

My Experience



Liz Nichol

Says:

January 18, 2012 at 5:27 pm e

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

Reply



Jamie Says:

January 16, 2012 at 10:31 pm e

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

Reply



Mike Olaski Says:

January 18, 2012 at 6:18 pm e

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

Reply



TheMasterCleanse.org

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Forward by Mike Olaski

This Master Cleanse Journal is by a cleanser “Liz Nichol” during the Master Cleanse Group Experience at TheMasterCleanse.org.

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

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

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

Thanks, and Happy Cleansing,

Mike Olaski

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

About the Author

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Author Cleanse Date: 2012.10.15
Author Cleanse Type: Veteran Cleanser
Author Cleanse Status: 2nd time cleansing
Author Cleanse - Purpose: Cleanse and Detox

Comments of Interest

Pending

Notes

Pending

Psychological and Emotional

Lemonade Diet - Day 1

Today has not been difficult for me.

I really thought I would struggle as I am still preparing meals for my other half and surrounded by food at work, but to my surprise, managed to stay focussed and not fold.

The morning was absolutely fine, I wasn't even hungry. Towards the late afternoon though - I started to get a headache. I know this is part of the detox process alongside caffeine withdrawal symptoms, so kept my water uptake up and plodded on with my day.

Being the late evening now, the headache has subsided slightly and I am so pleased that I have managed to get through day 1.

I have mentally prepared myself to expect things to get very hard. I do love my food and by day 10, will definitely be looking forward to easing-out onto my soups.

Until then though, I will keep you up to date with my roller-coaster ride - This is all for the long term benefit and I know I will be so proud of myself for being in control and succeeding.

Lemonade Diet - Day 2

Today, I woke with the headache I went to bed with the night before. I am not good with headaches, they really get me down and all I want to do is rest.

After doing my SWF and drinking my first glass of Lemonade, I found the headache weaken slightly, but the problem was, I couldn't stop thinking about it.

I was constantly drinking water, thinking it might be dehydration, but 3 litres later - no better.

It must just be a mix of the lack of Caffeine and detox affects. Needless to say, I wasn't feeling great.

By 1pm, I couldn't take it anymore and resulted in taking a headache tablet. I am not happy about this, as it is putting chemicals back into my body, but within an hour, I was overwhelmed with relief as the headache finally dissipated.

Moving forward, I am hoping that the caffeine withdrawal symptoms will also go, along with the detoxing symptoms, so am hoping not to have to take another again.

We'll see.

Not the best Day 2, but positive thinking for tomorrow.

Lemonade Diet - Day 3

Today I woke and my head was surprisingly calm.

It is so nice not having a headache - I felt like I had much more energy and positivity in me, which is great.

I found myself craving food today.

Just thinking about eating something, anything other than drinking the lemonade. It's

weird because I would usually crave chocolate or alcohol, but today an apple would have sufficed. Strange.

I would love for that to be the way my brain usually craves food - It makes me want to plan my post eating habits to be as clean as they are now, so this form of craving happens more often. However, I really only want to do this cleanse for 10 days and then return to eating a normal, healthy diet.

By the afternoon, to my dismay, my headache slowly crept back. I was determined to not resort to a tablet though, so have ridden out the pain, until now.

Still drinking my water and massaging my temples. Fingers crossed it shall ease off soon. Going the majority of the day without one though, is definitely an improvement.

Let's hope tomorrow I can go the whole day.

Lemonade Diet - Day 4

Today I woke up really tired. I didn't rest well last night and getting up to do my SWF was a challenge. No immediate headache upon rising though, so thumbs up!

I found myself thinking about food again. Planning my soups for my easing out day, not sure if it's best to try and block the thought of food out.

My sense of smell has increased tremendously. I can smell cooking BBQ'd sausages from the other side of Australia!! Lol - It's amazing when you think about how all the normal food you would consume regularly, blocks these senses... It's not right, you should be able to smell this well all the time.

One bad thing I did today though... I sipped a bit of maple syrup from the bottle on it's

own. O my lord that sugar rush hit the spot. It was bad though, because I just kept wanting to go back for more and I know 'drinking' pure Maple Syrup is bad... All of the calories.... Eeek!!! I can't get into that habit, but its soooo good....

This is my usual ""I want chocolate and cannot control myself" inner child coming out in me.

Must fight the urge in future!

Lemonade Diet - Day 5

I woke this morning feeling like a million dollars!!!

I had so much energy, literally my alarm went off, I opened my eyes and I was up and in the shower.

My headache has 100% gone, not even a rumble today - I am soooo happy!! I am caffeine free!!!

I vow now to never drink coffee again. It is just too much pain to go through each time, it's just not worth it. I am Caffeine free now FOREVER.

A revelation to say the least.

It also means that my body has eliminated a fair whack of toxins from my body too, as I said in another post, i'll do a PH test soon to see how my body is fairing up with this process.

I put myself in the sun today at lunch time. I work from home during the week, so just stripped off and laid by the pool out the back. I must have only been there for 40 minutes and phwoor, was I exhausted - A lot of sun is not welcomed through this Cleanse. I can imagine that it dehydrates you quite a lot.

I got in, downed a litre of water and I was fine.

Another lesson learnt.

Lemonade Diet - Day 6

Well this morning I was up a half an hour before my alarm - did my SWF and was in and out of the shower before 6am - well happy :)

Yet again, no headache - sheer bliss.

So, the office. The first thing I see, as I open the door, is a huge bag of crisps sat on the cabinet right next to my desk - I thought, ""Here we go"".

I just decided to go tunnel vision and focus on my work.

On a Friday, we have a local market that opens up, I made an excuse about being busy, as not to visit, but a lot of my Colleagues did decide to go.

It was consequential to this that by lunchtime, the crisps had gone, but were replaced by a huge pile of about 20 Jam Doughnuts, OMG the smell!!! - They were warm and sugary and my heightened sense of smell was doing backflips. I knew I wasn't going to eat one, but the want was unbearable.

Again, I walked straight passed and ignored them for the rest of the day. I could have cried.

Then came 3pm (Beer O'Clock on a Friday) before you know it, you're seeing glasses of wine and hearing the sound of bottle openers everywhere.

If I was offered a drink once, I was offered one a hundred times. Struth! - I had to get outta there!

By 4 O'clock, I was on the freeway on my way home and couldn't stop thinking about food.

I also knew that at 6:30pm I was expected at my bf's Mum's Birthday Party at a local Indian Restaurant. I honestly couldn't bare the thought of it. I had to come up with a plan. After speaking to my bf, we decided that I would tell a little white lie about having to attend a works conference and that i'd be eating there, but would join them afterwards. I figured that this way, I was still seeing Marc's Mum on her B'day, but didn't have to come up with excuses about not eating.

I passed on the Chocolate Cream Cake (It looked amazing!), but was yet again, so ready to get out of there after an hour of torture - It was an all you could eat buffet and the smells were immaculate....

I could continue with my story, but to cut it short - It has been a very hard Day 6 - I pat myself on the back that I managed to get through it without going clinically insane.

Now bedtime!

Lemonade Diet - Day 7

Another day down. I'm still loving doing these daily posts, it helps to stay focussed. Today I let myself down by not being prepared, but I am not going to let it get to me - I am going to forget about it and breeze into Day 8. DAY 8!!!! OMG, 3 more days to go.

Emotionally - I do miss food and buying my soups today helped me to feel normal again by having something other than lemons in the shopping trolley.

I wake up happy every morning, energised and without a headache. I feel so happy that caffeine is completely out of my system. I really hope to never get hooked on it again.

Psychologically - I am having the weirdest of dreams just recently. I am over eating and feeling sick. I feel depressed and like a failure. It's only when I open my eyes and realise it's a dream, that I am overcome with relief.

Is this weird? I do know that I need to develop a better relationship with food and I just hope this is the start to that.

i have my food plan for when I am back on solids. I am doing something called 'The Cohen's Lifestyle Plan' - has anyone heard of it?

I have been on it for a couple of months now and since this rash developed, breaking my plan and completing The Master Cleanse was so not advised by my consultant, in fact, she has no idea.

