

# My Experience



**Marlice Vonck** 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 “Marlice Vonck” during the Master Cleanse Group Experience at TheMasterCleanse.org.

The context has be left in place so sometimes the author is addressing other commenters during the live event. Those comments have been left in place where they provide value to the state of mind of the author, or the group, or perhaps they are informative in nature.

If you're interested in doing a Group Cleanse, you can register here:

<http://themastercleanse.org/group-cleanse/>

Thanks, and Happy Cleansing,

Mike Olaski

Founder of TheMasterCleanse.org and Author of [Zero To Master Cleanser](#)

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# About the Author

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Author Username: Marlice  
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Author URL: ...  
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Author Cleanse Date: 2012.01.10  
Author Cleanse Status: Newbie Cleanser  
Author Cleanse Status: 1st Time Cleansing  
Author Cleanse - Purpose: Cleanse Detox

## Comments of Interest



### TESTIMONIAL

#### **I'm headed for optimal health**

Ease-Out Day 3 – I am super happy about the weight lost and will try to keep it this way, with a more mindful way of eating, plenty of exercise and rest, and a cleanse again in April. This is the year of the truth for me, I'm headed for optimal health and so I will do the cleanses, also because this first one was so easy and went so well. Physically I feel great, I still had energy to get everything done and do my Qigong. This was a very positive thing to do for me.



**Marlice Vonck, 2012/01/20**

*All Testimonials Are Verifiable, On File And Real!*

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# Psychological and Emotional

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## The Lemonade Diet Day 1

Psychologically this is huge for me. 2012 represents the year for me where I will finish things that I normally won't. It is almost symbolic to the rest of my life. I am a very determined person, but also l-a-z-y by nature (I was a cat in a previous life, so no wonder). I seem to be very strong at this moment, but it is just day 1. I do think I can put the hunger aside, but it is so much fun to eat good food! But if I complete the cleanse, and shed the sluggish wasteline and behaviour, it will be so much better!!

## The Lemonade Diet Day 2

Unbelievable how far self-determination can take you! It is an easy ride for me so far. I've always had trouble when doing juice fasting (always ended up eating veggies and tons of fruits pretending it would work just as well) as I could not beat the hunger. I'm not sure if it is just that, or also the Lemonade, but the hunger isn't there! And if there is a principle of hunger, I gulp down a glass and there it goes! Yeah, I feel pretty good about myself!

## The Lemonade Diet Day 3

Today is just a little more difficult. I have some thought about food (my husband's homecooked superthin vegetarian pizza) and so I have been chewing down chewing gum this night to comfort me. At work I don't care much, as normally I don't have much time

for lunch anyway. Today is maybe a milestone, when I come past it will it be better? I don't seem to be able to do much else but Mastercleans and work for now, I make sure to go to bed unusually early for me, and it's still hard to get up in the morning. But I'm not tired during the day. Interesting day.

## **The Lemonade Diet Day 4**

Easy ride today, does not seem to phase me, have not thought about food at all. I feel kind of divided, 4 days seems long, but 6 days is still a long way to go. Especially the weekend and a day off on Monday will maybe be difficult. One of the reasons I wanted to do the 10 day cleanse is to finally finish this -for my career very important - article. When I finish it, my road will be paved with Gold, but I haven't started yet! Cold water fear, fear for failure... Well, during the work week my work keeps me too busy, so Sat-Sun-Mon should be the days to go. For sure I would not be able to take food as a distraction! Usually I think when I'm home: I go get something to eat, then I pretend I cannot eat while working, so it means free time, which means I find myself watching some internet things or surfing or whatever. Procrastination, that is called. Well, if I can do the cleanse, I can do the article as well!

## **The Lemonade Diet Day 5**

Mastercleans still very easy to do, almost forgetting about food or eating in general, however today was a psychologically very difficult day at work. I ended up not drinking a lot during the day for that matter, but compensated for that in the evening. I do think it is good timing that I'm actually cleansing while dealing with these difficulties, as I cannot

indulge in food items and at the same time hopefully cleanse the negatives away through the Lemonade and the SWF's. I will continue my 10 days for sure.

