearer (pretty quick, too) the tummy feels lighter, and the body just seems to be springy with vibrancy. I remember feeling (for the first time in a loooong time) familiar with knowing where my "core" was again...) my center, the place where I used to walk and talk from, where I held my self-confidence and from where I could ground myself. I think I really might even have had TOO much energy! ;-) It kinda freaked me out, to be brutally honest about it. I was literally bouncing off the walls. My eyes felt more open, my soul felt more alive and awake... I just felt especially "clear" if you can imagine that. Like when you do a sweat lodge, or have a lot of adrenaline going through you, or have just completed a pretty physical day. (Or some of that might also have been the withdrawal, too, but I don't think it was entirely so!) Oh! And exercise... I have read over and over that it is just fine to do some of this (and this might not be such a bad thing anyhow) So... I have on the ready... my videos for Yoga, Pilates, BellyDancing, and Hula-Hooping! In fact, that is what I am going to attempt today before I hop in the shower to go get the wee

one for her tumbling class... and Oh! I also read that taking Epsom salt baths and scrubbing your skin really clean often is a grand way to eliminate some of those toxins that will be flushing themselves out of my body, so I'll have to remember to pick up some of that today while I am out. Anyway, off to the races!

## **Ease-In - Day 2**

Detox is probably happening on a very small scale even this early on... I am sure, I just haven't really noticed anything yet. My skin does look pretty clear, but then, it usually does! My tummy has been rumbling, I am looking forward to that fun sensation going away. That can be unnerving. (I can deal, though.) Geez, even on real days, sometimes I go until 3 or 4 PM before noticing that I haven't eaten anything yet. I know, I know. But seriously. During festival season, in the spring and summer, I sometimes feel fine if I eat nothing but a piece of fruit and a bit of granola in a day. (of course, other times I eat a big steak and salad and vegetables and dessert... but... thaz jus me.)

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

I was thinking about the SWF... I know that it is said that the SWF is "optional" on the first day of the lemonade portion of the cleanse (why?) But... I feel like I should do it, anyway. It is actually one of the things I've been looking forward to. Not that it, itself, is a ball of joy, but afterward, you just feel so good! (And I only did it the once!) So yes, after I manage to get my spawn off to school, take my meds (if I feel like I need them) and get myself all psyched up... (I still love the term "whipped up into a white hot frenzy") I am going to get my lemons on the counter (will do that tonight in fact), get out that juicer (not sure which one yet!) and get things moving! That's really what this is all about

anyway isn't it? Get the things we need to get out, moving out, in more ways than one... so let's get it going! Come on, manyana!!!! We can do this, you and I! Flush, flush, FLUSH!!!! Bring on the damn lemons!

## Lemonade Diet - Day 4

I was a little disappointed today. I did the SWF, thinking to get off to a good start, but it didn't seem to work. An hour went by, then two, and then I fell asleep and took a long nap waiting for it to happen. I did do the lax tea this PM though, and it did help get things moving along a little bit. I am sure that detox is happening, albeit slowly and surely. Things are moving, so that has to be good enough for now. I'll try it again tomorrow. I did use the right stuff and the correct measurements. Not sure why it worked last time, but didn't this time. Ah well, nothing much to get upset about! Carrying on!

Hayley, I travel to various events throughout the spring and summer months to sing with my band, Spellsinger. It's loads of fun and great for the spirit!!! There are usually a lot of people around these festivals (nature-based, somewhat spiritual) who are really into the holistic lifestyle, so this should be a pretty great experience to talk about come spring!

ha ha ha... I'm gonna try that tomorrow... Tnx Wolgy!

## Lemonade Diet - Day 2

First thing... child off to kindergarten, then on a trip with daddy, so mommy gets the entire weekend to herself! WOO HOO!!! So, the first thing I do when I come back inside the house, is to fill up my liter bottle with some good, clean, (cold this time!) water, two teaspoons of sea salt, and a huge smile on my face. I'm tackling this bastard today. I put my hand over the mouth of the bottle, shake it vigorously, and immediately drink almost the entire thing in one swig. Whew! Then, I take the rest and make sure to chug that as soon as possible after the first big chug. (Not leaving a drop today.) It tasted better cold to me today. It's cold out, it's cold everywhere, so what the hell, I am going to be cold anyway. I don't care. I want to get it all down, and fast. I think that dilly-dallying around the other day (was it only yesterday?) made it so that it didn't come out as it was supposed to, not as quickly and with not as much force as it normally would. So anyhow... I looked at the clock. 7:05 AM. I think it took maybe fifteen, twenty minutes. I literally had to run. I'm glad I made it though... and it was productive. Not as much as it maybe could have been, but then, I've only had fruit and vegetable matter in my mouth (and stomach) for the last five days, so how much solid stuff could possibly be making an exit? (It seems from what I've read on these forums that people worry too much about how much "comes out." There probably isn't going to be that much! I'd guess this is especially true if you've done the ease-in. So quit trippin, if it's moving, it's working!) But hey, it worked. It was much better than yesterday. I do feel a sense of detox today, though it is small, but I know that it is happening nonetheless. Cool!

Did you get through it alright Hayley? Are you feeling any better? I have indeed heard of some people throwing up, (some several times and yet they keep on going, doing it over and over again until it stays down... Don't think I could do that, lol). I've also read that it is an alright thing to happen if it does. It doesn't mean you are going to die or anything, but it can feel pretty darn bad from what I understand. Maybe you could try it again, and

it will be better next time (that's what happened with me between yesterday & today, didn't get sick or anything but it wasn't very pleasant yesterday), or perhaps even don't do the SWF at all, and do the laxative morning and night, instead. I also read a part (in the roadmap, if you haven't gotten a copy of that yet it's free on this website) where it talks about using tablet laxatives, instead. The author thought that he could manage his eliminations better that way. Anyhow, I just read this, and I am thinking about you... hoping you are okay... even if you've had to stop the cleanse or something let us know, K? Hope you are feeling better!

Be gentle to thineself, above all!

