

My Experience



Melissa Maltby 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 “Melissa” during the Master Cleanse Group Experience at TheMasterCleanse.org.

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

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

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

Thanks, and Happy Cleansing,

Mike Olaski

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

About the Author

Author Username: Melissa

Author Full Name: ...

Author URL: ...

Author Email: ...

Author Cleanse Date: 2012.10.15

Author Cleanse Type: Newbie Cleanser

Author Cleanse Status: 2nd time cleansing

Author Cleanse - Purpose: Self Care Health Management

Comments of Interest

Pending

Notes

Missing:

1. Detox & The Salt Water Flush Day 2, and Day 3
2. The Process & The Lemonade: Day 5

Psychological and Emotional

Lemonade Diet - Day 1

Hi guys! So I'm pretty excited about the master cleanse. My brother and sister-in-law introduced me to it. Last night I did the herbal tea, and this morning I did the saltwater flush, drank the lemonade today, and now I'm drinking the tea. Our minds are funny things. I know I want to do this, I've been preparing - reading, gathering information, watching YouTube, etc., but it seems the minute I can't have something is when I want it all the more. I keep telling myself, ""10 days is not the end of the world. Goldfish crackers will be there after this is all over: "" But I found myself trying to figure out how I could get away with just 1 little goldfish cracker. INSANE! No one can eat just 1 goldfish cracker, yet there I was trying to convince myself that 1 goldfish cracker would make this whole thing much better. Those goldfish crackers are why I'm 25lbs over weight and that's why i'm here. I want to be healthy, I want to learn how to eat, I want my body to work like its supposed to. I was athletic, thin, energetic, happy, and now I'm not. I'm not sure when It all changed, but I want my body back, and I want to learn how take better care of it. So once I realized that I wasn't going to get that goldfish cracker, the most amazing headache set in. I took a nap. And when I woke up the head ache was still there :) I went back to YouTube and watched some more videos, drank the lemonade, and felt much much better. The videos really help. They get me back on track."

Lemonade Diet - Day 2

I am PISSED. I keep trying to come up with clever ways to eat what I want, the problem is, I'm not that clever. I miss warm food – I miss soup, I miss coffee, I even miss tea, and I don't really drink tea. I miss bread. I have to go to whole foods to get some lemons and I don't want to get stuck in a long line looking at what other people are buying. Maybe I should have gone with the starter kit, then I wouldn't have to go to the store.

Hmmmmmm.

Lemonade Diet - Day 3

I feel really good today. I still have cravings, but they don't seem to haunt me as long as they have in the previous days. I've also begun to employ meditation as a means to understand what the cravings are really about. Cravings come when I watch TV and I see cooking and eating. They come when I'm not doing something I probably should be doing such as paying bills, homework, paperwork, thank you notes, exercise. ? And the cravings come when I'm hungry, ha-ha imagine that. I'm trying to use the meditation as a pause button, to answer the very basic question, "Am I really hungry?" More often than not, I find that I'm not hungry. I'm bored.

Lemonade Diet - Day 4

Honestly? I feel pissy. I'm annoyed with everything. Roommate is chewing his Nicorette too loudly, or he asks me a question and I snap back, "Don't give me the third degree!" Writing about it now makes me smile a bit, thankfully he knows me well enough to know that I'm not acting normally. I don't want to feel like this, but I do. I had a moment of weakness. My roommate brought home some pita bread and I sniffed the bag. No joke. I

put my face in the bags and inhaled the bread goodness. :) I'm really trying to stay positive. Meditating helps, but I can't meditate all day. Exercise helps, but only when I exercise. Someone posted earlier that they miss the texture of food. I feel that way, and I miss the smell and the warmth. The danger here for me is romanticizing the idea of food, be it bread, soup, whatever. In my mind I can make "whatever" sound so enticing that I "go out", as they say, and wreck this whole cleansing. I wish I didn't feel like this. I'm not giving up, no way, I'm just cheesed off with myself. I didn't think I'd let it get to me like this.

"ME TOOOOOOOOO! You are NOT alone. I do the exact same thing! If the cleanse were going too smoothly, I would have been out of here a day or so ago. It's like ""Well I did it, nothing to write home about."" Or ""I lost the 15lbs in 3 days so I'll stop now"" (None of that has happened BTW), but I'll quit something if it's too easy, or if I think I've accomplish a good sized part of my goal and my attention is heading off in another direction, I'll just drop it with out ever experiencing the whole process. I have the attention span of a gnat. There has to be a decent level of difficulty or complexity for me to stick with things. If I ""get it"" too quickly, or it's too simple, then I check out and look for something else.

Try the Wii Fit - it will give you something else to do while you are trying to do the cleanse -- lol if that makes any sense."

We really aren't alone are we :) You're awesome!! and what you are doing for yourself here is awesome. Thanks for your posts.