## **The Lemonade Diet Day 6**

Looking forward to the end, but these last days still will serve me well. Especially need to clear my thoughts, other than my body. Without having to deal with food, and not feeling full or hungry, there is more time to 'digest' my thoughts. Did an hour of Qigong oday, which helped me a lot. The cleanse seems to be quiet a piece of cake (sorry!) and I can very well think that I will do this a few times a year to reset my system (body, mind and soul). So glad I found this!

## **The Lemonade Diet Day 7**

I'm starting to miss eating a lot now. Just enjoying food and chewing. Not that I am hungry of any kind, just the eating moments. My husband is from Italy, so (quality) food has always been an important feature. I do know that I need to cleanse further first, before being able to enjoy food at the most again, and to be able to eat 'mindfully'. Starting to think that I should not watch Dutch tv program on internet when I'm eating, as it's not very mindful towards my food. Thing is we don't really have a table in our house to eat at! Oops, I need to bring this up... I've grown up always eating at a table with my family, discussing the day, so it's not that I didn't learn that! Anyway, day 7 is gone...

## **The Lemonade Diet Day 8**

Yeah!! Another day completed! Had I know it was so easy, I would have done this before? (Oh well I did not really know about the MC). The only fact is that other people confront you with food (thank God I don't have a tv with all the stupid ridiculous commercials!) otherwise I would never be thinking about food. Yes, I do miss good food items, but I can also go without for a while. Now I start understanding those yogi's that only eat a cup of broth a day and meditate their way. The MC from a psychological point of view is easy for me!

## **The Lemonade Diet Day 9**

Definitely counting down. I'm kind of done cleansing at this point, looking forward (in a cleansed body and with a cleansed mind) to sharing good quality food with my loved one, and attending certain upcoming gatherings. I do feel that this cleanse was exactly the right moment for me, as I had a difficult time at work and decisions to make, and so thinking that I could do a 10-day cleanse, helped me to think I could be strong and face the challenges at work. I also now know that one can stay a long time without food, which is comforting. I am thinking I will lean more towards drinking (teas, etc) then toward grabbing snacks when feeling some craving or hunger from here on out. ONE DAY TO GOOO!!!

## **The Lemonade Diet Day 10**

That's it, folks, my first MC is done and I am READY to get back into HEALTHY WHOLESOME ORGANIC foods! The 10 day cleanse has served me well, and I have the commitment to do it again in April, likely 4 times a year. I think for my purposes short 10

d cleanses are more useful than longer cleanses (as some people do 21, 33, 40 days etc) as it resets my system and since I eat healthy anyway (although I do indulge some!) and so I don't want to deplete my body for too long from great food! I am intending to choose my foods carefully and try to acknowledge when I'm full, and when get home from work and are crazy hungry I will take a big cup of Tea first and then try to see if I am really hungry or better need to get at something else like get some endorphins from physical activity.

## Ease-Out Day 1

Well, I noted that I really needed to get back to eating food, so I did eat more than just orange juice. My sense of hunger and need for food was really suppressed for 10 days, but then with the 10th day it came back! Luckily my digestive system is made out of stainless steel, so I feel it will be ok for me. I thought I would easily be able to do a clean ease-out, but it turned out otherwise. As long as I feel well with it, then I'm sure it's ok! The cleanse itself has gone flawlessly, it's just now that my body says, please can we eat again?!

## Ease-Out Day 2

Well, today was a tough day, some unexpected situations happened at work and I forgot to drink anything, did not even have time, and so at the end of the day I did feel quite hyped up. But when I came home I felt good and after a long hot shower things started to settle. It has been a crazy week at work, and also mostly thanks to the MC I survived, as it helped me keep clear focus and not be distracted by food. I'm ready for food now, but my body is telling me take it easy, so I will.

## **Ease-Out Day 3**

Well, this will be my last posts for a while on this forum, as my first cleanse is now officially over. I did very well, but will do even better here and there. I cheated a little on the ease out, and my body noticed that so next time I will stay true to the recommendations. I still feel very positive minded, as state of mind that is not always natural to me, but that came to me during the cleanse. I cherish this a lot as it makes life more fun. This has been a great experience!!