## **Lemonade Diet - Day 3**

DETOX. Oh boy. I am writing this first bit from bed today. I slept in a bit today ('til about 9:30) and awoke to a nice deep pain in the pit of my stomach. "Uh oh," I think, "The Dreaded Day Three." Now, I realize that I may have psyched myself out for this. I have heard over and over how bad days 2,3, & 7 can be. Since yesterday (day 2 lemonade) wasn't bad at all, I figure it's just a case by case thing. That and of course everyone is different. "That's not going to be ME," I remember telling myself. But the pain is real and I'll try to describe it here. I ask myself (much like the hospital staff that I got so familiar with at one point loved to do) "What is the level of this pain?" Hmmm... Only about a four or five... not unbearable, but worthy of taking notice. Not even worth a dose of heavy-duty pain medication, in their opinion. (That would be a 7, btw.) However, I decide that if this is going to be a rough day (who knows, it could clear itself in an hour, or it could last all day, you never know with this) that I am not going to suffer needlessly. I take my pain medication. Bravery has to wait for another day, on that herbal pain cure I

thought about using. It's not only the pain of the cleanse, but the regular pain I endure on a daily basis, on top of it, creeping in for the morning. The pain and sensations feel like such; it is a sour pain the stomach, like I've eaten something foul (but I haven't) so I rationalize that it must be something else. It feels much like when you want to double over and just clutch yourself in a ball, and let whatever it is, pass. It just feels like there is something there that shouldn't be. It's not a lot of fun, anyway. The words that come to mind are sour, acid, bitter. A twinge, a slightly stinging soreness. Not a sharp, stabbing pain, but not delightful all the same. Like you might have a lot of painful gas built up in there, only there is no gas coming out. (Nice, I know... but we are talking about the functions of the digestive and elimination systems here. I will apologize no further for my descriptives. People must know!) lol.

Next, Logic tells me these things; There is no way I need to be doing that SWF today. That would make me feel even worse. What, am I crazy? What in the hell am I doing, here? What am I doing to my body? This doesn't feel good, this is crazy. Nope, I'm NOT doing the SWF today. No way. I get up and go to the bathroom, (the laxative tea from last night must be working) and have a small movement. It feels like yukky stuff is trying very hard to remove itself from me. A tiny bit of stringy poop, some liquid, but that's about it. I go to lie back down. I'll just stay in bed today. Take it easy.

Then, after lying there for a while, my friend Intuition kicks in. "Hey, Bernadette, maybe it's just a toxin ride. Maybe there are toxins loosening themselves from their insides of your intestines, they are floating around in there, and your body doesn't like them there anymore. Maybe you are just feeling the effects of that, and they are re-poisoning you. Maybe you SHOULD get up, move around a little bit, and maybe you should do the SWF. Maybe, you NEED to get this stuff moving, as much as possible." Drat! She's right. (I think.) (I must learn to trust this intuition friend, she is USUALLY right.) I remember yesterday. I remember everything I have read. It will be alright. I'll survive. I'm not that sick, it's just a phase that will pass, but it does feel pretty bad. "I've endured WORSE," I



say to myself. Yesterday, I did drink all of the required stuff, six lemonades, (yes, I know I can and maybe should drink a few more, but that is all I can seem to manage per day) the water from the SWF, and all of my herbal teas, too. Maybe I didn't drink enough water. I never drink enough water. MOST people don't drink enough water. This is it! It has to be. Things are lying around in there, making me feel crappy, when all they want to do is to come out. Must... make it... a point to drink... at least as much water today as lemonade. I don't think I've been doing that by half. It just seems like a whole lot of liquid to ingest. But... here I am. In bed. Feeling like this. So, MORE water. Ugh. This is not as easy as it seemed. Still... I can do it. I'll lie here for a while longer, (until I feel I can move) and then get up and get it going. That, friends, was how my day started. I can confidently say that detox is indeed happening. I feel for those people who have to endure real, serious, full-on drug detox. It must be terrible. I hope I don't have to go through that some day. But... I am thinking that I probably will.

Thank you, Kakda!

## **Lemonade Diet - Day 4**

I forego the SWF today, and just do a lax tea. Unfortunately I only did the one, I remembered that when it was too late to do another before the next morning. Still at six or so glasses of lemonade a day, so that should be sufficient. (Plus as much water as I can manage.) Things are moving along, liquidly, nothing real solid at all. That also is not too pleasant. I find myself wondering if there are going to any more solid days. I am now pretty positive that detox is occurring. My tongue is kind of white, and it truly feels like things are trying to get out of me. It's not that pleasant of a feeling, to be honest, but I

don't want to frighten anyone off of this by saying that it is too bad. It's not that bad, and I still feel like the benefits are outweighing the negatives.

## Lemonade Diet - Day 5

I feel like there is no way in hell I'm going to be able to take the SWF today. I do the lax tea, again, instead. I had been more pro-SWF before, (seems to do more sweeping/flushing and faster, but...) but right now, my poor body just feels like that would be putting thorough the ringer. I find myself on the potty quite a bit this morning. Geez... there is a lot of liquid elimination going on. (Should this really be like this? Daily diarrhea? Yay.) It doesn't feel great. Anyhow, I am sure that things are at least moving. Not fast enough, perhaps, but they are moving. I question if I will ever do this again, but I also question why I would stop unless this process has completed itself the way it was meant to do. If this sort of thing is still going on through day ten of the lemonade, shouldn't I go on until everything toxic is completely out? I am just not sure. I feel like if I am going through all of this trouble, enduring all of this discomfort, why not do it right, so I'll feel really, REALLY good afterward? Is it worth it to do so? (Any feedback would be more than welcome here from experienced cleansers who have gone further than the ten days or who have gone until their tongues turn "pink.") I feel like I am putting a lot of trust in my instincts right now. (What a great lesson in itself! Seriously!) Getting through it...

"Hayley, if you have blood in your stool, you should probably go see a doctor, or at the very least, call one. Sometimes, just calling the ER and telling them what is going on with you can be helpful. I'm far from being a doctor, but that sounds like something you should be checking out, just in case. It might be nothing, but... has it ever happened

before? And yes the weight loss is normal, at least in my experience. I was trying to mention to you in the last reply I left you (the other one about the weight loss concern) that there are also a couple of other resources you might check out. As far as my own research has taken me, the three "top" authorities on this Master Cleanse seem to be Peter Glickman, Tom Woloshyn, and the guy who hosts this website, Mike Olaski. You might want to go on search of some additional info at the other sites, too. (they all work supportively of one another, I do believe, so I don't think they'd mind me saying that here. The links are easy enough to find.) The Peter Glickman site has a massive forum/bulletin board where you might find some answers. This very thing is the reason why I think it would be good to have a support network available online or by phone, at all times, for folks who might be having problems like these. Let me know what you find out, and take care of yourself! I am sure you will be okay, but let us know, okay?"

"Also, Hayley... If you want to send me your email address somehow (I think you could find mine at my "Blogger MC" blog, connected to my name here if you click on it, I'll go over there to make sure it's available there) you are more than welcome to contact me and I'll help you see what we can find out! -Bel"

## **Lemonade Diet - Day 6**

I was feeling so bad this morning; I just wanted to get whatever is left in my system, out of my system. I hastily drank the cold SWF early on, (even though it was the very last thing I wanted to do) hoping it would alleviate some of the discomfort. It has been another pretty bad day, at least the first two thirds of it was. Yet again, it did not come out as I expected. It waited around in my system, for hours, and came out little by little. Not the urgent and forceful flushing that I experienced that first time at all. It just feel like things are really

stuck in there and that they are making me ill. If this is detox, when is it going to end? Things just don't feel like they are moving fast enough. I'm getting weary of feeling sick every morning.