Lemonade Diet - Day 5

I made a big mistake today. I set out for a walk with my niece and I brought water, not lemonade. The total walk was 3 miles and would have been almost 4 if I hadn't turned back. My body just stopped working and I wasn't near my car, this was just supposed to be a stroll. I had to stop, sit down, rest for a few minutes and walk a little more like 4 or 5 times. I felt vulnerable and scared. My niece is barely 16 months and my thoughts turned to "What if I collapse?" "Have I put her in danger?" I'm 41 years old and expect to have those thoughts more around age 79.

I was foolish, and I can't believe I put her / us in that position. I'm sure somewhere Michael said don't leave the house without the lemonade, but I didn't think things through. I thought it would be just a regular walk. I guess I should write this under the "Weight Loss and Physical" topic, but the experience really threw me.

Lemonade Diet - Day 6

Today was an AWESOME day. I got to hang out with my whole family at a pumpkin farm! There was popcorn, kettle corn, Bar-B-Que, French fries, apple fritters, apple cider, and other delicacies and I didn't eat ANY of it!!! Woo Hoo! TAKE THAT Day 6! I was way better prepared today. Before I left the apartment I made three 32oz Nalgene bottles of lemonade. I drank one on the way there, the other 2 I left the cayenne pepper out until I was ready to drink it. My sister-in-law was there with me and that was a HUGE help in staying on track. I popped the second Nalgene bottle around 2:30pm – 3ish. I had so much fun photographing, it really helped keeping my mind in the present and not hung up on food.

Don't get me wrong though I wanted the popcorn and French fries. The smells were scrumptious. But it's day 6 and there is no way am I giving up now.

Lemonade Diet - Day 7

An ANOTHER AWESOME day. Today seemed like a day without drama, which made it perfect. It was the day I had been hoping day 5 would have been. I spent the morning with my mom and older brother running around for some last minute things he needed before he headed back home to Barcelona, and then it was onto the toy store for a gift for my sister-in-laws' niece whose 3rd birthday party was today. I love my family very much, and spending time with them doing "whatever" is really special. I was able to be more at ease when talking about the Master Cleanse. Other people had either done it, done something similar, or had a friend and or co-worker who had done it. The reception was met with empathy, support and admiration.

"LOL - I bought some vegetable broth today too!! I didn't get soup, I was afraid I might eat it, but I was also psyched to have something in the cart other than lemons. Your dream is actually a great dream! It means you have moved to a new place psychologically. In AA we have ""drunk dreams"" and we wake up wondering if we actually ""went out"" again. They are stress dreams, but I think they show us just how important the changes we have made in our lives really are to us. If we are so afraid of what we were then, what we are now must be worth protecting. :) Yay! you're awesome."

Lemonade Diet - Day 8

Hi guys! Today was a pretty mellow day. I stayed up way late last night researching

Juicing and Raw Diet information so I slept in this morning. Other than turning on the Wii to check my BMI and weight, I didn't do anything that took any kind of exertion. I am really getting excited about the ease out days ahead and I want to be prepared so that I don't end up back at square one. There is so much to learn and I start hyper focusing, before I know it it's 5 in the afternoon.

I want to eat a combination of foods that will break each other down, like eating green beans when you have steak. The truth is, I don't know anything about any of it. Journaling exactly what I eat seems tedious and I'm not sure that I will really put in the time. This group cleanse process has been really great, but I'm not sure I would sustain it everyday throughout the year. I do like the idea of the video blog. I watched a ton of You Tube videos, and I really liked the idea of documenting a process. I'm not sure how long I will stay focused.

When I first started researching the Master Cleanse, I was really interested in the "1 year later" videos. I wanted to see what the long-term influences were. This is not a "drive by" for me. This is about quality of life, it is about being able to do the things that I enjoy without being doubled over and out of breath. It is about living.

Maybe doing a video blog would help me to focus.

Lemonade Diet - Day 9

Hi there. Before I begin I just have to let you know that I'm writing this after an insanely long day full of ups and downs. A good number of emotional buttons have been hit today and I'm trying to relax and let things settle. As I mentioned yesterday, I took my friend in for an angioplasty. As with every hospital visit, it was hurry up and wait from the beginning. We were there on time, but the doctor was already 2 people behind by 9 am.

Getting out of the house and driving to the hospital was rough. I was extra bitchy and picking on everything from the way the cats were fed to the navigation abilities of my comrade. He was heading to the doctor, not me, and I was bitch on steroids. The more that came pouring out of my mouth the angrier I became with myself. I kept thinking, “What is the matter with me?” “Why is this even coming out of my mouth?”

I believe fear was driving it. My father had gone into the hospital for an angioplasty, and he left the in a coffin.

The test got underway around 3:30pm and the results were grim. “He’s a lot sicker than we thought.” The doctor said.

They will be running a battery of tests for the rest of this week and perhaps surgery next week.

Images of my dad raced through my mind. I couldn’t hold the tears back.