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# Weight Loss and Physical Effect

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## The Lemonade Diet - Day 1

Too early to speak about weight loss, at day 1 not even completed. I do know that I do not lose weight on juice fasts anymore, so something more drastic has to happen, which is the MC! I have really high expectations, need to shed the wastline and the keep it off as long as I can! I am expecting to Mastercleansse at least once a year, so that could help in maintenance. We're talking 10-14 Lbs, but that would make me record skinny, cool though! Cannot wait to see it!

## The Lemonade Diet - Day 2

I know what I weigh, and physically it is obvious what needs to come off (and it's not yet!) so I will not worry about weighing until the end. My goal (one of them) is that the surplus weight will be shed, and I will feel great in my body. I'm already in great health, through healthy diet and lifestyle, but I love food so much that I do often indulge, which can make me sluggish and tired. After the MC I will be able to eat right, combined with a healthy amount of physical activity.

## The Lemonade Diet - Day 3

No idea about weight, in any way it would mostly be weight loss from loss of fiber, salt and bowel content, could not be much body fat yet, so I am really not going to worry about it until versus the end. It may influence my decision whether to go maybe 14 days, on this

FIRST MC, I am contemplating it. If it could result in some significant weight loss I would do it, because I would already be so far on my way. But we're only on day 3 almost gone, so let's not get ahead of ourselves but go day-by-day-by-day...

## **The Lemonade Diet - Day 4**

Again, I'm not weighing until the end. I don't really see anything on my body, but my pants fit better in the waste, they were a little tight. I just don't know about actual fat loss, as you lose water and intestinal content in the first days. Fiber takes up 4 times the volume of water. so not having any fiber in the intestinal tract is huge. But, I know taking in so few calories (but not suffering that!) some substantial weight loss must be coming along! I'm excited to know the final result. I'm hoping on the theory that shedding the toxins, will also give less ability to hold fat, as that is what toxins seem to do.

## **The Lemonade Diet - Day 5**

I don't see the weight loss on my body yet, although feel less stuffed inside, but I'm not weighing until the end. Physically I only feel weak at night, but during the day I have good energy. I have been going to bed much earlier this week, and really seem to need that. Emotionally today was very difficult but that's because of things at work, the cleanse is not causing me any emotional imbalances at this point, I'm glad to say.

## The Lemonade Diet - Day 6

Ok, if you really ask me, I would like there to be significant weightloss, and I would love to keep that of. That will take a little bit of lifestyle change, as I have not been doing sports regularly, just a lot of Qiging lately, but I need to work myself to a good sweat a few times a week. My physical condition is great, but everything can be better. Honoustly I'm now getting very curious to get on a scale on day 10. I would almost like to continue for 14 days, but overall I feel I would have done an awesome job of 10 days on the cleanse. I may be influenced by the amount of weight loss, meaning that if it is not enough, I'll go 4 more days.

## The Lemonade Diet - Day 7

I know by now (even if I did not weigh myself) that it will not result in the ultimate weight loss I would like (need a few more pounds) to get to ideal weight. Therefore I would have to cleanse more. I'm hoping to have shed the most excess, then eat healthy and then in April do another cleanse. This year I'm on a journey to ultimate health, so this is one of the components. After all, if the extra pounds have been on for quite a few years, I cannot pretend they just disappear in a few days. But again, the jury is still out as I still have 3 days to go, and I will not weigh until the end (have no scale at home).

## The Lemonade Diet - Day 8

Physically it has been an easy ride for me as well. I know I lost weight, just don't know how much. Whatever I lost will be good and then I'll continue where I left off on a new cleanse in April. I do see my face is thinner, more defined, which I like. My middle area still needs some work, but more strenuous exercise may help with that. I just did tons of

Qigong lately, as my mind needs it. I have not had any detox crisis, but I eat healthy all along and did a fruit-veggie cleanse in the Christmas holidays, so that may have helped. Looking forward to some good quality food to nourish my body to optimal health!