Thank you for the kind words, Kakda. ;-)

## **Lemonade Diet - Day 7**

I decided to forego the SWF this morning, and went for the ole' smooth move, instead. No real movement yet, to speak of, except for peeing. (And right now, I'm just fine with that.) I do believe I'll do the SWF tonight though. Only three more days of lemonade left, so why not just flush as much away as I can? Flush, flush, flush. I'm feeling like I could maybe stomach it tonight. My tongue is whiter than ever. My breath is till yuk, but I don't feel quite as bad (thank the Gods). I am positive things are coming out of me, here and there, in ways. I took a nice scrubbing bath today and added lots of bath salts, and afterward, slathered myself with plenty of Vitamin E oil (ahhh... soooooooo nice.....). Brushed the heck out of my teeth and mouth yet again, and it still doesn't even seem like I've done it. Man. When will it all be out of me? Or better yet, I wonder when it would have, if I would have decided to continue this until my tongue had turned white. (Don't think that is going to happen, lol. I'll be thrilled to make it through the next three days of lemonade.)

## **Lemonade Diet - Day 7**

I found that doing the SWF at night actually worked better for me, so I repeated the same routine this evening. Enjoyed plenty of herbal teas today... and while I have always loved teas of many kinds, I have found that this is something that I really will look forward to from here on out as well. I haven't even craved the sugar/honey in the tea in days! Some are just better without it. It makes me wonder what other foods are going to taste extra sugary to me after this is over. I can't even imagine having eaten my daughter's oatmeal the other day, with so much brown sugar and cinnamon on it... though I do occasionally have a sweet tooth. Things like the occasional really good dark chocolate are more my thing.

## **Lemonade Diet - Day 8**

Nope, no SWF today. Laxative tea morning and night. Just felt it was right. Had movements anyhow, smallish and liquid, as usual. (Had no earthly idea everything was going to be so liquidy all through this! Bleh!) Anyway... I am still feeling a little light headed. It might be because I have not "fed" enough today. I ran out of maple syrup and went to town to restock, but was out for several hours without my stuff. Whew, did I get tired! I had to literally squeeze a lemon in the car with my fist, and mix the other stuff into a bottle of water that I bought at the gas station, because I felt like if I didn't I would fall asleep. Man, don't get caught out there without your lemonade! Oh! And I read and read the blogs over at another site last night (ad nauseum, looking for info about substituting blackstrap molasses, which you can do), and found out something very interesting! You can use also organic blue agave for sweetening (and calories/nutrition) instead of maple syrup. It's yummy, but I honestly did not feel as energetic as I did with the MS. I heard about people using that and limes, for a different taste, and it sounded

like something I might try. I like the stuff, and I'll use it for something, just not sure what yet.

## **Lemonade Diet - Day 9**

This morning, to take it easy on my system, I figured I'd go out of this with the laxative tea. It made me feel better, and my stomach a bit more at ease. I'm sure that plenty has gotten itself out of my system, but I still have the white-ish tongue, and if I have to wait until next time to see that through, that is how it will have to happen. I had all day to think about how I would prepare for the next day, and how it would feel. I am sure it will give me more energy; I have been lacking it so much. I feel pretty good, as far as detox goes, food-wise, but I am sure there is probably still that could be done if I had the endurance for it. Not this time! Ten days is a miracle at this point!

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

Of all things, I am getting a rash, NOW. (And I am on the first day of ease-out.) It started a little bit yesterday, but I thought it was just kind of like as hives/heat rash thing and that it would probably go away right quickly, but it has spread even further now. It is here and there, beneath my knees on the back of my legs, under my arms, on my inner thighs, and my neck. It is itchy, I am sure it is probably a result of the detox, but I feel like there isn't much I can do about that now. I haven't done anything differently in the past couple of days, so I doubt it is an allergy of any kind (I hope not!) Almost finished!!!

## Ease-Out - Day 2

I am convinced that whatever detoxing my body still needs to do, it will do over the next couple of months on my vegan/vegetarian diet. I am thrilled to have accomplished what I have, and to be on the next-to-last-day of this cleanse. I am glad to have had the challenge and the opportunity to do it, and I think I did it the best I could. It has made me rethink food in so many ways. My system just feels like (at least right now) that it couldn't possibly take all of the meat, dairy, and other stuff it used to be filled with. I'm glad for the lighter, freer feeling. I plan to continue with three day juice fasts in the future.

## Ease-Out - Day 3

Ugggh. Well, the detox is still doing its thing, even when I am ready to give this up. I could only manage just the tiniest bit of food today, a lot of water, some cantaloupe, yogurt, and a half banana. My system is really not ready for food yet. It is still pretty much purging everything I put into it, in a liquidy form. I was looking so much toward eating something substantial, but that will have to wait. I'm not sure what did it, but the bread, grains, and salad I've put in it were maybe not the best ideas. Ah, well. I will continue to go slowly until my body is ready for more bulk. Until then... be careful out there. Do this exactly as you are supposed to. Use the very best ingredients possible. Don't eat too early, too much.

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# Support from Family & Friends

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## Ease-In - Day 1

Now this is the topic. As for support, I am ashamed to say that I frankly haven't gotten a lot of it. The thing is, you really need to be pretty strong emotionally, on your own, before you can attempt something like this. It can be lonely. People think that it seems weird, that you will starve, that you will perish, faint, become ill, that you can mess up your digestive system, that you need to be taking in protein ALL of the time and rebuilding your body from when you got sick three years ago, that you are ignorant, that you are arrogant, that you are doing something extreme, that your doctor wouldn't approve, that you are going to grow weak, that you are going to DIE. Lol. (seriously I just read a comment from one gal who was one her THIRD Master Cleanse, yet her family persists in telling her that she is "Going to die, bla bla bla." ha ha ha.