Lemonade Diet - Day 10

DAY FRACKIN TO BABY!!!!!! WE MADE IT! So I was thinking, we are like a graduating class. We are the class of Fall 2012. Yay! I am amazed that I made it. I went to the store and got my oranges and a whole bunch of veggies for juicing. I’ve never juiced before. To be honest I really don’t know that much about vegetables, (except for salad – I love salad – when I was 8 years old I turned down chocolate cake and asked if I could finish the salad – no joke.) Is it better to clean kale, cilantro, mint first and then put it in the fridge? What is the best way to store and prepare vegetables for juicing? I’m soooooo excited! I got berries and I’ve researched recipes, I ordered a juicer – This

Apartment is Going RAW. It's like I can't wait for tomorrow to be over so I can start juicing. I got other groceries as well and I really read the labels! I really want to change my approach to food. I want to make my own soups, juice, and eat a lot of protein. (I have ADD and protein is great for ADD). I'm so happy.

Ease-Out - Day 1

I feel great. I have energy and I'm getting stuff done. I went this morning to take my road test to get my driver's license and I passed. I'm FREE. I'm a free woman. I can go everywhere. I can go hiking, I can go to the beach, I can go to the river, I can just go. Everything that happened today contributed to my newly found freedom, including this Master Cleanse process. I feel strong, I did 10 days of the lemonade diet, and I feel like I can do anything. I really needed this boost to my self esteem, and now I want to share it. I'm not really sure how to do that yet, but I do know that the situation will present itself and I will be ready.

Yaaaaaay!! See ur posts in January?

Ease-Out - Day 2

I had a great day, Full of energy and creativity. I took my niece to the park for a couple of hours, and I had the energy to follow her around, climb the jungle gym, take her down the slide, kick the ball, swing on the swing, be outgoing and relaxed in my own skin as I talked to the mothers of the other kids. I even made it back up the hill of insanity without stopping and without feeling as if I busted a lung on the hike up.

After that I went to pick my friend up from the hospital, and take him home, made the bed, fed him and put him down for a nap. Then off to Mom's.

Put some things away around her house, and take her to my brother and sister-in-law's to hang out with the kids.

Played Legos and drew on the wall, a grand time was had by all.

Ease-Out - Day 3

I guess I was a little more under the weather than I had thought. I woke up today at 3:57pm. That's about 16 hours of sleep straight. I haven't slept like that since I'd been partying. It's hard to separate psychological, emotional, and physical when you aren't feeling well. It certainly explains why I was a little bent out of shape with regards to my writing last night. I wanted to go to the farm women's market this morning to get a chicken for my soup and I was supposed to go to my mom's to help get the storm windows down and move furniture to the basement. None of those things happened and that's a bummer. I'll head to my mom's tomorrow and get those things taken care of for her.

Weight Loss & Physical Effects

Lemonade Diet - Day 1

Weight loss is my main goal. I am 25 lbs over weight. I hate seeing pictures of myself. I can't believe that the person in the mirror is me. When did it happen? This is not who I am. I want my body back, I want my life back. I want to be healthy. I quit drinking and smoking 3 years ago. And I put on a lot of weight. I don't want to make excuses, I just want to get ME back. In order for all of this to work, exercise is key. So I'm working out and doing the Master cleanse. I'm looking for a balance and I'm hoping to pick up better life habits. I worked out on the Wii today (Wii Fit and Wii Sports).

Lemonade Diet - Day 2

No headache today and I have lost 1 lb. I haven't exercised yet. I wanted to ride my bike today – I didn't – see the “salt water flush” post for details. ----- More to come in a little bit.

Lemonade Diet - Day 3

I started with Yoga and did about an hour or so. I'm sore, but not in a bad way. Yoga is hard, but the learning curve is very generous. It gets easier exponentially and when you do that troublesome pose a second, third and fourth time, it actually feels good. ? Who knew? Ha-ha. I guess the trick is to just keep doing it. I drank a fair amount of water while

I did yoga, but I didn't track the exact amount – maybe 2.5 – 3 pints of water. I felt great after the yoga. And I played Wii tennis for another hour or so, but I started sucking at the training exercises and thought it would be good to have lunch, (Lemonade). When I woke up and weighed myself, I had lost 4 lbs, but after exercising I had gained 1.5 lbs. ? I don't like my scale. The Wii Fit is great. It tells you that you are doing a great job, it tells you that your balance and strength are getting better, it tells you that you have lost more weight than what the scale in the bathroom says. LOL. If you are shy, or you don't want to join a gym, try the Wii Fit. It's better than sitting on the couch doing nothing. And it makes thing fun!

Lemonade Diet - Day 4

I skipped exercising today, mostly because I spent the day feeling pissy. I'm still showing a loss of 4lbs. My body temperature is down, at least it feels that way. I haven't actually taken my temperature. I'm cold a lot more than usual, it doesn't bother me though it's just an observation. I'm going to start photographing how my body is changing. I think it will be good to have the visual record. Tomorrow I get to babysit my beautiful niece, running around after her will make up for the lack of exercise today.