I weigh in, 2 weeks after this detox, so as soon as I've fully Eased Off, I shall be 100% back on my Cohen's plan.

For the first time on that plan - I simply cannot wait :)

x

Hey Karli,

The plan I am doing is in Australia, but I googled to see if there was a worldwide one. I found this .com one, but no address details, so not sure where these Clinics are located.

<http://www.cohensdiet.com/>

I could write up a lot about it for you, but don't want to overly 'Market' it on The Master

Cleanses website, so jump on their website and have a read on it :)

The plan isn't for everyone - but I have had great success from it and with me starting with such a poor relationship with food. I have found it by far, the best weight-loss plan I have ever done... and i've done a lot.

In total I have now lost 110lbs. This plan has helped me get through the hardest part of that journey.

x

Hey Melissa,

Thank you sooooo much for your post - You've made my evening :))))))

It is so encouraging to hear that my dreams may be a result in me finally winning my fight against food and that it is my subconscious way of making me aware of this.

I love how you related it to AA's teachings - I wish they did an overeaters anonymous meeting or something here I could go to. They might actually do them, i've never even thought to look it up - lol.

You made me laugh about the soups. I had to freeze mine, so I didn't sleep walk and wake up with a spoon in my mouth. Hahaha - it's so funny how our minds work hey?!

It's been so great experiencing this journey with you guys. We are all very awesome people and I really hope that our banter has helped lots of others too.

Thank you so much again.

Take Care.

x

Lemonade Diet - Day 8

After my little lay in this morning, once I woke after my dream and to eliminate the SWF, I did actually try again to go back to sleep, but I just couldn't. My bf was laid there, mouth open, snoring like a trooper - but I just had to get up and about.

...Believe me, this is not me. I am just overwhelmed with positivity and energy at the moment. I never want it to end.

2 more days to go, I have loved counting this down and am still as excited as I was on day 5 about Easing Out.

Still no caffeine headaches - I tell you what did happen today though.

Whilst cooking my bf's lunch, I cut open a bag of frozen peas and managed to completely and utterly slice my finger open.

O my days! I thought I was going to die. Marc was out at the shops, so after grabbing a tea towel and squeezing my finger to stop the bleeding... I tunnel visioned and was so close to passing out.

Stitches and a bandage later, I am fine :) - I just have a very numb arm.

Needless to say, this horrific episode gave me a headache and my hand was throbbing.

The doctor offered me a pain killer and after 2 responses of ""No Doctor, my body is a temple"" (LOL) I had to give in.

I am now a little depressed with the Paracetamol currently in my system :(

So yeah, that was my highlight of the day! Very pleased I didn't 'drink' the maple syrup today.

2 days to go, 2 days to go.....Bring them on!

Lemonade Diet - Day 9

Well today I was absolutely tired to death. I was up all night because of my finger and the painkillers I took yesterday left me waking with a really bad headache - So not the greatest start to the day. Just proves how bad painkillers are to your body.

On a brighter note, I bought my Organic Oranges today... Yay!!

I shall also take my soup out of the freezer tomorrow. I have never been so excited about eating healthy food before in my life.

This is truly one of the best journey's I have ever made.

I am so happy I decided to do this Master Cleanse and very proud of myself for having the will power to see it through. I shall most definitely promote it to friends and family after I have the experience to share.

I know it is difficult to talk about it currently, but that is because I am living it and will be better prepared to defend it after I have my experience I can utilise.

I cannot believe that tomorrow is Day 10... 1 more SWF and 3 more Lemons to go....

I'm a very happy girly.

x

Lemonade Diet - Day 10

Well, what a relief. I am so proud of myself for deciding to do this and seeing it through to the end.

To say it has been easy is completely inaccurate. It has been hard, especially the first few days and getting through my caffeine withdrawal and detox symptoms, but in the long run, it has been so worth it.

My mind is calm and positive, my body is relaxed and energised – I have never felt like this before in my life and it is amazing to think that 4 simple ingredients can have such an impact on your body and your life.

Thank you The Master Cleanse.

x

Ease-Out - Day 1

What a journey! I still can't believe that we did it. I really don't want to ever fall back into my bad habits again - If I can do this, I can do anything. I truly believe that now.

After my detox symptoms went away, every day got easier and easier and it reached the point where I was rising in the morning on top of the world. I don't think that anything has ever made me feel so positive about myself before. It has been amazing!

I almost want to experience more of this type of life. The healthy body, healthy mind, healthy lifestyle. I want to meditate and do yoga and help others find their inner

happiness.

One day.

Firstly, I need to ensure I can maintain this change in my life. My mind is in the right place, now, lets focus on living it.

I'm REALLY looking forward to my soups tomorrow. I am craving carrots and bananas!

CARROTS and BANANAS?!?!? - My mother would pass-out if she heard me say that!

What a change.

I will post on EO Day 2 and 3 and then that's it from me.

Thank you for everything.

Ease-Out - Day 2

Emotions everywhere today. I woke up in a brilliant mood again and full of positivity, I was so excited about having my soups and for the first time, I felt in control of everything.

My psychological feelings are the best they have ever been. I am more relaxed and more in tune with my body. I know exactly how my body is feeling and I have no pain (Other than on my face) anywhere in my body - This must be a first too.

Not one headache since when I started. I am a happier, healthier and more alive person.

It was only when my skin flared up, that things started going downhill.

It just really gets me down. I have proved that there must be something I am eating that triggers it. I will probably need to get an allergy test done, to eliminate things that way.

I shall be extremely careful with what I eat tomorrow and if there's no luck... I may even be back on the Lemonade by the weekend :)

x

Ease-Out - Day 3

I love that I was capable of completing this right to the end and thank you to everyone who helped me along the way.

The Master Cleanse did everything it promised it would do for me and I thoroughly enjoyed the experience.

I will definitely be doing it again. I am going back to the UK at Christmas to see my family for the first time in 4 years since I moved to Australia and can imagine I shall be overindulging ever so slightly, whilst I am over there (My family are feeders!!!) Lol - There was a reason I reached 120kg back in the day.

This is the first time they shall be seeing me, since I lost my weight, so am certain that although I have given them access to a few photographs since, they probably still won't recognise me :) - i'm looking forward to that, as I am very proud of myself also.

With this said, depending on the day we arrive home - I hope to be back in time for the Spring 2013 Group Cleanse. This is something I really want to get into the routine of doing every 3 months.

I have learnt that I don't need anything other than natural, healthy produce to help me wake up in the mornings and feel like I can take on the world.

This has been an amazing journey and here's to me becoming a 'Novice' Master
Cleanser!!! ;)

Take Care,

Liz

x

Weight Loss & Physical Effects

Lemonade Diet - Day 1

I am not doing The Master Cleanse purely for weight-loss purposes.

I have recently gone through a very clean eating plan, which I have, in total - over the space of 12 months, managed to lose 50kg. I feel like a brand new person for losing it and this will hopefully be the icing to my journey.

Just recently I have developed a bad case of eczema on my face. I first thought it was an allergic reaction to a type of food, but for the life of me, can not work out what it is.

Depending on how I decide to reintroduce food back into my diet, I am hope that the detox will help aid in the isolation process of this food type.

To be honest I do still have another 10kgs to go to be at my optimum BMI weight, but the eczema is the base to the reason for me doing this Master Cleanse and if I do subsequently lose my last 10kg, then this will merely be a bonus for me.

Throughout the process I am not going to weigh myself, I prefer to measure my body and record cm loss - I find this as a much more rewarding process, plus I know that after the cleanse when we start reintroducing food, some of the weight will inevitably return. So, I am hoping that my measurement process will help with this deflating element.

I will update you daily on my results.

Speak tomorrow.

Lemonade Diet - Day 2

I took a photograph of myself compared to yesterday and there's no major difference, in fact, I probably look a bit bigger. I know this is definitely a better way of measuring my weight loss than weighing myself though, so shall keep going.

I do know what I weighed before I started this detox, so by day 10, I will jump back on and let you know just how much I have lost in total, but as stated before, the reason for this detox is to hopefully clear up my skin.