No, I know my body pretty well, and I always have, inside and out. I know in my heart and my soul that this is the best thing for me right now. It may not be for you, or you, or you. But it is for me. I know how beneficial it can be. I am fully ready to supply links from all over the place that prove that other countries and other peoples do cleansings and fasting all of the time, routinely, (it's this country in particular that seems to have adopted the mindset that we are going to starve if we do this) and that they benefit greatly from doing so. I know of people personally in my own lifetime, in my own experience knowing them, who have done this. The folks from the group that teach the Yoga class that I used to go to each Thursday, the "Dadas," from Ananda Kanan, they did something like this once A MONTH. In fact, they don't even take in any water when they do it. (Granted, it's only a three day fast, but still.) Sounds crazy, doesn't it? Does to me, too! But somehow, they



know that their bodies know what they are doing, and that they will not only survive, but thrive, doing it. When I was young, I used to “imagine” a race of people who lived on nothing but air and water, the scent of the flowers, the rays of the sun and the energy of the sky. I have since read of such races existing. Do they? Who knows? I don't. But I do know myself, and I do know that this cleanse is a good thing. I welcome your support and your kind and loving words. But I will forewarn you, if you attempt to make me feel bad about myself for doing this for myself at all, I will NOT welcome those kinds of energies. So thank you, to all who are supporting me (the very small handful of people who have so far, and unfortunately, I have had more negative comments thrown toward me than positive ones at this point), I accept your love and light, healing and thoughtfulness with gratitude, and will return it to you in kind. Blessed be and have a very lovely day and evening.

I'm rooting for ya! YOU CAN do it. I'd love to see your blog, mine is at: <http://belscleanse.blogspot.com/>

## **Ease-In - Day 2**

Of all people, my mother is very supportive of my doing this. That is a relief, and makes things much easier on me. She has agreed to cook fun meals with my daughter, listens to me and even roots for me while I am doing it, tells me how proud she is and exclaims at how disciplined I must be (lol) and above all, knows that what I am doing is important to me. She even mentioned that she wanted to do it with me at one point (as did various other friends, who since bailed) but she decided at the last minute that she was going to do a “revised” version of it. Ha ha ha ha. So yeah, okay, I'm on my own here. Except for one other friend of mine whom I know who is doing this, and all of those of YOU out

there doing the group cleanse at this time too. Make sure to pipe in so we know you're out there! It really helps each of us to know that we are not alone! So yes, my mom has been the most supportive person of all, and also, surprisingly, my precious little five-year old child, who seems to understand why and what this is all about, in more detail than I could have ever imagined. She is so cute, she even offered to make me some her very own lemon juice one day... (I told her I'd let her do it when I am easing out...) Though she did try to force a bite of her scrambled eggs on me this morning....) I am indeed blessed.

Thanks! You too! We WILL do this! ;-)

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

Let's see... what happened today... well, I woke up to a text from my best friend saying "Good luck with Day three!" on my phone, (that helped, thank you!) and then, I guess most of any other support I've gotten has come from within. Essentially, I feel like I have had more demanded from me today than offered back to me in the way of any kind of energy. To be candid, it has taken its toll on my nerves and my mood. (Urgh.) I am cheering myself up as I go though... as much as possible, really looking forward to tomorrow, and how I KNOW I'll feel after I conquer that day! At first I thought that journaling all of this was making it worse, making me have to focus on it when I'd much rather have just stuck in down in my consciousness somewhere (like I do when I don't want to deal with things sometimes, revelation there), but now I am feeling almost like just doing this is having a friend in itself. I am looking forward to experimenting with my other senses. I have an entirely new thing to focus on. (Read the rest of my blog if you want to know what I am talking about.) My dreams are getting more vivid again. I liked what I read in the road map today... (I am still reading that, btw, whenever I can) the

statement that said not to think of this as an entire “so-many-day-long” challenge. Think of it more in terms of one day at a time. One day of this doesn’t seem to be too hard to overcome. I also like the sentence (and I think I’ll put this on my wall)

Go Get Your Goal. You Can Do It.

‘Cause...

I can.

## Lemonade Diet - Day 1

My mother has been my greatest support source so far. She came in to my room this morning to ask me how things were going, and listened alertly as I relayed my thoughts and feelings to her briefly. I told her that some of the things that I was working with were not going quite as planned, and she said to me, “Well, don’t give up!!!” That helps. I also realized today that while I may need a lot of support doing this, I can find a lot of it from within. Instead of moping about, waiting to get it externally, I can go to the forums, listen to what others are going through, and help them, too. I am happy that I have found some interesting things in my research today too... I’ll have to share them as I go. Fasting is a GOOD thing. ;-)

You can TOTALLY do this. ;-) I’m rooting for ya! ;-)

Awww. Cheese.....

## Lemonade Diet - Day 2

My best girlfriend, my MC buddy friend, and my mom, even my husband a little bit now, have all offered me support in their own ways at this point. I am so grateful to each and every word of encouragement. (Thank you!!!) Every blog comment, follower, and personal word does help, in more ways than you might even imagine. So, I thank each of you who have offered even one word of encouragement to me. If you are feeling strong about where you are, by the way, or even aren't feeling so strong, and feel like you just need someone to talk to, one of the best things that you can do is to turn around and offer another person a word of encouragement. It solidifies the fact in your mind that you are not only strong enough to do this, but you even have a little bit extra to offer to another person who may be struggling with this. Even a tiny, "Go get 'em!" on another post can mean worlds to another first-time MC'er. In return, it makes you feel great about what you are doing for yourself, too!

As for the internal debate I had been having with myself about support, a lot of it really, truly, is in the head, and I think it has to be that way, too. No one is going to take care of you, as well as you are. No one can possibly understand how you are feeling, and what this means to you, as much as it does from your own perspective. I am learning lessons in self-esteem anew, gaining confidence, feeling stronger about my decision to do this, each and every single day that I am on this path. I feel great, and people can tell! Even just sharing this with all of you out there has been a lesson in positive energy exchange, even if I don't know you, or will never meet you. It is something I have begun to look forward to each day, this blogging, and reading the others' blogs and posts...

(...and if you haven't seen Jeff's yet, btw, I'd \*highly\* recommend it. It's a highly entertaining and thorough blog complete with videos and photos, all about this guy's experience that he's facing right now along with many of us): <http://jeffmcleod.ca/>

...and as a bonus... I think that in doing this, it is going to help me write the other things that I am going to write about in the future. Books! Blogs! Songs! Poetry! So many gifts!

Today? Hellz Yeah!

Ha ha ha. Seee? And you're NOT, are you? ;-)

Believe me, if you jump right into eating solid food during this cleanse the results will not be pleasant. If I were you, I would try to find a way to bring your lemonade with you, drink herbal tea only at this luncheon, (tell them that you aren't feeling much up to eating, maybe? After all, no one can make you eat a meal, right?) and/or just begin the ease-out earlier than you had anticipated having to do so. (A day or two before this meal, if you \*really\* feel like you MUST eat it.) If you dive right in and eat a full meal while you are in the middle of this cleanse it is not going to feel very good to you or do good things to your body. I tired that last time I quit the cleanse and it reaked havoooc on my stomach. I won't do it again.

BTW... isn't day sixteen going to be your last day, anyway? Or were you going to go further? That is a major accomplishment in itself, and maybe you should just do that much for now?