Lemonade Diet - Day 5

DO NOT LEAVE THE HOUSE WITHOUT YOUR LEMONADE! I have never felt like the way I felt during the walk today. I had to sit. I had to stop. I was like a car with no gas. My mind felt tired, I wanted to lie down and go to sleep right there in the middle of the park ? I started thinking about Gandhi. "What would Gandhi do?" I took some deep breaths and calmed myself. I told my self that all I had to do was put one foot in front of

the other and I would get us home. I stopped when my head was spinning, sat, took some more deep breaths and carried on. Everything ended up fine. I was just rattled, and now I'm trying to recall and write it out, but my thoughts are not clear. I was really looking forward to this walk. I have lost 5lbs and found out that the evil scale in the bathroom isn't accurate. ?

Lemonade Diet - Day 6

I haven't weighed myself today. I'm guessing that I've lost a total of 6lbs. I thought I would have lost more weight by now. I think my body knows when I'm about to do some thing drastic. When I travel I can eat less and either lose no weight or I'll put on more weight. It has a mind of it's own and I just need to remind myself that change takes time. I need work more closely with my body to develop a beneficial eating relationship. Other than the normal periodic cravings, physically I felt great and I did not go for want. I think that just knowing that the backup Lemonade was there for me allowed me to chill and have fun with my family.

Lemonade Diet - Day 7

I got up about the same time as yesterday and was able to get in a little yoga. I still haven't broke 140lbs, but I did take the battery out of the evil bathroom scale. Even knowing that the scale is off still doesn't help that feeling of let down when you see that you are "around" the same weight as yesterday. Doing math early in the morning is tough, and I can't remember if the weight on that scale is the same weight that I remember or if I actually compensated for the rogue 3 lbs., but every day the scale looks the same. My relationship with the scale is over. I think I have to donate it and get a new one.

I've been meaning to mention my skin. Mariane has talked about a nice glow that she has :) I have really dry skin normally, but my skin isn't dry or itchy. It's nice and soft. No bumps.

Lemonade Diet - Day 8

I broke L40 today? yaaaaaaaaaaaaaaaaay me!!! I was reading a lot last night on the "Ease Out" process and the FAQ page and one to the things mentioned was that you can tell when your are done with the Master Cleanse when:

"The most commonly agreed-on sign that your Master Cleanse is done, is the pink tongue. Your tongue becomes very white while toxins are being eliminated, much like when you are sick. As the toxins are reduced in numbers, this effect decreases. Some people never get white tongues at all, having had fewer toxins. Another sign it may be time to end the cleanse is when your movements are growing increasingly clear. If you have an overwhelming desire to eat, one that goes beyond the psychological, you should end the cleanse."

I still a white tongue and my teeth have a film on them. I feel like I have to brush my teeth a lot. Also, my mouth is erupting with fever blisters. Normally I would take lysine, but I don't want to put anything into my body right now. I'm going to treat it with ice cubes for now; I'll keep y'all posted.

Lemonade Diet - Day 9

No change in how much I weigh. No exercise with the exception of going from one

waiting room to another and standing by my friend's bed for a couple hours. My lips are sore, dry, cracking. I needed more physical energy today in order to process my emotions, and I could not find it. It makes me mad. I think the Master Cleanse is great, in the right setting. If that setting changes, your margin for adapting is very, very narrow, and I believe that leads to "cheating".

And, I don't think cheating is really cheating in certain situations. I think if we are in a situation and we have to make a decision to care for ourselves, then it is not cheating. It is a very fine line. For me, more thought and meditation needs to be done.

Lemonade Diet - Day 10

When do I start to take the probiotics? I have officially lost 10lbs. I fell great. Today I stayed hydrated, drank my lemonade when I felt hungry. Other than my mouth breaking out with fever blisters, I'm doing great. I didn't exercise like I thought I would. Instead, I nested. I cleaned the kitchen, packed things for the Goodwill, cleared and organized the shelves. I will get back to the exercise, but I really needed to get a handle on the apartment. In gardening the most important thing is the hole. Today I prepared the soil. ?

Ease-Out - Day 1

I don't know how much I weigh, but physically I feel like my strength is returning. I'm not just getting through the day, I'm not counting days, I'm energized, moving and I'm present. I want to act, I want to do things, get up and go. I attempted to make carrot juice in the Magic Bullet, (the Omega 4000 juicer is not here yet), and it was an utter disaster

albeit a tasty one. ? I froze the concoction to be revisited when the real juicer arrives. I've been gathering recipes and I'm excited to start the next phase of healthy living.

Ease-Out - Day 2

I'm holding steady at 138. I just need to keep it up! I will reach my goal.

My mouth is clearing up, but my allergies are in full swing. I'm starting to come down with something, but when I drink the orange juice I pop back up. I need to buy three times as many oranges as I originally bought. Who knew this health stuff would be so complicated to figure out – LOL – just kidding. This is a process and I just need to keep open and receptive to a new way of existing.