## **The Lemonade Diet - Day 9**

Well... I still don't know what I lost, will way... maybe day to end of the day at the scale at the College where I work, which is used for dogs! That's where I weigh myself! Is pretty right, on. Oh that will be exciting! My husband offered to buy a scale, but I would be on it all the time, maybe not so good! My face is definitely very defined, I like it! Middle section not ideal yet, need another cleanse in April and healthy diet and exercise from here on out. I cannot believe tomorrow is the last day, yeah! I will declare myself officially cleansed! Do I sounds euphoric by any means..? ;-)

## **The Lemonade Diet - Day 10**

Oops, I forgot to weigh myself today, so will have to be tomorrow, as I do that at work. I was not worried at all about weight loss but will be very appreciative of whatever I lost. My skinny face tells me enough! Subsequent cleanses will serve me to get back to an ideal weight, we're talking pounds, but definitely in my search to optimal health it will come off this year! Never really tried to, but I had a strong desire to get lean for a while. SO glad MC came on my way! Physically I did not have a detox crisis, maybe as I eat healthy almost always. I did feel weak a mostly in the evenings, and that is when I used some extra Maple syrup to perk me up.

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

Finally got to weigh myself at the end of the day today, and that was when I had already consumed some food and not had any more eliminations as I has skipped the 10th day SWF. So I weighed 147 Lbs or 67 kgs as we Europeans say, from 154/72. So about 7 lbs, this is GREAT!!! I will keep it off, as I will get back into an exercise routine. My best scenario is to stay lean and then get the remaining few kgs of the next cleanse in April! Considering how euphoric I became towards the end of the cleanse I need to do this again anyway! Americans, thrash all your anti-depressants and start master cleansing!! (I found the solution!)

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

So I weighed myself again, and even though I have been eating some foods I am stil the same weight as yesterday. I am kind of excited now that I lost so much so easily (VIRTUALLY WITHOUT ANY HUNGER!) and almost cannot wait until next cleanse in April to get some more pounds of, so cool! I will definitely try to stay at this weight, by being mindful about what I eat, get enough rest and exercise physically and mentally.

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

Final post here about this topic. I am super happy about the weight lost and will try to keep it this way, with a more mindful way of eating, plenty of exercise and rest, and a cleanse again in April. This is the year of the truth for me, I'm headed for optimal health and so I will do the cleanses, also because this first one was so easy and went so well. Physically I feel great, although I did not have enough sleep the past days due to tasks I

had to finish, I still had energy to get everything done and do my Qigong. This was a very positive thing to do for me.

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# Detox & The Salt Water Flush

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## Lemonade Diet Day 1

No salt water flush for me today, as I ate normally until last night. I tried to Ease-in, but it didn't work. The MC 10 days will be completed though. I'll do my first SWF tomorrow evening, I certainly cannot do it in the morning as I have too much stuff to do. At least in the evening I can take my time for it.

## Lemonade Diet Day 2

Tonight I did the first SWF, since I had had normal BM yesterday. Today I had none, until 1,5 after the SWF, it was actually normal (I was expecting the worst!) and I think it was all the food I had eaten up until the evening before starting the MC. Now I'm curious to see what will come next tomorrow! I did buy a herbal laxative and took 1 (of 2 suggested) tabs last night, but they did not do anything. I may take 2 tonight to see what happens, after all stuff needs to come out!

## Lemonade Diet Day 3

Yesterday I drank the SWF as a piece of cake, today I had to sip it slowly. Definitely more difficult to drink, BUT effects were so more immediate. Yesterday (which was my first SWF) it took 1,5 hour and then it lasted many hours, today after 20 minutes I already was going. About two hours later I still have some BM, that is the reason I don't want to do this

in the morning, as I would be feeding my horses and then run to work, definitely no time for frequent visits to the bathroom! I'm not looking forward to so many more SWF, but I know it is good for me.