Today, the rash seems to have quietened down a little bit and is less sore. Still quite dry and itchy, but much better than yesterday, so we are heading in the right direction :)

I do feel lighter in myself today too and believe that the morning SWF is beneficial to clearing out your excess water, which must help with bloating - So, i'm happy about that.

Fingers crossed I look a bit slimmer tomorrow.

Lemonade Diet - Day 3

Yay, the photos look so much better today.

You can definitely see that my stomach is flatter, but also that my legs look slightly slimmer too.

I really, really hope this detox is stripping off the fat and not just water from my body. I would love for this to be the start of a healthier weight, that I can continue to build on after the Cleanse and that won't pile back on, as soon as I eat a piece of fruit.

You hear so many things about detoxing and when doing my research before deciding to start The Master Cleanse, the internet almost makes you have to accept that you are going to put the weight back on.

Although, this for me, is not for weight loss, it would be lovely to think that it is possible to keep the weight off if we continue to be wise about our food choice afterwards.

If anyone knows of anyone who has been able to keep the Weight off after The Master Cleanse, please let me know - Hoping to get some inspiration.

Thank you :)

Lemonade Diet - Day 4

Happy that my photos look even better today :))))))

I take them after my first bowl movement, so it's probably the slimmest I will ever be in the day. Also, after all of my, 'not going to weigh myself' malarky... I only went and jumped on the scales...

WHY??

I was 5kgs heavier than I thought I was... Gutted, so yeah 15kg to go now before getting to my ideal weight. (That's 33 pounds) - That is a lot actually when you think about it - 2

stone. My goodness, I need to start focusing on it a bit more than I initially thought I did. So, here's to some weight loss after all :)

I've just got to keep thinking, with healthy eating and healthy living, your weight will drop automatically and that I shouldn't stress about it.

Also, taking about stress, my rash has gotten O so better!

After reading Mike's frequent emails, the detox effects to this cleanse are known to bring you out in acne and spots, so to see my face clearing up is a really positive outcome for me.

I've still got some way to go yet though, so fingers crossed.

Lemonade Diet - Day 5

Well, after yesterday weigh fiasco, I am determined not to jump on the scales for a while. It really depresses me. I hate thinking about my weight, I don't like getting obsessed with it and that's why I chose to do this Cleanse for my face.

The sun today really flared my face up, I obviously didn't use enough sun cream, but it was not any worse before that, so I still think this cleanse is helping.

I have noticed that it has spread to my forehead though and a tiny bit on my hand. It might even be an infection and not an allergy then... Who knows.

One things for sure, the photos looked even better. The size is going from my legs now. The cellulite looks a lot smoother and my hips look more toned. Wow... Loving it.

So excited to compare day 1 to day 10 - If there is a way we can upload photos onto here, I

will do, if it's good enough lol.

x

WOW!!!!!!!

They are AMAZING results!

By day 10 you'll be half your original weight! Lol - well done.

Sometimes I think leaving the weighing in process as long as you can, gives you a much greater sense of satisfaction.

So pleased for you!

Lemonade Diet - Day 6

My face is still recovering from too much sun yesterday. I am hoping that the flare up will die down soon, but after finding out how burnt my tummy and legs are, it's probably sunburnt too.

I took more photos today and they're still looking good.

My big butt is shrinking still. I've not weighed in since my horrific reality check, but after reading Marian's update - I am so tempted to hop on. I might just do that tomorrow.

So, yeah, I have a final aim of dropping 15kg and am really not sure how much is to be expected through this 10 day Cleanse. I have been having quite a bit of extra Maple Syrup, so the calories in that won't help, but we'll see.

If I can drop 10kg, which is roughly what Marian has lost in 6 days, I will be over the moon.

Fingers Crossed :)

Lemonade Diet - Day 7

Today the rash is heaps better. I do not wear make up at the weekends, so that has helped with the sun related flare up. I am not seeing any other patches of eczema related marks on my body, which was expected as I detox. In fact, I had a bit on my arm and forehead and both of those little patches have completely disappeared.

You know, I would love to be able to stick to this cleanse for as long as possible, I really would.

To see how healthy my body could get and how much happier I would feel about myself, it's just mentally and emotionally, I need to learn how to eat and Cohen's was helping with this so much - I really must get back on plan as soon as possible.

Weigh in - I actually took a mindless hop on the scales. I kind of squinted with one eye and didn't look out of the other when I peaked down. Lol.

Down 2kg(4.4lbs) in 3 days. Not the greatest of results. I worked out the average and it means that if I continue this way, in total I could potentially lose 6.6kg (14.6lbs). I suppose I can't grumble, I just hope I don't put it back on afterwards.

My photos don't look too much different from yesterday, but I will continue.

Lemonade Diet - Day 8

After reading everyones posts yesterday, a good section of you have plateaued weight

wise and for some this has been a bit demotivating, which I can imagine. All i'm thinking is that it must be a common thing on days 7 & 8 and to not let it get you down. Stay positive and focussed.

It kind of does make me a little relieved that I decided not to weigh myself everyday, as I of all people can get extremely hooked up on the scales.

Like you Marian, I would jump on in the morning, afternoon, evening and even in the middle of the night when i've gotten up for the toilet - It really is unhealthy and the number on the scale does not represent your actual fat-loss, so try not to let it worry you. You are much better off measuring yourself or, as Karli did, try on a piece of clothing. Be it a new one you have bought a little smaller, or one of your usuals that will suddenly feel a lot looser on you.

Scales are evil!!! Lol.

Today, the rash on my face is actually nearly gone!!! Eeeek!!! It has kind of scarred my chin a little though as the pigment of the skin has darkened slightly. I do hope that goes in time, but yeah... I am over the moon.

I just hope I can maintain it and if it was an allergy to some food type, I can identify what that is as I begin my clean eating plan after Ease Out.

A brilliant result!

x

Melissa, where did you find that info on Ease-Out? Was it FAQ?

Lemonade Diet - Day 9

Today, I forgot to take my photos :(- i`m not too bothered though, because just recently, the visual changes in my body have been very minimal.

I will take a final photo on Ease-Out Day 1 and will compare it to Day 1 of the Lemonade Diet.

I shall also jump on those scary scales. I really don`t like scales and would easily not look at them again ever if I didn`t have to. Lol, but needs must.

My face is still 99.9% better, as I said minus a couple of minor scar marks, I am extremely satisfied with my progress.

i never thought that this Cleanse would thoroughly help clean it up, but am so pleased it has. I just hope it doesn`t come back, as I re-introduce foods.

I must be very careful.

One Day to go! :)

Lemonade Diet - Day 10

I decided not to do a weigh in or to take photos again today.

I want to do it all tomorrow, first thing in the morning.

I shall firstly take my photo`s and then jump on those scary scales.

A while ago, I was advised that when jumping on the scales, to only stand on them the once.

What I got into the habit of doing before was; standing on them, holding my breath in (lol) looking down, then, getting off, getting on again, then moving them to another area of the bathroom, on them again... so on, so on...

This is apparently very unhealthy and where ever you decide to weigh yourself in your house, to always stay in the same place and always only ever get on the ONCE.

That way, it's fast, painless (hopefully) and a lot more to the point.

("That is my figure and that's the end of it today")

Anyway, just thought that i'd share that with you today :)

So, yeah. I feel really great. I look a lot slimmer, probably the smallest I have ever been before.

So, I know I have lost some, but we'll see tomorrow actually how much!

Ease-Out - Day 1

Drum roll please... Lol.

At the beginning of my cleanse I did not want to focus on my weight loss, I just wanted to improve my skin.

My skin is not quite, but nearly perfect! :)))) I am very happy to say that, all of the redness around my nose and chin has disappeared and I am the happiest I have been in a long time.

Weight-wise - The Ease-In on the day before Day 1 of the Lemonade Diet, I weighed 72.5kg (159lbs) and this morning I weighed 67.5kg (148lbs) So, I have lost a total of 5kg which is 11lbs. Now, I know that is not a huge amount, but I am happy.

I am hoping that I can continue now with my healthy eating and not put it back on, but I wouldn't be surprised if some of it does go back on.