Ease-Out - Day 3

I'm back up to 142 and that's a bit of a blow. It shows me just how important the exercise really is I have to exercise every day. It's such a delicate balance. I can't wait until the juicer gets here. I just saw some pictures of me that my older brother photographed about a week ago when I was on the Master Cleanse. I thought I was looking good that day, but I look heavy. What a bummer. Maybe I should just keep writing everyday about this and start posting my own blog. Keep me honest so to speak.

Detox & The Salt Water Flush

Lemonade Diet - Day 1

This morning was not so good. It started out normal. I did 12 oz of water and 2 teaspoons of the Celtic sea salt, and then I drank the remaining 200z of the water. I resisted the urge to pass gas as recommended, but once I went, I kept on going. It was a 3 hour ordeal and by the end of it, only water-like stuff was moving and my bottom hurt, a lot. I'm using Puffs Plus now and I took a long Epson salt bath. The long bath was awesome and seemed to do trick. I highly recommend it to anyone experiencing anything similar to what I experienced this morning. Desitin was also helpful.

Lemonade Diet - Day 4

I had a little accident after the saltwater flush this morning. I prepared it as I normally would, but I think I heated to solution a little too much and the remaining water was a little too cool so I felt nauseous. I went to lie down and kind of lost track of the time. I coughed and wasn't ready.

The Yogi tea – Get Regular – is something I've really come to look forward to. I call it dinner ? It marks the end of another day – I made it!

Lemonade Diet - Day 5

I did the herbal tea last night, but I chose not to do the saltwater flush this morning, there was just too much that was going on and I wanted to keep it as simple as possible today. I haven't had any movement. I had some tea about 15 minutes or so ago and I plan on doing the saltwater flush tomorrow morning. Tomorrow is a big family day so I plan to get up a couple of hours earlier to set things in motion. (These puns are not intentional). We are going to be out and about for the better part of the day and I want to make sure there are no surprises.

Lemonade Diet - Day 6

I didn't wake up as early as I wanted to, but I did the saltwater flush anyway. And everything was on track. I had a healthy movement and then another. I packed extra undies just in case. (TMI) Once I left the apartment I made it 15 minutes and then leakage. I was bummed. I didn't let it ruin things, but it's a bummer. I don't know how you guys do it going to work everyday. My hat is off to you. You are amazing.

Lemonade Diet - Day 7

Again, this morning I was a little late getting started with the saltwater flush, but I did some yoga and that seemed to help get everything moving. I was ready to go out and meet the day without any accidents. And again, I think being prepared for the day contributed greatly to that success. Even though I was kinda rushing to make the lemonade, feed the cats, clean the litter, do the dishes, do the yoga, get dressed and get out the door, I was more present in each one of those actions. I didn't feel like I was rushing or becoming anxious. I felt like I was in step with it all. I was focused, but not obsessed.

Lemonade Diet - Day 8

The saltwater flush was a little crazier today, not as controlled. It's nothing that an Epson Salt bath can't fix. I'm not sure the herbal tea would really do it for me if I didn't do the saltwater flush. The SWF seems more thorough. I know that when I drank it this morning that it was going to be harder on me today than it has been the last couple of days. It just didn't feel right going down. I'm not going to do it tomorrow because I have to go to the hospital with a friend who is getting an angioplasty and I'd rather not be wrestling with the Saltwater Flush.

Lemonade Diet - Day 9

No saltwater flush today. I did however have a movement thanks to the herbal tea, go figure. I will do the saltwater flush tomorrow, and exercise harder than I have in the past couple of days. I'm glad it will be my last saltwater flush. I will do the Master Cleanse again. But I will do a better job of creating a better environment for it. Perhaps going to the beach or something like that, for the whole length of the cleanse instead of trying to make it fit into my life.

Honor the process by giving it it's own life that I will fit into and not the other way around.

Lemonade Diet - Day 10

I did the saltwater flush and everything came out all right ;) and I drank my herbal tea about 20 minutes ago. Do I continue to drink the tea every night? Do I do the saltwater

flush tomorrow? I just haven't located that information yet. I think I would like to do 14 days next time. I don't think I'm totally cleansed according to the e-mail, but 10 days is a great start. I and I can't believe I did it! I won't miss the saltwater flush, but looking back, it wasn't that bad either.

Ease-In - Day 1

So I drank the herbal tea tonight. I feel like I want to be consistent. I'm not really sure what the orange juice will do. I don't know what to expect so I just thought that maybe it would be a good idea to stick with the tea. I don't know what else to write. I don't really have anything else to say about this. I did get some green tea which is a really nice addition to this process. I'm looking forward to broth and soup.

Ease-In - Day 2

The herbal tea is doing the trick. My body appreciates the routine.

I'm a little burnt out on writing right now. It's been a long day and to be honest I don't have 100 words in me about detox and the saltwater flush. To help me get better I'm going to make this soup tomorrow. Here is the recipe for the Greek egg lemon soup. It's from the Silver Pallet cookbook – pages 55-56.