## **Lemonade Diet Day 4**

The third SWF tonight, I now have to sip it slowly, which is ok. It is always luke warm. The effect was strange tonight: two small fluidy BM, then formed matter. Where on earth does the formed matter come from?? And then nothing. I suspect my body has absorbed a lot of the salt water, as it has disappeared. Oh well, guess i needed that. I had my BM anyway, so I think I'm good. I don't take any laxtives though, one time a day is currently good enough for me!

## **Lemonade Diet Day 5**

Very strong effects of SWF today! Had to stay near bathroom for 1,5 hour, but then it was done, feels like a relief. No problems drinking the lukewarm salt water, but I was very thirsty when I drank it. After about an hour and some eliminations I drank two more glasses of Lemonade. I'm not taking any laxatives as I don't see the point of it with such strong eliminations once a day already. If someone can convince me why that is necessary I may change my mind.

## Lemonade Diet Day 6

Did the SWF a few hours ago, still having little bit of effect, i always do this in the evening, as I would not be able to get to work in time in the morning. Bfeore today's SWF I had a tiny solid BM, so strange, maybe my body thought it was time! The effects of the SWF is liquid only today. I cannot really imagine if I still had anything more in there, but who knows? We need todo it for 10 days for a reason! I have not been taken the laxatives, as I did not seen the need for it. Drinking the SWF is easy for me, lukewarm sips.

## Lemonade Diet Day 7

That was weird, a whole liter of salt water just disappeared in my body! It took it like a broth I guess! Hardly anything has come out, as opposed to the other days, I guess I was low on salt! The SWF had the same composition (1 tbsp sea salt) but did not have the same results. I'll take the laxative tonight to see if that helps any. Oh well, much I cannot have inside, but I sure do appreciate a daily flush of the system! Maybe I need to add 2 tbsp tomorrow, that will not be very tasty, I'm really starting to dislike too salty stuff!

## Lemonade Diet Day 8

So I did 2 tablespoons of salt today since yesterday's liter of salt water was mysteriously absorbed (gross!) but that was so super salty that an hour after I drank it I had to drink tons of water. It did result in very satisfactory eliminations though, so all went well. I think I will have to keep the SWF a bit stronger to finish this 10-day cleanse on a good cleansing note. I still don't mind drinking it, but the salty taste becomes more annoying. I

will be careful with salt from here on out, as that taste I need to forget! But as long as it cleanses me, I don't mind.

## **Lemonade Diet Day 9**

I've got a love-hate relationship with this SWF now. Tonight I made a super salty mix (SO DISGUSTING!) for optimal effect, and then to my surprise it took double the time to have effect! I was almost despairing to have absorbed it! Tomorrow I will go moderate, as that is my last flush for the time being! From there on out fiber will have to do the job. I will not miss the SWF, as it really takes 2 hours out of the evening for me (not enough time in the morning) and although it's part of the process, I want to get back into being fairly autonomous over my BM's! ;-)

## **Lemonade Diet Day 10**

Unanimously me and myself have decided not to do a SWF tonight. All of a sudden I felt a great resistance to do it and my body did not want it. Also yesterday I had the double salty SWF and it worked very well, so I think I'm for the moment. Nature will do her job from here on out, I'm sure. Happy to get my GO tract back to working normally and repopulate with health flora. This was an absolutely super experience though and the SWF's have helped to clean my body as well as my mind.

## **Ease-Out Day 1**

Well, so happy I don't have to any SWF for a while anymore! Not that it was so bad, but it isn't great either, As Mike says, it's just a crappy, but necessary process! I do feel detoxed though, no doubt about it, so worth its while!

## **Ease-Out Day 3**

The only thing I can say about the SWF at this point is that I'm not going to miss it! ;-)

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# The Process & Lemonade Diet

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## Lemonade Diet Day 1

These days are going to be very long! I already drank 7 or 8 glasses, really need them as I start feeling hungry. The cayenne pepper makes me sneeze during preparation! I do feel tired and cold, but had not slept enough last night. Now I really need the warmth of the heat stove. I WILL complete the MC!