Either way, the Cleanse has been a success and I am extremely pleased that I completed my Journey.

x

Thanks Karen - You too :)

Ease-Out - Day 2

OOooo, today, not the best of reactions... My face has flared up again.

It might have something to do with the soups??? or the different fruit?

I didn't expect for this to happen, so there are a couple of variables.

What a pain in the bum! - It's really itchy and has spread all over my forehead, probably the worst reaction I have had.

I did some research and have diagnosed myself with Perioral Dermatitis. I have some coconut oil which I am going to use to sooth the irritation, but, yeah, it's really bad. If it gets any worse, or more uncomfortable, I shall go back to my dermatologist.

I didn't weigh myself today, but I certainly feel bigger after a day full of actual food. I will probably leave it for a bit and re-focus on my skin. I just hope that I can get this under control soon.

Ease-Out - Day 3

I am pleased to say that the dermatitis is not so red and angry today. The Coconut Oil seems to be working quite well. I have also started taking all of my vitamins again and a probiotic. So, these combined are hopefully making me better.

Apparently this is something that shall never go away, but something that can be triggered by all sorts of different things; Spicy foods, the heat, stress, dairy... So something I am going to need to spend time on and learn about.

I just wish that I didn't look like someone had just smothered strawberries over my face each time it flares up :)

Weight-wise, I still have a flat stomach, but can imagine i've put a few lbs on since Day 1 of Easing Off. I'm not too bothered about it to be honest. I am more interested in being happy and healthy and in control of my eating habits.

I know this is something that will not happen over night, but something I need to work on everyday. I look forward to learning new things about food, health and the world.

Life is a beautiful journey.

Detox & The Salt Water Flush

Lemonade Diet - Day 1

Well, this was a very interesting experience.

As I really don't like the taste of the laxative tea; the night before, I decided to go with taking a quarter of a teaspoon of Magnesium Oxide in a small glass of water, I thought i'd see how I go as I don't usually get any cramps with that and to be honest, it worked really well alongside the SWF.

I woke up early to do this. I was sure i'd bought Sea Salt, but after examining the packet, it turned out to be Lake Salt. Considering it was all I had, I figured it couldn't be too much different, so gave it a go.

I mixed itbbsp with a litre of warm filtered water and mixed it in a protein shaker then, without too much thought, downed it!

Lucky for me, I don't have too much of a gag reflex, so forcing my mind to believe it was soup, and 2 breaths later, I managed to get the whole thing down within 60 seconds.

I felt really full and decided to put myself back to bed for half an hour. I lied on my right hand side and could hear it doing its magic in my stomach.

About 20 minutes later, I couldn't hold it any longer and sprinted, quite uncomfortably to the toilet.

After only drinking Orange juice the day before, the whole sensation was, to put it mildly, a loose sensation. I only made 2 trips and that was it for me, for the whole day.

Pleasantly surprised how simple the process is. Not something I am excited about for tomorrow, but i'll repeat and let you know if there is much of a difference in my reaction.

Until then.

Lemonade Diet - Day 2

Last night I remembered to take my Magnesium Oxide, instead of a laxative tea and woke this morning at 5:30am and drank my SWF.

Easy-peasy :) Got it down within 60 seconds again. However, I really don't look forward to it. After I have mixed it together, I find myself standing there and staring at it for a few seconds before beginning to drink it. I feel as if I mentally have to prepare myself before drinking it, as it is so disgusting.

After watching my other half try to down one and throw up multiple times yesterday, I am actually quite proud of myself for being able to do it so well.

I went back to bed and half an hour later, I was ready to go. Again, it only took 2 visits to the bathroom. I was happy and I felt clean.

I plan on doing the SWF everyday for these 10 days, as I find it helps me to focus on starting a fresh each day and washing out the past. What ever it takes to get it down me hey?

Here's to tomorrow.

Lemonade Diet - Day 3

Today, the SWF seemed a lot more pleasant to the taste. It didn't gross me out quite as

much... However... with that said, it took AGES to work!!

I started to worry that it wasn't actually going to work.

I had put myself back to bed, laying on my right hand side for nearly an hour, my stomach didn't make one single noise.

The thought of all that salt in my system, put me on edge.

I realised that I couldn't have used enough Salt.

After getting out of bed and having a walk around the house though, I managed to get some movement.

Relief:)

So tomorrow, I will ensure that I use a full Tablespoon of Salt - I really don't want to have to wait that long after waking up again before I can have my first drink.

Learning every day.

x

Awww, so pleased that I was able to inspire you Marian.

This group forum is really helpful hey?... It's nice to see others going through exactly the same problems and issues that we are.

I hate the SWF also. I am going to do it every day, but everyday, i'm going to hate it! Lol -

Let me know how you get on with it :)

x

"Oh my sides Marian... You make me laugh ""Butt-Pee""!! LMAO x"

Lemonade Diet - Day 4

Another day, another Salt Water Flush. Lol - I think i'd shoot myself, if I had to do it everyday for the rest of my life. Hahaha.

The agony is short lived mind you, I think as i've said before, it's just the mental preparation that I need before I begin gulping. Within a minute though, it's gone, which is good.

Today after I had drank the whole litre, I thought I was going to burst... Literally, I struggled to walk back to the bedroom. My stomach is definitely shrinking, it must be as I never had a problem before.

As I laid down though, the fullness soon wore off - so that was good. It seems to be working faster for me now too. The feeling that my whole colon is fully cleansed is a lovely thought.

As much as I don't like toilet-talk... Lol - I am passing pure liquid now, not an ounce of solid and it's bright yellow!!! Lol - as funny as it is, it's good right?!

Definitely doing the job :)

After reading all of your posts, i'm considering doing things a bit different like, warming the water up, or doing a shot of mega strong Salt Water followed by the rest of the pure water - If the later is easier to do and works just as well, I might consider it.

Do you guys pass the whole litre doing that, do you reckon? ... Very interesting.

Anyway, I look forward to tomorrows nasty routine.

x

Whoops... I meant (Lemonade Diet – Day 4 ...) - Stupid copy and paste and my mindlessness.

Lemonade Diet - Day 5

Blurgggghhh, am definitely never going to get used to this.

I tried to not think about it today.

Just got my litre bottle of water, added my tbsp of Salt, gave it a shake, poured it into a glass, closed my eyes and immediately drank it.

I find that drinking it from a glass, instead of drinking it out of a bottle helps to tip more to the back of your throat, without touching your tongue. Less likely to heave and having bigger gulps gets it down you quicker.

Afterwards, I yet again felt completely full and heavy and uncomfortable, but like yesterday, it's going through my system so much faster and i'm spending less time in the morning worrying about it.

5 more days to go and we're done.

Do we have to SWF throughout Ease Out??? Anyone know?

Speak tomorrow.

Lemonade Diet - Day 6

This morning, I had to go into the office first thing. As I have made it a ritual to do a SWF

everyday of the cleanse, I was determined to get it in and out of me as soon as possible. I only have 2 hours from the moment I wake up, to the second I leave the door, so couldn't faff around too much with toilet business.

I woke an extra 15 mins earlier than I would normally to drink my salty concoction. Went back to bed for 10 mins, as I felt like wobble from 'Playdays', but then got up and jumped straight into the shower.

For some reason, although I feel the drop in my stomach and know that if I tried, I could go; I wanted to leave it as long as possible, just to try and let it build up inside me to hopefully lessen the visits.

It worked well. 2 visits and I was out of the door and didn't go again at work.

I might try that more often.

Only 4 days to go though :))))))

x

O here-here Marian!!!

Thank goodness.

I wonder when after eating solid foods again our digestive systems will start functioning normally without the aid of a laxative, as I assume we'll still need to do that in the evenings??? Hmmmm....

x

Lemonade Diet - Day 7

Well there's not much more I can think of to say about the SWF process.

This morning I woke and completed the ritual at 6:30am and by 7:30am, I was done. The taste is now a lot more bearable. I do it in 2 breaths, so drink half of my litre before coming up for air... Wait for 20 seconds and finish it off. The last drop is always the worst as it contains the settled undissolved bits of salt - Yuk!