## Lemonade Diet - Day 3

Everyone has been great. I saw some more positive response on my Facebook page today that I had missed before... that made me feel awesome. Told my mom all about how crappy I felt this morning, she asked me how many days I had to go... I told her, and she just kind of gave me a sideways glance, and a “wowza.” Kinda look. Ha ha ha. Yep, I am almost half way there, I keep telling myself, but whew. This is a long ride, folks. I keep looking at the calendar, and thinking, I am going to plan something really cool for my next real meal. Maybe go to my favorite restaurant or something. (Not a bad place... they have some healthy choices, but it is Greek, so I won't really care that day. I'll start my new regime the very next day!)

YES!!!!!!!!!!!!!!!!!!!! ;-) Almost halfway...

Right back atchya, Hayley!!! ;-) ;-) ;-)

## Lemonade Diet - Day 4

Oh, what can I say about it today. I guess I don't feel like I got all that much support today, in particular, but then again, I am finding ways of getting it for myself from within, among other things. One thing is apparent; support sure helps, from any source. Without it, or even dealing with opposition to what you are trying to do, (even worse), it is like climbing a mountain that could have been a tiny hill. If you know anyone who is undertaking the cleanse yourself, please know that the support that you offer that person is invaluable. They will never, ever forget it. You have to realize that you can't control

other people, or change how they feel about things. Sometimes, people just know what is best for them, and supporting them, even though you don't completely understand or agree with them about doing something like this, does more for both of you than you may ever realize. Blessed Be to all of you today, and may the rest of your journey be one filled with good feelings, loving support, and may the path be filled with sunshine and refreshing breezes of healing wind.

## Lemonade Diet - Day 5

As for support: I thought of a couple of great future projects to work on.

The first, I feel like I should write a book/booklet called something like "Eating with your OTHER senses," describing what I've been talking about in more detail, in previous posts, about how to look to the other sensations (the ones besides taste) and describe how to really immerse yourself in them while you are on a cleanse/fast/diet of any kind. This would even work for those just in the middle of an eating/lifestyle change in general, to boot. (It's really been helping me, anyway!)

The other thing that I was thinking might be good is a live MC support network, (online or via phone) where someone who feels like they are in trouble (or just feeling really crummy) can actually connect live with another person on the other end, one-on-one, for help with any cleanse questions they might have. (Of course, the helpers would have to be folks who've done the cleanse a time or two... {or five} and I am sure that would be iffy with all of the medical/legal ramifications involved, but maybe just a support network of experienced, confident volunteers?) So anyhow, besides my crafts and internet work this week, I think I might see about putting those particular ideas into further action as well. If you know me, you know I've got to have several things going at once. ;- ) Anyone interested in having a network like that to access? I know I would be...

## Lemonade Diet - Day 6

Past the halfway mark! Friends and family have been more supportive than ever, though my mom did make a comment today to the effect of, “If this is making you feel so crummy, why don’t you eat something?” (Yeah, wonder what that would do to my stomach at this point! Not a pleasant thought.) I almost took that as an out. I almost said forget this, because of (probably) boredom, at this point. I am fairly certain I can still stick it out and finish this, but I just feel bored and tired of it. Of course, if I just forget I am doing it, and carry on, it won’t be that bad. These nighttime sessions talking about in my blog have given me a respite though, I look forward to these times now with a peaceful feeling in my heart and know that if I can just get through one more day, I’ll make it.

## Lemonade Diet - Day 7

Ah, we are in the double digits today! That’s something to be proud of! My support network continues to grow, surprisingly! More interest generated, more posts on my FB page, more love and light directed toward me, such a good feeling. It seems that when you are trying to bring the light back in to yourself, others take notice. ;-) I was told that already, (regardless of what I intended to do from here on out, continue or no) I had done an “amazing” thing. Well, I don’t know about amazing, but it’s been something, for sure. I suppose I seem to catastrophize things sometimes. I have been doing this cleanse to myself, so any support I can expect to have should be looked on with much thankfulness and gratitude. It is wonderful that I have had the support that I have had, and I am grateful indeed.

Speaking of support, I have been very much enjoying this “Fasting” tea from Yogi Tea. It is delicious, it has all sorts of good and wonderful things in it that are help suppress the appetite, aid digestion, support metabolism, and increase energy. It says, “Need a little



support? Look to our fasting wellness tea to help you achieve your weight loss goals.” Nice. ;-) It has things like licorice root, cinnamon, red clover, cardamom, ginger, clove and dandelion (and much more) all organic. Another highlight of the day! Mood uplifting, moving on!

## **Lemonade Diet - Day 8**

Having a strong support network IS important to this process. Mine has been small, and has come from afar, from the most part (online friends here and there, a family member or two who have been supportive) and has also included the support I’ve felt I’ve had to muster for myself. I believe that something like this would be a lot less challenging with a real close-knit support network or even a friend or buddy who you could talk to in person (or at least by phone) every day. All of the positive comments I’ve had have been so welcome, and so helpful. I talked with my mother today about the food choices I am planning to make in the future. I am thinking of something like this; the rest of this month slowly easing back into eating, eating whatever I want, basically, but in a very healthy manner, with healthy recipes guiding me, and smaller portions of everything. Over the next couple of months, I am thinking of implementing the following plan; a month of vegan eating, a month of vegetarian eating, and then a month of decent, low fat recipes. After that, I hope that my eating styles will have changed a lot, and that I won’t have to think so much about it all. I will still probably have the “one day a week” rule, which will let me imbibe in things that I normally wouldn’t, on just that one day.

## **Lemonade Diet - Day 9**

Mom asked how I was feeling. And I have to admit, I am feeling much better today! Perhaps it is because the end is right around the corner. There is little question that I can finish this now, it is just a matter of seeing it through. It would be so very easy to just eat a salad right now, no one would know, but I would know. I can't do that to myself and cheat myself out of whatever benefits I still might acquire in these last couple of days. I had a wonderful day grocery shopping for myself and my family (until I found out that I wasn't going to have as much money as I thought I was, and that put quite a bit of an angry twist on the day). My poor child was more supportive than anyone has been, and she's probably had to deal with the brunt of the bad emotions. I am more thankful for her than for anything else in my life. I feel even humbled by this experience, in many ways. I bought vegetables galore, a few fruits, plenty of nuts, salad fixings, dark leafy greens, hummus, stuff to make baba ganouche, stir-fry, the works. YUM can't wait. Even have a plan for afterward. One week of whatever I want, and at the beginning of next month, a vegan period for one month. After that, I will do a vegetarian period for one month, and after that, whatever I want, as long as it is healthy and low in fat (and preferable organic. I found a lot of nice organic things today.) I think it will take less to satisfy me from now on. I am grateful to be alive.