## Lemonade Diet Day 2

It almost seems like I'm craving the Lemonade, I did not think it would be this way, but that was based on a pre-made Lemonade cleanse that I had once kind of tried. The fresh brew seems to do it. Since I'm at work most of the day, I do mix the Lemons and Maple Syrup together (measured out) in a brown dark glass bottle, and then throughout the day at work I mix it with spring water (that I bring) and the Cayenne. Pretty simple! I also bring a big thermos of herbal tea, since I also crave something warm after the Lemonade.

## Lemonade Diet Day 3

I make the Lemon-Maple Syrup mix in the morning, which last about 5-6 cups, just enough for at work. It works for me. I do drink it religiously every couple hours, if I can get a short break back in my office, but I have not been able to drink more than 6-6 glasses. I do drink a cup of warm herbal tea after each glass, though, as I need something

warm. It was very cold and humid today, raining all day, so I was pretty chilled. Definitely need to keep myself warm all the time or get moving when I'm feeling cold. I do gulp down the Lemonade in one big drink, that way I seem to taste the Cayenne only when I'm done and I don't mind it that way.

## **Lemonade Diet Day 4**

Had to skip Lemonade for 4 hours or so due to busy work activities, it was really good when I could finally get to it. Other than that, the Lemonade keeps me satisfied, it is a miracle drink! I will keep on drinking it every morning first thing, after the cleanse. I am totally thirsty anyway in the morning, so gulping down a glass of fresh Lemonade should be good! And I feel it is easy to make. I do still bring the Lemon/Maple mix at work, good for about 4-5 glasses, then I make some fresh again in the evening. Works well for me. I love this stuff!

## **Lemonade Diet Day 5**

Lemonade and Maple still being mixed up in the morning. Today I only got 6 glasses in, due to issues at work. Drinking some tea now. I still like the Lemonade, and I can even mix in a little more Cayenne, as it is easier on me. I love juicing the lemons in the morning with my new juicer. And it takes so few minutes that I don't need so much time in the morning. It's really cold out, and so I thought I was going to be feeling colder, but today it was not so bad, the Lemonade heats me up.

## Lemonade Diet Day 6

Bought fresh lemons today, and more Maple syrup. I have to admit I chewed don a package of Reed' sgInger candy, but it only contains chewable ginger, so I cannot see to much wrong with it (it does not really need any digesting), I guess I just needed to chew and also get some warmth for my stomach, after all it is below freezing outside. The process of teh cleanse is so simple and remains very easy for me. I could not really imagine nefore starting, but I do know now and will remember so I will have be doing the cleanse a few times a year.

## Lemonade Diet Day 7

Lemonade still easy to drink, down in one big gulp. Sometimes when mixing the base mixture of lemons and Maple for the day I miscount tablespoons and I think I may be off on or two, but I don't think it matters. I have taken several tablespoons of Maple syrup extra at times, just like that, as I felt I needed more energy. Also took some chewing gum and Reed's ginger chews, yes, I know that is not allowed. I'll try to do a pure MC for the last 3 days... I have some events coming up, so I think this time will be 10 days only, not bad for the first time, and then cleanse again in April for sure. Hopefully it's warmer out by then!

## Lemonade Diet Day 8

I already used two of those jars of Maple syrup and will have to buy more. Oh well, I did consume a few extra spoons of Maple syrup here and there, but those were justified, as I felt I needed the energy. That syrup is like fluid gold though! Today I was overall super thirsty, so I drank a lot of tea and water. I don't seem to need more than 6 cups of

Lemonade, sometimes 8. I make the mixture of lemons and syrup in the morning, it fits me well to do it this way. Tomorrow back to work so I'll have to do it this way. I'm contemplating continuing to drink the Lemonade in the mornings, after the cleanse.

## **Lemonade Diet Day 9**

Kind of boring but the Lemonade thing is always the same thing, make a batch in the morning (lemon/Maple) and then mix as the day goes along. Needed an extra jar of Maple, so I will have some left to put on something fun like pancakes when I'm done! Should be good, we Dutch people are wonderful pancake makers, did you know? Oh, yeah, I should not talk about food too much, as a lot of you cleansers are doing the admirable thing of cleansing 21, 33, 40 days...! I once will do that, but for now 10 days as a first times is a good achievement, and I will be back at it in April!