I found that the colour of the 'reaction' was a little darker than usual - I can only imagine it is because I have been having too much maple syrup. I plan on upping my water consumption tomorrow and see if that makes a difference.

3 more SWF's to go - Cannot wait!

Lemonade Diet - Day 8

2 more SWF's to go :)

Today, I was quite tired when I initially rose, so got up to do my SWF and once finished (Before my first bowel movement) I went back to bed and actually fell asleep.

I couldn't believe it myself, but I must have had a disturbing dream, because I woke with a jump. After checking the time, I had fell back to sleep for an hour and a half.

I couldn't believe the SWF didn't wake me. As soon as I stood up though, I had to go straight away.

It's nice to know that my body can naturally control it's automatic urge to expel. I mean in fairness, I really should have 'wet' the bed... Lol and I am lucky I didn't.

So yeah, something a little different that happened to me today.

The SWF was again really easy to get down, I don't even think about it now. I just drink it. The taste is bearable and if it wasn't for the sheer volume of water you consume as you drink it, it would actually be boarder-lining pleasant ... and I mean really boarder-lining - a tiny bit. Lol

Lemonade Diet - Day 9

Another easy SWF morning :)

I really do believe that this works so much better than taking only a laxative would.

I feel thoroughly cleansed every morning because of it.

I know some people have spoken about also taking psyllium husks.

They say it thoroughly brushes your colon through, but i've never tried it, does anyone know much about it?

However, for the purpose of what we are currently doing, I do believe the SWF will completely suffice.

I know I have asked this before, but is it worth continuing the SWF throughout our Ease-Out days? Should we stop to re-engage our natural elimination process?

I have read, I believe, as much as I can about the Ease-Out process, but no-where have I seen anything about discontinuing with the SWF.

Any advise on this would be highly appreciate.

x

Lemonade Diet - Day 10

I woke earlier than ever to prepare my last mandatory SWF.

As I shook the bottle I thought to myself, “Will I actually miss this process?” – Well, to be honest, I loved the feeling of the SWF actually cleaning out your whole colon and as the process went on, the faster it had an effect on me. So, unless when I start back on solid foods, my bowel movements are regular and uncomplicated, then yes, I suppose I shall miss it.

I don't plan on doing the SWF tomorrow morning, but we'll see how I go.

I have never felt as clean and pure as I do right now, so am very pleased with myself for getting this mixture down me every day.

My bf simply couldn't believe it. He tried to do it the once and said that I deserved a gold medal for continuing with it every day.

I'm looking forward to my oranges tomorrow.

I will drink plenty of water too, to ensure that I flush any fibre contained in the oranges through me. I shall also take my Magnesium Oxide as usual tonight to help me go to the toilet without the use of the SWF.

Wish me luck.

Ease-Out - Day 1

When I woke this morning, I decided not to do the SWF - I still had the Magnesium Oxide the night before, so hope that my bowel would move itself.

Come 3pm though and a day full of Orange Juice, I still hadn't had any movements. I tried a Herbal Green Tea, as I thought the heat might help, but nothing.

So, by 3:30pm, I was making my SWF.

Now, I have to say, after 10 days of doing morning SWF's, this was by far my hardest attempt. For some reason, because I was doing it in the late afternoon, I really struggled getting all of it down as quickly as possible.

Not sure if it was because I had been drinking all day, but definitely the biggest challenge of my journey.

Eventually, after 5 mins it was done! I seriously had to lay down though, because if I thought I was full in the mornings before, this was a brand new experience.

It took 2 hours to work!!

The longest ever - but I am pleased to announce that it did work and I felt 120% better afterwards.

I didn't think at the beginning of this Cleanse, that I would have to 'wean' myself off of SWF's lol.

Let's see how tomorrow goes.

Ease-Out - Day 2

Last night, I again had my magnesium Oxide and come 2pm, having yet again, no bowel movement, I decided to repeat yesterdays actions and do a SWF in the afternoon.

It was once again, extremely hard to do at this time of the day and took a lot longer than when I was drinking the lemonade to work, but it eventually did.

The process wasn't as pleasant as other occasions and I realised that it's probably not the best thing to do on a full stomach of food - So, come tomorrow, even if I haven't had a

bowel movement, I am not going to SWF - I am going to give my body a chance to act naturally.

Maybe the food needs to build in my stomach, before it expels anything.

We shall see.

Today is therefore my final and last SWF - until my second journey :)

Ease-Out - Day 3

I decided that I wasn't going to do a SWF today and was going to let my body expel its waste on it's own.

I am still taking my Magnesium Oxide in the evenings. I treat that more like a supplement anyway, it just happens to help in the nether region too :)

What I was maybe thinking about doing for the future, was for every Sunday to maybe do a Lemonade Day regardless of what plan I am following.

I thought it would end up the week gone quite well and also give my digestive system a chance to rest up for the week ahead.

I then figured that come Monday morning, I could do a SWF to start the week off.

Does anyone have a opinion on this, or do they know anyone who routinely does a Lemonade day every week? I've heard of people fasting one day a week for health reasons, but not heard of anyone do a Lemonade day. It can't be bad for you, can it?

Anyway, that was just a passing thought moving on into the future.

So, it's nearly time for bed and I still haven't been to the toilet - I must have faith, eat

plenty of spinach, eat an apple and drink plenty of water to hopefully get things moving for tomorrow.

Fingers crossed.

x

Support from Family & Friends

Lemonade Diet - Day 1

This is a topic I am quite passionate about.

Unfortunately, when I moved to Australia, I left my family back in the UK, so I don't have family I can discuss this with. In a way, this makes me feel more independent and in control of what I am doing - but when the going gets tough, I will need to speak to someone for support.

During this cleanse, as much as I would like to make the journey with my other half, it is at this stage in his life, not something he would mentally be able to do - He is strongly into his fitness and doing intense workouts each day means he needs to keep his protein and calorie intake up, so at the moment, it is not for him.

However, I do expect his support with my journey. It is hard for him to understand the benefits of detoxing, he would much prefer it if I was to eat normally, but up my exercise routine, so although he has agreed to support me, I know it'll be difficult for him. We will see.

As far as work colleagues go, usually I would make them aware of what I am doing, but in the past have been confronted with a lot of negativity and the questioning of my 'need' to cleanse. I know that it is majorly down to their understanding, but at the moment I have decided not to tell them. This shall probably change, but I need to get my head around the process before I can begin to answer others.

We'll see how I go.

Take Care,

Liz

Lemonade Diet - Day 2

My other half is very proud of me for being so in control the last 2 days. I am quite shocked myself, but he would find this challenge impossible to stick to.

He has been helping me prepare my concentrate and is sitting down with me to eat his dinner whilst I drink.

I know in a way he is envious of me actually being capable of doing this.

He asked today if he could maybe drink the drinks as well as eating and if it would have a similar detox affect - I had to laugh at him - bless. He just loves his food too much.

I still haven't told my friends or work colleagues, but didn't go into the office today. I had to buy more organic Lemons today, so told the Health food specialist I was doing it and she sounded really positive and enthusiastic, so that felt good.

I'm happy that I can get through this with little support, as it does help me feel in control of my eating and improving my relationship with food, is defiantly what I need.

So, having Marc there for a bit of support when I need him, is all I can ask for.

Lemonade Diet - Day 3

Once again, my bf has been a little darling. Asking if he can help with anything and not

eating an unhealthy diet himself whilst I am going through this.

It's almost as if he is trying his hardest to 'deprive' himself to try and imagine what I am experiencing. It's a journey I would have loved to have done with him.

I still haven't told any of my friends or work colleagues. To be honest with you, I don't think I will.

My work colleagues are far from the most supportive of people and can imagine them buying sweets and chocolate for the office, just to tease me.

If I phoned my family, I would expect them to say things like ""Why are you dieting? You don't need to lose weight! You'll make yourself sick."" - Again sceptical negative questions and comments, i'd really rather not have to hear, so... being a silent detox-er is definitely my way forward :)

Things might change, but we'll see.

Here's to day 4

Lemonade Diet - Day 4

I love doing these updates!

Reading everyone's comments is so encouraging.