## **Lemonade Diet - Day 10**

So many people have been so sweet. I keep saying that it would be better with a buddy, and that's how I'll do it next time, but I also know it isn't really necessary. I just keep on truckin'. I can't believe I made it this far! It's done really; I just need to make sure I ease out slowly. The last time, after day six, I decided I'd had enough, and ate some fish and salad that night. Nothing really bad happened, but my stomach did feel a tiny bit queasy. I'm feeling pretty good now, but so lightheaded I know I need some food. It's also been a

great lesson on supporting me. That and a great exercise in discipline, and in writing at least one hundred words a day! I am positive this will help me with my blogging and writing, a GOOD thing!

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

My mom actually gave me a nice big hug today. Not that it is anything rare, but it was so sincere. She told my daughter that I was a “hero,” and thanked me profusely for the food I made this evening. (Creamy butternut squash and apple soup and homemade whole wheat bread... yum) My daughter even liked the soup, she salted it herself and said, “Hey, this is good!” She didn’t eat too much of it, but it’s a start. My mission is to get new tastes on everyone’s palates... and get everyone who eats with me on a new path. I don’t expect them to eat everything I do, of course, but I’ll bet once they smell the goodness coming from the kitchen, they’ll want to anyway!

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

My child put chocolate in front of my face today... I have to admit, I took a tiny bite... ;-) I think she was just looking out for me honestly. I have felt pretty great today overall. The family is glad that I am eating again, though very lightly, and it seems a lot easier to be in the flow of things again. I’ve had to go very slowly though... it is not possible for me to just juice everything I take in today, so I’ve just eaten some more of my squash soup and salad leftovers from last night, and a delicious banana/organic peanut butter/chocolate whey powder smoothie... (man that was awesome... with ground flax seeds, chia seeds, wheat germ, the works). I like this healthy food thing.

Good going Renee, you can do it! ;-) You are halfway there!

### **Ease-Out - Day 3**

Today, my best friend told me to hang in there for one more day, and the results would be well-worth it. I am appreciative of ALL of the positive support, reinforcement; words of kindness and concern, and am thankful to have you all in my lives. This wouldn't have been easy at all if it weren't for those people who shared their love with me on this. I can't wait to get back to life as I know it, only quite a bit healthier. I said it before and I'll say it once more, if you have a friend, family member, or anyone you know is undertaking something like this, try and be as supportive as you possibly can. They are going to need it.

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# Process & The Lemonade Diet

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## Ease-In - Day 1

As for the process, all I really have to worry about today is what kind of “living” foods I take into my body. Okay, I have to confront something right here. I have an issue with the term “living.” In my humble opinion, nothing that you eat is living, anymore. I know that meat and dairy are unacceptable, as far as this fast goes, obviously, so if that is all that I need to avoid, then that’s easy enough. I would consider grains to be somewhat alive, right? I mean, they used to be living, yet then so did fruits and vegetables. But, fruits are, once they fall from the tree, living no more. Dead. Murdered, one might even say. (Poor oranges.) Yes? Okay. So, grains used to grow, so they used to be alive, too, but they have since been harvested, cut down, “killed,” smashed to smithereens, essentially, as well... (Gods I am cracking up just reading this... sorry, not a vegetarian here, although I try to be as respectful as I can to the lifestyle), and so that must be okay. I would argue that milk is not and never really was a living substance, either, so I can understand that... but it is not meat, it has lots of nutritional value, as do eggs, and so even though I suppose it is or once may have had some sort of living energy in it, it is no more alive than a piece of grain is, when it gets to my plate. If you are going to tell me that juice is alive, because it is full of enzymes and good healing energies, okay, I’ll buy that, but so are lots of other things, frankly, in the same way. I suppose I need a lesson in what constitutes “living” foods. For now, all that I found on the sites really was that I was not supposed to take in any meat and/or dairy products for today, so I am going with oatmeal. I think that would be safe. (I need to read that MC roadmap that I downloaded from the website!) SO! Breakfast this morning, oatmeal! With, of course, a bit of orange/peach/mango juice thrown in for sweetness, (and some stevia for more sweetness) and a touch of cinnamon,

of course. That, and another cup of juice to drink, and I have also filled up my new water bottle with good clean water. (“Drinking Water, so says the gallon-sized bottle, “carbon filtered and ozonated.” I hope that is good enough. Geez. I have even heard some debate on the forums about which type of bottled/filtered drinking water is suitable enough for this. What could possibly be the dif?) Oh! I am also excited to say, that I have purchased my very own Black N Decker juicer for this fast, so that I may juice some of my own things during the ease in, and ease out phases of said cleanse, and also that I might experiment with some different types of smoothies for my shop next summer. I have a great smoothie book that tells you all about how great it is to juice the stuff before you use it, and I am psuper psyched about all of that. Yeah. My smoothie shop is one thing I really have come to look forward to as part of our festival season out here. (It’s called the “Rainbow Smoothie,” BTW!) In any case, I am not going to be able to use organic stuff for each and every morsel I place into my body for this particular cleanse, but if I can find all of that stuff (and afford it!) the next time I do this, I shall certainly attempt to do so. For now, (today, anyway) it’s bottled juices, some grains, and all kinds of fresh fruits and veggies for me! Wheeeeeeeeeee!

In conclusion, all I can say, is that I had to start out my day by reading this at the master cleanse website, and I have to admit, that it made me smile. A Lot.

“Ashton Kutcher quits the Master Cleanse in Australia by eating a Kangaroo.”

Just read a very funny post by another first-timer (Jeff) over at the MC Facebook page. Made my morning even more joyful! Still psyched and headed over the third part of this blog. Hey... When I write, I tend to get it on! Go Bel! (I hope I can add photos to my blog like this guy does... it adds so much to the experience to see it in action!)

You can see this entire blog at: <http://belscleanse.blogspot.com/>

## Ease-In - Day 2

The process... Yesterday for lunch, I had a real simple spinach/cashew/Greek dressing salad and some lentil soup. I planned on making some pancakes for dinner (something substantial for my last "real" meal in a while... are pancakes alive?) but was I was just so tired when we got home from tumbling that I just kinda got in bed, and fell out. Even stepping outside and going someplace in this kind of weather is difficult for me sometimes, even when I don't have to do much while I am out. (This disease sucks. Sorry, but it does.) I think I had some juice for dinner instead maybe. Today, for breakfast, a large glass of Bolthouse Farms berry smoothie yummilicious drink. (yeah!) I even got out my new juicer and read all of the instructions, took it apart, and put it back together. Neat! It is still sitting in my chair by my desk. I am sure I'll muster the energy to see how it works soon enough. I am supposed to do soups and juices today, with a focus on vegetables and not as much fruit, or it too much fruit could make me irritable. (JUST what I need. Lol) Wondering if I am going to have to take the seeds out of the lemons that I start juicing in a couple of days... {{{twelve... times... a... day.....}}}

I figured it would be easier on my hands. Whew. Who needs a workout when you have to do all of this!