## **Lemonade Diet Day 10**

The process has been easy. As long as you keep your ingredients stocked I don't see any issues. Ideally have someone else buy your ingredients so you are not confronted with things in the store that you normally would buy. The lemonade was very easy to gulp down, and I always made a pre-mix in the morning, to consume during the day. I have a new appreciation for lemons and Maple syrup has won its place as a sweetener from here on out. Super-easy cleanse/diet that I will recommend to everyone!

## **Ease-Out Day 1**

I did still take a glass of Lemonade this morning and likely will continue that. I am contemplating having one whole or partial fasting day per week, like an afternoon and an evening. Not sure which one to pick or how to go about it yet. Just to break the habit of getting back to automatically keeping on eating, which is my pitfall? I have to think more about this. I do still feel great and almost regret I'm off the cleanse now, as I have to get back into thinking what to eat!

## **Ease-Out Day 2**

So I have been taking a glass of Lemonade first thing on the ease-out days. I am terribly thirsty anyway when I wake up, so gulping down the Lemonade helps. I am planning on keeping on drinking it first thing in the morning. I feel the lemon will help me stay clean and the spicy Cayenne keeps my metabolism going. I am thinking maybe to make a lemon/Maple mix for a few days, as the Maple conserves the lemon. Although it won't be as fresh, it still should have some effect. But perhaps I will just hand juice a lemon and make it fresh.

## **Ease-Out Day 3**

Today I did not make it to get a glass of Lemonade in in the morning, but I will try to from here on out, as I said it will help me stay clean and remind my body and mind of the need to stay clean. I may introduce a half day or full day of fasting (with Lemonade) per week, or so. Will need to pick a day. I have changed my ideas about breakfast and will try to stick to smaller portions and not too much fun food (chocolate!) maybe only in the weekend,

and I will pick up exercising. I have been quite faithful in doing Giqong, so that is progress.

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# Support from Family & Friends

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## Lemonade Diet Day 1

Poor Fabio (my Italian 5-star cook and husband). He came home after a long day of work and cooked himself some pasta, which he had to finish eating outside as he saw me coming home! I did smell something good, and was wondering what he was doing coming in with a plate... That's the social support that you want! Again, at work I'm not saying anything, until they will ask me why I look so AMAZING!

## Lemonade Diet Day 3

Social Support from my husband is a 100%. Today he went and bought me fresh organic lemons and Maplesyrup and spring water. He is refraining from eating at night (just eats some snacks) not to make the house smell of the wonderful things he cooks (he is Italian and a 5-star cook). My cats are not supporting me, they have decided to continue to eat. Oh well. At work I had to resist articially colored cupcakes and cookies, so that was no problem! You cannot pay me to eat that stuff anyway! ;-)

## Lemonade Diet Day 4

Social support optimal as usual, at home that is. Fabio does not eat at night, just some snacks, I don't even notice it. I have told one friend (not at work) who is intrigued, but she is an organic farmer so has no taboos on these topics. At work I won't say anything. I

do think I did not look great at work today, tired faced, swollen eyes, so maybe they are thinking I'm stressed, but I felt great! Still longing for the day they start saying how good I look! I know it cannot just be after 4 days, the effect has to be stronger. Oh, and Fabio had bought a PROFESSIONAL orange juicer for me, it's a joy to squeeze those lemons!!!

## **Lemonade Diet Day 5**

My Husband still supporting me all the way, so sweet. Well maybe he is also curious to see what will become of me. I'm almost thinking I could do more than 10 days, but he may not like that because he really cherishes moments around food, liek any Italian does. And If I can keep up eating moderate amounts of the awesome vegetarian foods he makes, i should be good to go. Then I will likely do another MC in teh spring, or when the next group cleanse is (for moral support), as it is a bit challenging doing the cleanse with the ice cold that is going on outside, so 10 days maybe more than plenty for the time being. A good start of the year for sure, HALFWAY, YEAH!!!