As Marian said, I look forward to waking in the morning and seeing how everyone's day has gone. Being in Oz I am a bit ahead of you guys, so I post in the evenings and read the threads the next morning.

I honestly don't think I would have stuck through this journey if I didn't post on here

everyday. It's almost a form of motivation to stay positive, stick to the plan and not to deviate, because I wouldn't only be letting myself down, i'll be letting all of you guys :) Hehe...

I am really enjoying it.

My other half is still keeping me strong, taking my photos in the mornings and picking up some bits and bobs from the Health-food shop when I need them - I've also been temporarily let off of the ritual morning Dog Walk, so I can get my toilet business out of the way - Which is a relief.

So, yeah. Thank you so much for all of your support on here and it's good everyone keeps remembering to post. It's a chance for us to reflect on the day gone and to plan for tomorrow.

With that said, good luck for tomorrow guys.

Day 5 - we're all half way there - YAY!!! Not too long now.

x

Hey Marian,

I go through the same things huni - As much as my bf is being supportive, it's as if they want to blame everything on what we're doing - if I stubbed my toe it would be because i'm on a Detox! Lol - It's just them annoyed at not being on their way to achieving something themselves.

Try not to expect sympathy.

I feel the same sometimes, but at the end of the day - we are doing this for us and to make

us healthier and in the end, we should be congratulated and give sympathy to those who didn't have the willpower. We don't need sympathy.

Try and stay positive and in control.

We have done so well and haven't come all this way now to give up - We will do this. I'll ride it with you, all the way to day 10 :)

The best luck and speak soon.

Lemonade Diet - Day 5

Still on my own in the world.

I'm going into the office tomorrow AND it's my bf's Mum's Birthday dinner.

I am going to have to make up an excuse. They are having a meal at a curry house - O my lord - I couldn't possibly turn up and say thank you, but i'm not eating... O dear...

I'll work something out, i'm not too worried.

I have been healthy eating for a while now and they know I don't eat curry's so they may even expect me not to eat, but i'd still rather them didn't know i'm on a Cleanse. I don't want them to think i'm obsessed with my health. (Although, I suppose that isn't such a bad thing).

Where as work is concerned, I might tell them. After all I have to take my Lemonade in to drink and I won't be joining them for lunch, so we'll see.

I'm in the office Friday and Monday, so it's only 2 days to get through. That sounds so good to say - 2 office working days.... So excited to have achieved this.

I'll update you on how Friday goes - Fingers crossed!

Lemonade Diet - Day 6

So after seeing the crisps in the office this morning and being questioned whether my drink was an energy drink? - I decided to tell a couple of work Colleagues what I was doing.

I explained the process and said I was on Day 6 - My first response;

""6 Days without eating a piece of solid food?! - Liz, you are Crazy!"" - Why thank you May... Lol.

Apparently, she just could not deny herself food. Our bodies apparently need solid food to function properly and I am putting my body under undue stress.

So yeah, won't be bringing that up in the office again anytime soon. Lol - It made me laugh. I knew what they would be like, but wanted to give them a chance.

Ah well... At least I have my friendies on here to support me thoroughly :)

My bf is as happy as ever. I do like being around food (When it's not crisps, doughnuts and Indian Food), so have been cooking his evening meals still every night.

I have found myself putting a lot more effort into cooking and ensuring he gets all his veg and protein - This will make me a better, healthier person and I hope I can share that and inspire my bf with it.

Lemonade Diet - Day 7

Being the weekend, I only have the support of my bf and as Karli said yesterday, he does kind of get bored hearing about my Cleanse, but still supports me and helped me pick out some really big lemons from the Super Market today. Bless him.

He really does admire how I can go without food for so long and still happily prepare him breakfast, lunch and dinner. I like the smell. Half of the feeling is torture, but I love food and couldn't bare not being around it completely.

I still enjoy really all of you guys' daily posts, it's so nice to see how our experiences are so similar and some posts really do make me chuckle.

Again, without this support forum, I think my journey would have been a much harder one to make.

Hats off to Mr Olaski for creating it! :)

Speak to you tomorrow - Day 8!!! Woohoo!!!

x

"I know, it's sooo exciting!!!!

I'm definitely only doing the 10 days though huni. I just needed to reboot my diet and 10 days feels really sufficient for me.

With your little cracker incident yesterday... Oops! Lol, don't let it demotivate you though.

The only thing I can really think, is that because you have not set yourself a firm goal in stone, you are looking ahead and not seeing the finish line and I find that, sometimes not knowing your goal and feeling like a journey is never ending, can make the journey a little stagnant and then suddenly boring and as soon as you hit boring, motivation and willpower fly out of the window.

My opinion is, set a goal, work towards that goal and when the cravings and hunger hit you, you can address the sabotaging thoughts with ""2 more days left"" - (For example) - ""I haven't come all this way and have been so in control of my eating, to let it all be in vain"" ""I will not give in""

... and maybe, just maybe, it might help.

Not being able to see the finish line would certainly make it harder for me, so you might have the same mindset.

Give it a go, if I make sense... Lol

Lemonade Diet - Day 8

I'm going to miss you guys, it's like our little MC family! Hahaha....

I haven't really had much time to think about support today, as me and my bf have been really busy around the house and I have been cooking left, right and centre.

I really enjoy it and it helps keep me engaged with food.

I did get an invite today though from my bf's Sister. It is his Brother-in-laws birthday on Wednesday! (How did these events conveniently take place during my cleanse???) - NIGHTMARE!!

Well, after a long and slightly abrupt conversation with my bf, I can't back out of it - even though we've only been given 2 days notice.

It is at a restaurant called Grilled. Which means Burgers and Ribs and Steak and Chicken and the sweetest smelling sauce aromas in the world.

I shall be on my Ease Out Day one, so have decided to accept the invite, but make her aware that I won't be eating. I said I would explain it on the day, so if anyone does decides to be negative and try putting me off; before it has a chance to sink in, I will be on Ease Off Day 2 and reintroducing whole foods the following day.

I will just have to ride through the night - Wish me good luck.

Lemonade Diet - Day 9

Today I am still not happy about going to a family dinner in a couple of days and not eating AGAIN... I am worried they'll think i'm strange.

I got away with it last week, because I faked a works conference and turned up late, saying that i'd eaten there.

So, with not eating again, I'm either going to have to admit I was lying before, or say that i've just started a cleanse or come up with a brand new excuse...

I should have just been honest with them from the beginning. If i'd only known that this 2nd Birthday was coming up, i'd have been a bit more tactful from the start. Lol - Ah well, i'm sure it will be just fine.

I'm still enjoying cooking the families dinners and lunches. I can't wait to finally be included. I think that my bf is excited for me too. Lol.

Not long now.

Lemonade Diet - Day 10

Today I have been in a really good mood and it kind of rubbed off on my boyfriend. I think he is pleased also about me being on my last day and is looking forward to us both cooking meals together as from next week.

He has been extremely supportive throughout the last 10 days and has been healthy himself this week and we both feel the best we have in a long time.

I do hope that this feeling continues for the next few weeks if not longer. Maybe this is the beginning to a brand new life for both of us? I certainly have a new concept to eating, listening to my body and the type of foods I want going into it – I am so pleased.

Then there is my little family on this forum.

Where has Marian gone??? - Come back... I hope she's okay.

Thank you so much for all of your support and help. It has been a privilege doing it with everyone and I hope everyone has benefited as much as I have throughout this journey.

I will continue to update throughout my Ease-Out process, but thank you for getting me through the toughest parts of the last 10 days.

x

Awww Kim - you are welcome and thank you too!

We did brilliantly :)

x

Ease-Out - Day 1

My bf helped me peel my oranges this morning and he was helping me measure out my 2 x litres. He has been extremely supportive throughout all of this.

To be honest, because it has been so simple, it hasn't really got in his way and because I have still been able to prepare the family meals without crying over his mashed potatoes, it hasn't interrupted our day to day life.

Marc has recently come down with the flu (I feel no symptoms what so ever at present, which is good), but this meant that the Birthday meal last night we declined going to - I WAS SOOOO HAPPY!!!! It just meant that I never had to tell any family member at the time what I was doing.