PS... Are ya ready for this? Here was my lunch today. A smoothie, with: spinach, avocado, strawberries, blueberries, peach, mango, orange, tangerine, green apple, and banana! WHOOO!

"Hayley, Ha ha ha. Thanks, Yeah, the ""live food"" argument going to be something that runs through my mind through this whole thing, I am sure. ;-) I liked your post, too, very real. And no, you don't have to worry about the SWF until you actually start the lemonade portion of the diet on day four. It's not too bad, really! makes you feel all sparkly inside. (After it's all \*\*over,\*\*\* that is.) lololol."

I read in a smoothie book that you should not use the peels of the lemons because of the volatile oils in them, which are really not very good for the body in large doses. There are certain kinds of fruit peels that are good for you, but these aren't one of them.

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

My process today was easy. I have a bunch of orange juice in the refrigerator and drank that. (There was no way to get out of here to get fresh oranges, I didn't plan well enough to make sure I had enough of them to juice beforehand, and so on, so this has got to be good enough for today). I was sore and felt pretty awful this morning, so stayed in bed until after noon, so my first drink wasn't until after then. I've had five cups, and two (of my cool new pink BPA-free water bottle) bottles of water. I'm sure there is probably some reason I am supposed to use fresh oranges, and I even have that juicer I bought (still sitting on top of the cabinet in the kitchen, yet unused), but this is hard enough on me as it is. I'm doing my best! I was hungry pretty early on, so chugged the first two cups pretty quickly. Went on about my day, cleaned my room a bit and even organized my desk organizer (sad) and got some little stuff done. My mom and daughter are having some delicious baked chicken tonight for dinner. ? I know that if I rationalized that it would still be okay to eat today, since the ease-in is "optional," I'd still feel bad after having gone these three days and then messed it up. I'm sticking to the ease-in. (sigh.) Not next time though. In a semi-pissy mood.

### **Lemonade Diet - Day 1**

Got up this morning, did the SWF first thing, and then made myself five tasty lemonades throughout today, (I'll be having my sixth and last one in a few here) with my handy-dandy



hand lemon squeezer. It tasted great! The SWF, not so much. I tried the warm water again this time (imagining it was like a warm broth) and had to get the last half down by mouthfuls. Maybe that was why it didn't pass? Anyway, I had the lemonades, and a cup of really wonderful ginger/lemon/hibiscus tea, and the chocolate smooth move tea for dinner. It was really a wonderful feeling, taking in only such light things. It made me appreciate what I do have in life, and how lovely it must be to sit quietly on top of a mountain drinking tea. (I have never been to the mountains...) The day was good, overall.

Sounds like you are having fun! Keep it up! ;-)

It's terrible of them to do that. You CAN do it though... and no one can stop you! So there! ;-)

Good Luck! You'll do it!

## Lemonade Diet - Day 2

It's been pretty easy today. (I think most of the remaining lemonade days will be so as well, as far as this process goes.) The lemonade tastes better than ever, I look forward to each glass, and I also love the herbal tea that I have been having as my "dinner" each night. (See how that dinnertime mindset is a really hard thing to break, as far as habits and timeline dependencies go?) So yes, I plan on what sort of delicious herbal tea I will be having for my dinner, and really relish the flavors in it. (Tonight, it's peppermint. Without sugar though, so that is a change I have to get used to. I almost rationalized a tablespoon of maple syrup in there instead, because I had one left over from yesterday that I did not ingest, or maybe even a wee smidgen of Stevia, as that is a pretty safe natural

herb, but then... why try to rationalize sweetness into something that really doesn't need it? If I can break a part of the sweet-cravings issue here and now... why not?) See, I Am answering my own questions, as I go. Bravo!

And Oh! Oh! I had what might be another brilliant revelation today, as far as the topic of herbes goes! (My brilliance continues to astound me. ;-)) If you have read the rest of my blog, you'll know that one of the reasons I am doing this is to break my addiction with Morphine. (It's a long story, which I won't keep repeating again here, ad nauseum, but in short, it is a medical prescription that my body feels like it really, really needs right now. Yes, I am allowed to have it, my doctors have been prescribing it for me for nearly three years now, but I so long to be free of it.) At any rate, I found the herbal "headache" tea that I had been looking for. I think that I might try that tomorrow, in lieu of the pain medication. If it works, then I will really be on to something! I'm not getting my hopes up too much, I am fairly certain it won't be as effective to me as what I am taking now, but then again, who knows? People chewed on unprocessed willow bark for centuries before aspirin came along, right? I honestly, truly, in my heart of hearts believe with all that I am, that there is a solution to every medical problem that can be managed (and/or even healed) with nothing but the proper foods and herbes, if we would just get to know them again like we once used to. That is my "healing herbal" soapbox for today. Wish me luck!

Happy Cleansing! I wish I would have bought that much syrup in the beginning... I only started out with one-and-a-half bottles, and it's only day two of lemondade and I am almost out! Off to the store! (Scary thought)

How are you doing Haley?

## **Lemonade Diet - Day 3**

The lemonade was tastier than ever today. I'm not sure it is satisfying my hunger as well as it was though. I am doing my best. I had the chocolate smooth move for dinner, no extra herbal tea today. Staying in bed a lot of the day and nursing my pains. (awwww... poor me.) lol. Got a couple of new Keanu movies to watch though. Thus continues my search into visually stimulating material, for the eyes, and the brain! Just watching this guy become so many different people (and pretty well, I might add) inspires me to want to write more. Hell, maybe I'll write a movie when I finish my book! (Yes, I am serious!)

Yay Cheli! Awesome attitude!

## **Lemonade Diet - Day 4**

Lemonade and everything went fairly smooth today. However, I did not do the SWF this morning, and replaced it with the lax tea. The thing is, I didn't get to that until the middle of the day, since I had to go to town, and that was the only one I drank. Ah, well. We can't be perfect all the time. ;- ) I focused on drinking more water (tried to reach my goal of drinking as much water as I did lemonade, six glasses) but man, that's hard for me. It makes me realize that I need to be drinking more water on a daily basis. I am going to start bringing my water bottle with me wherever I go.

## **Lemonade Diet - Day 5**

I was up and adam about it today, man. REALLY feeling like I need to get more liquid going through me. Even though I am feeling probably the worst I have since day one, I made myself get up and out of bed, drink my first lemonade even before my child got on her bus, and drank my first lax tea soon after that. (Had quite a bit of help this morning, thanks to mom.) The tea was a nice calming sensation for my sore tummy. Organic Smooth Move, and yes, it does taste something like licorice. I forgot about the lemon juice being so bad on your teeth, so I started rinsing my mouth out with several mouthfuls of water after each drink today. I keep remembering what I read about one of the main reasons people aren't successful on this thing... they don't stick to the regimen. You NEED this fluid (and plenty of it) going through you to get rid of what needs getting rid of. That's the reason we are doing this in the first place, isn't it?