GREEK LEMON SOUP

A pot of avgolemono can be ready in about 30 minutes, and for only pennies.

6 cups canned chicken broth

1/2 cup long-grain rice (not converted or instant)

3 egg yolks

1/4 cup lemon juice

salt and freshly ground black pepper, to taste

sliced fresh lemon (garnish)

chopped fresh parsley (garnish)

Ease-In - Day 3

So again, nothing really to write here. When I head home, I'll do the herbal tea. It's my last one so I may buy another box if the whole foods hasn't been totally ransacked due to the storm. Here is the recipe for the carrot and orange soup from the Silver Palate cookbook:

4 Tablespoons sweet butter

2 Cups finely chopped yellow onions

12 Large carrots, 1.5 – 2lbs, peeled and chopped

4 Cups of chicken stock

1 cup of Orange juice

salt and ground pepper to taste

grated fresh orange zest to taste.

Just a note on the lemon soup from yesterday. I had a mug when I got home and it tasted soooooo much better after sitting for a few hours.

Support from Family & Friends

Lemonade Diet - Day 1

My sister-in-law and I are doing this together. It is way easier to do this with someone than alone.

Lemonade Diet - Day 2

My sister-in-law checked in on me today. ? We texted a bit. I told her how much I weighed. I haven't told anyone. It was interesting to see the numbers in black and white. It was like this whole process was becoming real. We both said that we haven't been this heavy since pregnancy, we both said we wanted our bodies back. We both said to the other that they could do it. I'm really happy to be doing this with her. She is thoughtful, realistic, and supportive.

"Um this post was from me and not ""M"" :)"

Lemonade Diet - Day 3

I haven't checked in with my sister-in-law today. This morning I got a nice note from my roommate wishing me good luck with my diet. ? I've really enjoyed everyone's posts. It's nice to know that the support is there and to see the ingenious solutions to our common

obstacles. I'm being selective with whom I'm talking to. I have a family thing this coming weekend. I'm not sure what to do. It's easy (kinda) when it's just me, here at the apartment, but having to be around many people who can cook really really really well is gonna be tricky. I'm trying not to think about it right now.

Lemonade Diet - Day 4

I checked in with my sister-in-law today. She said that she was working from the Starbucks so that she doesn't hurt her co-workers. Lol. I know exactly what she is talking about. What a great example! It is especially poignant for me today. I have to remember that my body is going through something it has never experienced before and it is acting out. Being pissy is just part of the process. I need to be more patient with myself. What an incredible time we live in where we can work from Starbucks or where ever so we don't hurt the people around us.

Lemonade Diet - Day 5

I got to talk to my brother about his experience with the Master Cleanse. I find that the more I talk about it with the right people, the more relaxed and focused I become. Both my brother and sister-in-law are awesome and it's great to be able to talk things out. "Am I crazy?" "Naw, you're not crazy." "Am I crazy?" "No way man, you're not crazy."

Aside from the walk in the park, it has been a great day. My niece is wonderful and it's a joy to be around her.

My brain and body are fried and I need to get some sleep.

Lemonade Diet - Day 6

I didn't tell my mom or my older brother about the Master Cleanse diet, but my mom guessed when she saw my sister-in-law and I drinking our lemonade. Before that, my older brother had bought extra apple fritters in the hope I might want some and his face kinda dropped when I refused. A little while later he offered me some fries and I mumbled, "can't, diet". I think by my tone of voice he could tell that I really actually wanted to share, I really wanted to scarf down the fries, but I couldn't. My sister-in-law and I talked more openly about what drives us to eat the way we do. I think we are becoming closer by going through this together and that is something I really cherish.

Lemonade Diet - Day 7

People can be really supportive, receptive, honest and open. I was amazed talking to my family today. When we went to the birthday party and the door opened, the most incredible smells greeted us. Indian food. My favorite: homemade Indian food. I'm practically drooling right now as I'm recalling how incredible the house smelled.

So I got to listen to people tell me about their experience with food, diet, and exercise. It's like our forum here on the mastercleanse.org. We are not alone and many of us are just trying to figure out the combination lock of healthy living.

My older brother said, "Oh man I'm stuffed! That was incredible." And I mumbled, "Yeah, I wish I was." And he laughed sympathetically. My sister-in-law's sister-in-law gave me some of her awesome cooking to take home and freeze for when I have my Master Cleanse end (give or take a few days).

What a wonderful day.

Lemonade Diet - Day 8

I haven't really talked about the Master Cleanse with anyone today. Today has been about other people. My mom went to the doctor for a second opinion (kind of) regarding her Achilles tendon and we talked about that. And I talked to my friend about the angioplasty and his feelings. I guess if I were to write about "social support" it would have come from my research and YouTube. I wish I could say more, but today just wasn't really "all about me" ha-ha, believe it or not.