Because I have had such a good experience on The Master Cleanse, I now have the confidence to tell anyone who asks, how much good it can do to your body, your emotions and your health - So, I bring on the questions and the negativity :) - You try bringing me dow, it wont work.... Lol.

So, yeah. With thanks again to this forum, the support on this Journey has been brilliant and everyone here has done so well and we should all be very proud of ourselves!

Here's to the next time...

Ease-Out - Day 2

When my face started getting uncomfortable after mid-day today, I started feeling down about it and this had a knock-on affect with my bf.

He is still sick with the 'man-flu', so couldn't really let himself be as supportive as he would have hoped to be. He helped me do some research on the reactions my face was

going through, but I was knocking myself down quite a bit.

He is still extremely proud of what I have accomplished and did keep reminding me, that if we cannot get control over it soon, I can just jump back onto the cleanse, which is true, I suppose - so, he is thinking in the right spot.

I still haven't told any friends or family. I just wanted to be happy and enjoy my day of food today - the time will come where I shout from a roof-top about how great it is, but need to get my head around Easing out first.

Ease-Out - Day 3

I want to end my Easing Out on this thread by again saying how helpful this forum is when it comes to needing support and encouragement to help continue on through this wonderful journey.

Spending just half an hour each day to read through others postings and typing out your own thoughts each day is a very motivating tool to help keep you focused and positive. I found that if I was ever feeling low or I was struggling, that as soon as I visited this website and found myself relating to how others were feeling and trying to offer my support to them, I was in turn healing myself and by the time I had finished, I felt great, was back on track and ready to continue - a strange realisation, but very helpful regardless.

I believe that this tool is all the support you need to complete your journey. Being able to speak to friends and family can definitely be comforting, but you don't NEED to tell anyone.

The only person you need to understand, is you.

Thank you for helping me realise this.

x

The Process & The Lemonade

Lemonade Diet - Day 1

Today I was really excited to make my Lemonade, but before I could even think about my first glass, I had to do a SWF. (I will write up the details on this, in the Detox and SWF section)

Shortly after my toilet experience, I made my way to the kitchen to prepare my liquid meals.

I used a juicer and after reading the pre-preparation method on the website, I decided to make the mixture for the whole day. (Aiming for around 6-8 glasses a day, I worked out that I needed 3 lemons for 12 tbsp of Lemon Juice, 12 tbsp of Maple Syrup and mixed these two together in advance. I filtered 1500ml of water and stored these 2 bottles in the fridge to cool. I also had the Cayenne Pepper to add separately to each glass).

I wasn't sure whether to use hot or cold water - are there advantages to one or the other? I went with cold and to my surprise, it was actually really refreshing. After reading some posts left by others, I decided to drink the mixture quite fast and follow it up with a litre of water, so I felt full.

I planned my day to drink 1 x glass at the following;

Breakfast - 6am

Snack - 10am

Lunch - 1pm

Snack - 4pm

Dinner - 7pm

Snack - 9pm

Throughout the day, I also managed 3 Litres of only filtered water. Which I am pleased about.

All in all, I am surprised how simple the preparation is and am going to prepare tomorrows allowance tonight and store in the fridge for the morning. I assume this is okay, as long as I only mix the Lemon Juice and Maple Syrup?

I shall let you know how I get on tomorrow.

Take care,

Liz x

Hi Linda,

I'm so pleased I was able to help you - It's a daunting little journey hey?

I just find that this helps with the routine at home and enables me to still sit down with my family and 'eat' my version of a meal.

I hope it works for you too.

Let me know how you get on :)

Take Care,

Liz x

Hi Brande,

Yes, you are right. We have been advised to keep lemons out of the fridge, so me then making a concentrate and then storing it in the fridge is really defeating the object.

Thank you fro reminding me... I'll take it out straight away :)

As for keeping it over night, I have found that this has made the process extremely convenient, as my mornings are usually very busy. I am hoping it will be okay, but if you find it definitely isn't, please do let me know.

Thanks again.

Take care,

Liz

Lemonade Diet - Day 2

I woke this morning with my pre-made concentrate. After speaking with Brande below, I am a little worried that I am actually able to store the concentrate overnight. If this is definitely killing the enzymes in the Lemon Juice, I will have to revert to preparing in the morning, so if anyone has more of an insight into this, it would be extremely helpful.

Other than that small issue, i've had a good day.

I kept up with my routine of drinking at my usual meal times and having snacks in-between.

I am finding it is really helping to control my hunger and I am happy I am still able to sit with my other half in the evenings without having to remove myself from the dining room.

So yeah, thumbs up today - Welcoming day 3 :)

Liz x

Lemonade Diet - Day 3

Well, we've reached Day 3 :) - I am so proud.

I awoke this morning at 6am and made my SWF and drank my first Lemonade of the day at 7am.

I am still really enjoying it and finding that preparing the concentrate the night before is Oh, so convenient. I would really hate to change this routine if I had to.

I am weighing out my concentrate to 53ml per 250ml of water and then adding a pinch of Cayenne Pepper.

Today I have ran out of Maple Syrup for tomorrow though, so a trip to the Health Food store is again in order this evening.

I can't believe how much Maple Syrup I am going through.

I wish I could get a hold of some Grade B Maple Syrup here too. I can order it in, but it takes a week to arrive and by then, I'll nearly be done. Made calls all over Western Australia today and no one has any in stock - Can you believe it?

Next time I shall definitely buy the pack before-hand.

So, once again the day has been quite a pleasant one with regards to preparation. I am counting down the days now.

So excited about reaching Day 10 - I've never wished my life away quite as much before.

Here's to Day 4!

x

Thank you Brande.

I have taken the concentrate out of the fridge :)

My only concern now is whether I can prepare it the night before still? Hoping that this process is still okay, but we'll see if anyone can give any advice :)

Thanks again

Lemonade Diet - Day 4

Today's Lemonade process was wonderful.

Just frequently popping to the cupboard to collect my concentrate, then moving to the fridge to add my filtered water, with a pinch of Cayenne Pepper and voila!!! - Loving it.

I have tried juicing my lemons and also using a hand held juicer, obviously one includes pulp and the other not - taste wise, I haven't found much difference, but I am wondering whether the juiced version is better because it's smoother and after all this is a liquid diet... Just a passing thought. Lol.

Also, i'm not using organic lemons, as along with the Grade B Maple Syrup, Perth seems to be completely without - Is this a huge issue? I spoke to my Natropath and she claims to think that because the juice you use is on the inside of the fruit, unlike apples and strawberries, it should be okay...? - any thoughts?

So yeah, Day 4 over and done with :) - I am happy that I am managing to continue this routine day in and day out. The simple process does make it a lot easier, as I can imagine having to spend a long time preparing each day would make it less appealing. So, i'm pleased that it's so simple.

Speak to you tomorrow - Day 5 - Woohoo, half way there!!!

Lemonade Diet - Day 5

Half way there - so excited! Loving the feeling of nearly getting to the finishing line, it's so revitalising.

I'm still high on making the Lemonade each night. It's such a relaxing ritual - You know even though i'm am 100% sure i'm only going to do the 10 days, I could definitely do more. It's such an easy process, cost effective and stress free :)

Still only having my 6 glasses a day, but did start putting a bit of Maple Syrup into my herbal tea today, which makes it nice and sweet. I do have a sweet tooth and Maple Syrup definitely hits the spot for me.

I know I should probably use more lemons to help flush more toxins and aid my body to fall into an alkaline state, but want to hold off on the extra calories.

I really haven't felt weak or had a lack of energy, so haven't felt the need to increase my glasses.

Talking of Alkalinity, I will do one of those PH tests tomorrow to see if I am in fact Alkaline - That'd be such a good feeling - O fingers crossed.

Anyway, still enjoying it, still going...

Day 6, here I come :)

x

Lemonade Diet - Day 6

OMG!!! I found some Pure Organic Grade B Maple Syrup!!!! FINALLY!!! I knew if I didn't give up i'd finally get my hands on some.