I always use more cayenne. I think cayenne is surprisingly good for the body, it does so many wonderful things. I believe I read somewhere (on this site or another one) to go ahead and use (as much as you can stand.) (Within reason, of course!) ;-). Hope you have a wonderful day!

## **Lemonade Diet - Day 6**

I have been mixing my lemonades (and drinking them) two at a time, and usually end the day having had six of them. Today I decided to add one extra, thinking that maybe it would allay my hunger a bit better... but even at this point in the evening (about 8 pm) I am still famished. Not only do I miss food, but I am still feeling really hungry. (I thought that the hunger was supposed to be gone by now?) I did find some delicious tea that I had

stashed aside from the last time (never got to drink any of it) but man, was that good! That was probably the highlight of the day, as far as the fast goes. I find myself thinking frequently about what I am going to have on this huge salad that I am going to make for myself as soon as humanly possible.

G'luck Mel! ;-) ;-) ;-)

## **Lemonade Diet - Day 7**

Had my required lemonades today, three sets of double lemonades, spaced throughout the day, for a total of six, my usual. It's quenching my hunger a bit better today, but only a bit. Had some nice "Yogi" fasting tea, the lax tea this morning, and did the SWF tonight. Feeling a bit more cleaned out, but bits and pieces remain. I think that the reason that the SWF wasn't working so much before is because I'd lie down soon after taking it... and tonight, I stayed upright. I think it helps it go through you more quickly. Three more days of lemonade!!! Yippeeee!!!

Okay, I will try that, thank you! ;-) Being so hungry is no fun! ;-)

## **Lemonade Diet - Day 8**

We are snowed in today, the school had a snow day today, and we will have another tomorrow. Baby has been home almost all week with me now, there is quite a bit of snow on the ground, and I am not sure I am going to be able to make it out of here to get to

town to restock supplies. I am just about out of maple syrup again. And water. I read somewhere that you can use molasses. I guess if I can't get out of here that's what I am going to have to do. Use molasses, and boil water. Geez. I had no idea on earth I would have gone through so many gallons of water, and bottle of syrup. If I would have known, I would have gone for the kit available here, I think.

## Lemonade Diet - Day 9

Today, I ran out of the supplies to make my lemonade. (Whoops!) We have been snowed in here for a few days now, so it couldn't really be helped. But today, I decided that if I am going to continue this and conclude it properly, I'd have to go get more of the proper ingredients. On the way out and back in, both, (we live on a fairly treacherous road in the remote country) it was risky getting where we needed to go. We even got stuck pretty bad once! That shows you how dedicated I must be to need to get out and get the right things to continue on with this 'til the end! Lol. No worries, my daughter and "fairy power!" (in due course) helped to see us through. So yes, I am completely restocked (for my last day, what a laugh that these things ran out NOW of all times!) with new lemons, new maple syrup (organic, no less, from Wal Mart even!), new blue agave nectar (yep, you can use that instead if you like and I am experimenting with the flavor) and all sorts of new veggies, grains, and things that I am going to use to make my soups, stews, broths, salads and things in the next very, very nearby days!!!!!!! WOO HOO!

I am going to reward myself greatly, and in such a marvelous way. My body now knows for certain that it craves these good things; lean proteins, nuts, grains, veggies, fruits, berries... there is really such a huge world of delight out there for the taking, if one simply asks. I have been planning our new garden, and it will be bigger than ever, with so many vegetables and herbes, that it will make your head spin. I am even going to place a beautiful teatime table set out in the midst of it, so that I and my new guests can taste the

bounties of the labor right there in the middle of the garden. I am seeing “pick your own” berry fondues, delectable dinner parties where the guests choose their own salad ingredients, and lingering nights with homemade wine, ale, metheglins and meades (fermented honey, yum yum!). We will share elegant evenings with tables filled with candles, fine linens, and tasteful silver, the scent of blossoming flowers all around, birds, bats and bees humming around our contentment in orbits of elation... and the sun and moon to keep us company. All will be right with the world.

## **Lemonade Diet - Day 10**

Had seven lemonades today. I wasn't terribly hungry, just felt a real lack of energy. I drank whenever I felt hungry. I felt like it was enough. I don't feel like the lack of energy was related to how much lemonade I took in, but rather, probably, from the pain medication I had to continue to take. I'll try to work on that issue next. I had the one laxative tea this morning, and didn't even do the PM one, (I forgot and went to sleep real early, hence, the double blogging here!) I am so glad this is almost over. I am happy to have done it.

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

NO lemonade today!!! YAY!!!!!! Though I don't mind the taste of the lemonade at all, and I quite like the fact that it was spicy and liked the feeling that the cayenne gave me, I am so happy to have had some freshly squeezed orange juice today! Thinking about it, I am not sure I've EVER had orange juice quite that fresh. I have only had freshly squeezed once before, and even then it had been sitting there for a while, so this was an amazing treat. My taste buds just exploded with delight. I leaned back against the counter and just

sighed. It was sooo good! I can't wait to use my juicer to see what other kinds of treats I can make! I have an awesome smoothie book that talks all about how you should use your juices fresh when making smoothies. I am so going for it now.

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

Today; a bit of tropical V8 splash pina colada juice, some oatmeal with blueberries, and a tad bit of rice milk for breakfast. I had some leftover butternut squash/apple soup and a slice of that homemade bread for lunch, and an organic peanut butter banana smoothie for dinner. I actually had a solid(ish) movement today! That was great. My tummy is getting back to normal again and I am feeling so much better. I am continuing to drink plenty of water. I had a bit of juice today but water seems so much more thirst quenching. I feel the bad sugars in the bottled juice just surging through me. I also finally realize how bad store bought juice really is. So much corn syrup in everything! Even the 100% juice is so old... it just doesn't have that fresh taste or feeling afterward! Need to get more fresh organic produce!

## **Ease-Out - Day 3**

Even though I'm not drinking lemonade anymore, I think it is very important to stress here the importance of keeping that water intake up. Drink more than you think you need. I think one of the reasons I haven't felt great is that I didn't drink enough water these past couple of days, without the lemonade routine knocking at my door. I think that it is important to eat food that contains a lot of water, too, so that your body can handle the ease-in alright and remember how to digest things properly, and get them moving on



through. If you don't, I think it is liable to get stuck in there for a while, and it won't feel pleasant on its way out. Just my two cents.