## **Lemonade Diet Day 6**

Social support 100% from my husband, one friend I told is intrigued to do it herself as her life 'evolves' around eating moments... what's wrong with that?! ;-) Not heard anything from colleagues, but we have a 3-day weekend now, so maybe next week, since it will be the end of the cleanse. Luckily I have not been in any situations where I found myself confronted with food, apart from seeing people have lunch or being offered artificial cookies. My husband eats out of my sight, and in general is eating less (poor guy, he's

skinny already!). BTW for teh previous post: I have been needing much more sleep this week, which has been great!

## Lemonade Diet Day 7

Husband still supportive, but since he is so skinny himself I told him not to worry not to eat in front of me, so he made lentil soup... should I have never said that as the smell was great! Really looking forward to food. I have not told barely anyone else, but I stay away from people at the moment, and don't have any social obligations. Looking forward to a few after the cleanse! I'll be back at work for day 9 and 10 of the cleanse and the ease-out, but I don't expect major issues there. I hope someone notices my fresh renewed look!

## Lemonade Diet Day 8

I really don't care what people say or think of me, but happy to say that my husband is so supportive. I'll have to send him for lemons, water and Maple Syrup again tomorrow! I think I'll buy the oranges and fruits and veggies for the ease-out myself the day before. I can withstand a store with lots of food after 10 days of not eating, as it made me very strong minded! Yes, I can now strat thinking about the ease-out, as we are so close...two more days, two times 24 hrs, yes, I can do that! Curious to see if anyone at work notices anything physically. Whether they support me I don't care, but I'll explain if they are interested.

## Lemonade Diet Day 9

Social support from loved one 100%. We are now both looking forward to certain meals that we are planning... he is a great cook, so he likes to impress me, so he is a bit out of work these days. Plus he is keeping from eating much when I'm home. At work no-one has said anything yet... but I have not really been with a lot of people. They do see me drink all the time, but I already did that anyway (never leave without your tea!). I told my sister in Amsterdam, who is very much Zen, and first she said: oooh, is that healthy not to eat? I was like, what? You hang out with people that fast all the time, and then you think this is not healthy? Then she turned around. It is not just for yogi's to fast, we, western people, can do it to if we manage to resist the TEMPTATIONS! Goodnight, looking forward to tomorrow, the LAST DAY! (Did I mention tomorrow is day 10? ;-))

## Lemonade Diet Day 10

My husband is SO ready for me to start back eating. He asked me today when could he get back to cooking. He's such a great cook and loves to share all the healthy good food with me. I am intending to do more mindful eating, instead of watching something on the computer and really share our eating moments and cherish them. Comes the time also that I should not eat in front of my computer at work! I MUST go elsewhere to eat, if only 1 minutes. It is all about mindfulness from here on out!

I meant 15 minutes for lunch... ;-)

## **Ease-Out Day 1**

Husband has been so supportive but is now ready to get back eating in the house and with me! He has a great meal in mind for Sunday, first day after official ease out. We are vegetarians, but do eat sea fish, and today the fish ladies were in town, so that is what will be on the menu. Tomorrow I'll eat juices and soups, I just love soups in general, Saturday all kinds of vegetables and fruit, yummmie! I am done cleansing!

## **Ease-Out Day 2**

Well at work they have not said anything about my weight, but there may have been people that were worried about me seeing that I lost weight and they may have thought it was due to the pressure at work. Anyway, who cares, my husband is happy I'll be eating again, but I need to make sure to agree that he knows I need to go slow and easy and not overdue on portions, which is my pitfall. My husband has barely been eating for 19 days as he doesn't want to eat alone, poor him!

## **Ease-Out Day 3**

Before starting my first MC I think my husband did not believe I was going to do it and even less finish the 10 days, but I did, as I has set my mind and since everything is so well explained on this website it was super easy to complete it. I think my husband was proud of me, even if he did not get to eat much himself as he did not want to confront me with food, so sweet! Now everything is back to normal, with the exception that I will be mindful about what I eat and fruits and veggies will be the main players in my diet.

THANKS FOR ALL THE INFO ON THIS WEBSITE AND ALL THE COMMENTS

FROM ALL YOU CLEANSERS OUT THERE. Looking forward to the next group  
cleanse!