Lemonade Diet - Day 9

I felt like writing to you guys throughout the day and updating you more in real time than in this synopsis form that I'm using. I didn't do it because My emotions were all over the place. Do know that I carried each of you with me today. I really felt like reaching out, I just wasn't sure how to do it without it to get too confusing. My mom was texting me a lot asking for updates and sending warm cyber hugs. My sister-in-law didn't text because she knows when I have a lot on my plate, I'm best left alone.

Lemonade Diet - Day 10

I have some great news about my friend. He will be released this Friday. ? and he'll be walking back into a totally raw apartment. LOL. Get healthy by proxy, sort of. I'll have more info on him tomorrow. I haven't spoken with my sister-in-law either, but we'll catch up on Friday. I get to babysit my beautiful niece and this week I'll be drinking juice and broth, maybe a cracker? ;) Just kidding. WE MADE IT YOU GUYS! I can't believe WE MADE IT! Nighty Night.

I miss Marian too. Give us a shout girl!

Ease-Out - Day 1

My friend is coming home tomorrow. I hope the juicer comes soon. He is looking forward to playing guinea pig to my raw madness experiments. The nurses were laughing at us joking around today about juice and nutrition. They put a stint in and he feel amazing. He seems more “with it”. Kinda hard to explain, but I think there is more oxygen flowing lol. Now if I can just pry the cigarettes from his clutches we’ll be jake. My sister-in-law got sick on Sunday and had to bow out on the cleanse. I think she and I will do it again. I tried to register for January 2013, but I’m not sure if it took. Is anyone else thinking of doing the winter group cleanse?

Ease-Out - Day 2

My family was a little surprised to see me still drinking the lemonade. I told them that it’s better for me than ginger ale. They are really proud of me but they a little worried about me. It’s clear that I look run down. It’s been a really busy week and I’m not sure that I will write tomorrow. We’ll see. I’d rather write something that will benefit people rather that just write to write. I have a good amount of insight and I want to get it down on paper, but I can’t really do justice to any of it if I’m just trying to get out in 100 words. Have a good night all. See ya.

This is Ease out Day 2 - I’m pretty tired right now.

Ease-Out - Day 3

So my I talked to my friend and told him how I felt about seeing the pictures of myself that my brother had posted of me on Facebook. He said it was all in my head, that I had done an incredible job sticking to the Master Cleanse. It was an accomplishment that I should really be proud of.

I do have to remember that change takes time, and just as important, change takes courage. Congratulations everyone! I'm going to miss your inspiration and I hope to see you all in January. Take care and be gentle with yourselves.

The Process & The Lemonade

Lemonade Diet - Day 1

I use Nalgene bottles to make my lemonade, it's easier to measure. I'm making the lemonade as I go as opposed to making it 1/2 gallon at a time and drinking it throughout the day. I read that it's better to drink it fresh b/c if it is pre made then you lose the nutrients that make the whole process work. I can't remember where I read it, probably here, but I can't seem to find the link. I live next to Whole Foods and that's where I get all of my ingredients. I'm using the Celtic sea salt for my salt water flush. I mix the 2 teaspoons of salt to 8oz of water, drink it down really fast and then drink the remaining 24oz of water. I'm using the ""Get Regular"" herbal tea by Yogi, it tastes good and it works."

Lemonade Diet - Day 2

The Lemonade is getting faster to make. I'm going to head to a meeting in a bit and I'll take some with me. I may make it with some crushed ice this time, so I can chew on something. I wish there was such a thing as lemonade soup. I really want soup. ? My routine is beginning to present itself. Normally I would make coffee in the morning feed the cats, clean the litter. Now I make the saltwater flush, feed the cats, clean the apartment, clean the litter, clean the apartment some more, and wish I could be clever enough to create lemonade soup, and then clean the apartment some more. I'm hoping to have a really clean apartment by the end of the Master Cleanse. :)

Lemonade Diet - Day 3

So I wanted to try to be more consistent with regard to my schedule. I think normal people wake up in the morning, shower, eat breakfast, and then leave for work. For the last 11 plus years, my mornings started when most people were eating lunch. My lunchtime was around 3 or 4 in the afternoon. And dinnertime for me was 9-10pm. The concept of getting anything accomplished by 12:00pm was and for the most part still is alien to me. I don't eat breakfast. I prefer coffee. Lunch was either another cup of coffee, or nothing. And that left dinner which was usually frozen, or delivery, eaten at breakneck speeds because by 9:00pm I was starving, and eaten at a time when there was no real healthy way to process that food. The Master Cleanse is giving me an opportunity to see my tendencies, break the bad habits, and create healthy new ones. I think the saltwater flush fiasco yesterday was due to my misunderstanding of what breakfast is. This morning I did the saltwater flush, but I also drank the lemonade about 15 minutes afterwards. And about an hour after that, I began to exercise. What a difference. ?

Lemonade Diet - Day 5

Today it was easy to make the Lemonade, because my sister-in-law is doing the Master Cleanse with me. It was my first time out of the apartment and doing things, like babysitting, all day long. I brought 10 lemons with me and 2 Nalgene bottles, I felt prepared. I didn't realize how little energy I would have without the Lemonade. I actually really like the lemonade and I've been wondering if I could still drink it after the Master Cleanse is over. I can't remember the calorie count. It has to be better for you than Ginger Ale (my weakness). Any thoughts out there?