There was only 1 bottle left and it was a 2 litre bottle. Cost me \$100 - Broke the piggy bank for sure, but so worth it. The difference in taste and texture is immense.

My other half had some Maple 'flavoured' Syrup in the cabinet and I thought ""Go on, lets have a taste to compare"" - Honestly, the flavoured Syrup tasted sooo chemical. It is mind-blowing that until you have tasted and gotten used to Pure Organic Maple Syrup, you would never notice the metallic taste. Never, ever, ever again am I buying that filth! Lol - I threw the bottle he had in the bin and told him that he could share my 'posh' Syrup! Lol.

Still sticking to my routine. The weekend is going to test me though. This is when, because I am not working, I get bored and when i'm bored, I eat.

Being at home, I am going to try making the drinks as I go throughout the day, as I have the time to. I will see if it makes a huge difference to the taste and quality of my juices.

Excited much!

Oh, the small things that give you pleasure, when your life is so simple, as it is on this Cleanse.

x"

Hi Louise,

At the bottom of the threads, it says older posts. It confused me initially too :) - You'll find your post there.

Lemonade Diet - Day 7

Today I decided as it's the weekend, that I would make the Lemonade as I go - It tastes so much fresher and sweeter... Definitely doing it this way from now on.

My morning went well, preparation wise. Afternoon - was bad! - Okay hear me out.

We needed to go out shopping today, so at midday we left and I didn't take any concentrate with me (as I usually would) because I am making them as I go today. I wasn't hungry, had a bottle of water with me, so felt fine.

2 and a bit hours later, BANG! It honestly just crept up on me from nowhere - I was ravenous. My bf wanted to go to Boost Juice, so whilst looking at their menu, I saw they did freshly squeezed juices. I figured, how bad would it be, if I just ask for Lemon with a tiny bit of Orange?! - It was lovely, but I can tell they over did the Oranges as it should have been really bitter.

I felt bad afterwards.

Secondly, to put the icing on the cake, I yet again found myself 'drinking' the Maple Syrup. Literally pouring it onto a spoon and straight into my mouth. It's obviously giving me a huge sugar rush, which is making it addictive. I have really got to stop. So, not 100% happy with myself today.

I did buy some soups though for my Ease Out Day 2 - I have frozen them, I am so excited :))))

3 more days to go - I must thoroughly focus!

x

Hahaha!!! It will last me a lifetime though - there is 60oz of it.

Also, being in Australia, it was probably imported from the US, so it's probably to cover that cost too.

I was so desperate to get some though, I just didn't care about the price - silly me hey?! :)

Lemonade Diet - Day 8

A much, much easier day today.

A week today was Day 1 for me - It feels like a lifetime ago - We are so close to the finishing line.

Today, I had a mini lie in and by the time I got up, I decided to do something slightly different.

I woke really quite hungry, so instead of my usual 1 glass of Lemonade, I made 2.

I used 4 tbsp Lemon Juice, 4 tbsp Maple Syrup, 1/5th tsp Cayenne Pepper and 500ml of Pure Water.

By the time I had finished it, I felt so full and happy and that feeling lasted me about 5 hours! Just sipping water in between. Before I knew it, it was lunch time and as I found myself making my bf's lunch, I figured, ""Why don't I stick to 3 meals a day of double portions?"" , so prepared my lunch the same way I had my breakfast.

My plan worked out amazingly - No hunger cravings, no nothing.

I shall definitely be trying that again tomorrow - something a bit new.

I also vowed myself today to no extra Maple Syrup... and succeeded! :)

Making the Lemonade as I go again is still proving to be a much fresher and tastier way to go. I won't be going back to the concentrate again, unless I have to.

x''

I feel exactly the same Karli, it's really strange hey? - but i've decided to stop at day 10 too.

Will definitely do it again though :)

x

Lol Melissa. I could easily drink a lot of both - Grade A and B!!... Terrible for that I am :)

Lemonade Diet - Day 9

Over the past 5 days, I have been hand juicing my lemons.

I did start juicing them in the juicer, but I found that the taste was much more bitter than it is by hand juicing. It's possibly because some of the white of the lemon is left on when you juice it, who knows :)

Today I decided to do the 2 Lemonades at a time again. As I said yesterday, I find that it fills me up much better than 1 every 2-3 hours does.

Also, having a sweet tooth, for some reason I find 4 tbsp of Maple Syrup in 500ml of water tastes sweeter than 2 tbsp in 250ml.

The small things :)

Today is going to be a shorter post because I have an event to attend.

Here's to Day 10!!! Eeeekk...

Lemonade Diet - Day 10

O my goodness, the last day!!!

I woke this morning to my 3 little lemons, Grade B Maple Syrup, Cayenne Pepper and filtered water – I took a photo of all of the ingredients and will make a blog/recollection of my experience in doing this cleanse.

As I cut my first lemon open, to make my last breakfast lemonade, I realised that I will actually miss this routine.

Throughout the day, I truly savoured the taste of each glass and felt the effect the Cayenne Pepper had on my body, as the warm sensation went through my stomach.

The day continued to my dinner and as I made my last meal, I raised my glass in the air and said to myself; “To my final Lemonade!” – Such an idiot hey?! I am sooo pleased I made it to the end.

Well done me!

Until next time – and there WILL be a next time.

Here's to Ease Out, Day 1.

x

Ease-Out - Day 1

We're here!!!! Day 1 of Ease-Out.

Well, first thing this morning I had all of my oranges prepared and ready to go - about 20 of them. I nearly cut another finger off peeling them, but I was so excited that I just didn't care. My juicer went through it this morning though, i'm sure it's poor little engine nearly died :)

I made 2 separate litres of Orange Juice and added 500ml of filtered water to each bottle. I added 1 tbsp of Maple Syrup to each litre, just for the added bit of energy - absolutely beautiful! I put a few couple of blocks of ice to the first glass and used a straw... Seriously, I felt like I was on the bahamas, drinking a cocktail.

Very happy and a good, controlled day.

Ease-Out - Day 2

All of my Soups were defrosted and waiting to be eaten. They were all organic and smooth, so no huge vegetables in them. I had a Pea and Ham one and a sweet potato and carrot one.

Come the morning, I was a bit hesitant about eating soup for my breakfast, so I opted for a fruit juice instead - (Why change the habit of a lifetime!)

I juiced 2 carrots and apple and an orange - B-E-A-utiful!!! I am never going to stop drinking juices now - I love them too much. I made sure that I was drinking plenty of water between meals and come 12pm, I was really hungry.

I didn't prepare a huge portion, just a small bowl of my pea and ham soup.

The taste was amazing, the textures were divine and my stomach was truly thanking me :)

I enjoyed it so much, I went back for seconds.

For dinner, I had the sweet potato and carrot soup, which again was delicious.

It's amazing how much more you appreciate food, after doing something like this.

I thoroughly enjoyed Ease-Out, Day 2.

Ease-Out - Day 3

Today, was my last day Easing-Out before I get back to my original life-style plan and therefore my last postings for this 2012 - Fall - The Master Cleanse.

I decided to start my morning with another fruit juice. Something I am thoroughly enjoying.

I am not sure if anyone has seen Joe Cross', 'Fat, Sick and Nearly Dead' but it is an inspiring film that documents Joe's mission to regain his health through vowing to only drink fresh fruit and vegetable juice for 60 days! - It is a brilliant film and I would love to have the will-power to do something like that.

For my morning snack, I decided to have a banana. Bananas are not on my eating plan following on from The Master Cleanse, so I figured i'd make the most of not being on plan yet. It was so tasty.

For lunch, I ate a small salmon salad. I LOVE fresh salmon. The freshness and crunch of the lettuce alongside the smoked kick of the salmon was again beautiful.

For dinner, to round up my last Easing-Out Day 3, I opted for sweet potato mash,

steamed vegetables and a kangaroo steak - Something i'm sure you guys don't see very often in the US. It is a gorgeous meat and is very good for you in comparison to other red meats. I don't think it is even in the red meat category... i'm not sure, but it was heaven.

Luckily my portion sizes today were extremely small, but I still feel quite satisfied and this comes to the end of my day.

x