Lemonade Diet - Day 6

I'm sure I got the mixture wrong. But not too wrong. I probably could have added 1 Tablespoon or so more of lemon juice to each of the Nalgene bottles. I held off on the cayenne pepper until I was ready to drink it. My cayenne pepper tolerance has gone up. I can put more in the lemonade and I can drink the lemonade after it's been sitting a little bit. For my outing today I brought extra lemons, knife, measuring spoons and an extra Nalgene bottle, but I forgot the maple syrup (I was perhaps a little too zealous in my preparedness:) hahaha. I wanted to be ready for today.

Lemonade Diet - Day 7

So today I made two 32oz bottles and one 24oz bottle of the lemonade. I packed 3.5 lemons, Cayenne pepper, knife, measuring spoons, and yes, you guessed it, I remembered the maple syrup. I've downgraded to Type A maple syrup until I get to the Whole Foods tomorrow. Type A is thinner than type B. It's good, don't get me wrong, but there is a difference.

Liz Nicole, I still can't believe you had to pay \$100.00 for your maple syrup and I feel silly for even noticing the difference between Grade A and Grade B maple syrup. I feel like mailing you some. Lol. I told my mom and older brother today about you having to pay that much and their hearts go out to you. ?

:) hahaha. Yeah I was thinking the same thing when I was babysitting. It's really easy to just nibble without thinking. I almost ate a little cube of cheese that I had cut up for my niece and I was really surprised how easy it was NOT to notice.

You can do it. Your body needed it, and now you are wiser for it :)

Lemonade Diet - Day 8

I don't mean to bring up the Grade A and Grade B syrup thing again, but I have another observation. With the Grade A syrup being thinner, the lemonade went down more quickly and while that was a nice change it poses another problem. If it is easier to drink, then it's easier to drink a lot of. ? The Grade B syrup makes you drink it more slowly, it's like you HAVE to think while you drink, and I believe that leads to becoming more aware or more present in your own participation in that action and in the Master Cleanse process.

Lemonade Diet - Day 9

It's been a difficult day. I made my three 32oz Nalgene bottles of lemonade and I messed up the mixture: too much lemon juice, not enough maple syrup, and too much cayenne pepper. I got down most of 1 bottle, but by 4:30pm I was hitting the wall. I went to my car and tried to water down one of the other bottles. And I managed to get that bottle down, but I was really fading fast. Again I was prepared, but I forgot the maple syrup again. WTF! I went down to the hospital's cafeteria to see if I could score some maple syrup but it was not to be.

I'm going to make a go-kit for the car and keep it in the car. Hand juicer, maple syrup, measuring spoons, cayenne pepper, water, and Nalgene bottles.

Never assume that time will be what you expect it to be, especially when you are stepping out of yourself.

Lemonade Diet - Day 10

I have lemons and maple syrup left over, but it's cool, I'm going to continue to drink the lemonade. I really like it. I remember in the beginning I was thinking, "Hmmm, Interesting. I can drink this for 10 days, but it isn't like any lemonade that I have ever had." I made some and gave my friend a sip. He looked at me, "Hmmm, Interesting." LOL.

Does anyone know how to make the orange juice? Do I just juice the oranges and drink it or do I add water? How many glasses should I have? -- Hopeless huh? LOL.

Ease-Out - Day 1

I went to Whole Foods yesterday and got two types of oranges. One bag was from South Africa and they looked like really delicious oranges. The other bag looked like oranges that should have been on life support. They weren't even orange. The bag contained 2 oranges that were somewhat orange, I think so one might be able to see that they were supposed to be oranges. Those oranges made the most delectable orange juice that has ever passed my lips. My whole orange juice experience has been incredible. I LUV pulp, LOVE IT! It have never been so good as it has been today.

Ease-Out - Day 2

I made orange juice for breakfast. The orange juice is amazing, I can't get over how good it is. And it really does give me an incredible amount of energy. Lunch was soup and lemonade, and a couple of crackers. I had a couple of grapes that I swiped from my niece while I fed her lunch earlier in the day and I drank a good deal of water. I had a number of peanuts in the evening, and I had a poached egg and toast for dinner. I'm gathering recipes and buying food as needed. I found that if I buy too much food, I'll eat it, but if I buy as I go, then I make it harder for myself to snack and eat more than I need to.

Ease-Out - Day 3

My egg lemon soup turned out well despite the canned chicken broth. It's just what the doctor ordered. I'm at my volunteer gig right now and I wanted to bring some lemonade, but I ran out of time and couldn't make it so I'm drinking water. I need more oranges for the juice, but I'll have to get those tomorrow, hopefully the whole Foods hasn't been stripped of those incredible oranges. Also, I ran across a carrot orange soup recipe in the Silver Palette cookbook that looked really good to try.