

# My Experience



## Kathryn (KT) Says:

January 18, 2012 at 5:27 pm e

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

Reply



### Jamie Says:

January 16, 2012 at 10:31 pm e

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

Reply



### Mike Olaski Says:

January 18, 2012 at 6:18 pm e

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

Reply



TheMasterCleanse.org

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# Forward by Mike Olaski

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This Master Cleanse Journal is by a cleanser Kathryn TenHoopen during the Master Cleanse Group Experience at TheMasterCleanse.org.

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

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

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

Thanks, and Happy Cleansing,

Mike Olaski

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

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# About the Author

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Author Username: KT

Author Full Name: Kathryn TenHoopen

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Author Email: ...

Author Cleanse Date: 2013.04.12

Author Cleanse Type: Newbie Cleanser

Author Cleanse Status: 1st Time Cleansing

Author Cleanse - Purpose: Self Care and Personal Health Management

## Comments of Interest

Pending

## Notes

Pending

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# Psychological and Emotional

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## Lemonade Diet Day 1

Kayla, I love your optimism and mind set. I'm with you and will be happy to cheer you and anyone else on during the not-so-resolute days, if necessary.

"Hi Amber,

It's very possible that what you're experiencing is (could very well be) a normal detoxing reaction to cleansing. It's often referred to as a ""Herxheimer Reaction"", or more commonly as a ""Healing Crisis"". If you know by now that you are not actually getting ""sick"", then mostly likely, this is what's happening. It's no fun - but if you can - try to stick with it and continue the L.D. with herbal laxatives as best you can. The sick feeling should pass after the toxins are eliminated, but there's no set schedule to this. It's sort of a matter of trusting the cleansing process of your body (to the best of your ability). Also, do some of your own research on detoxing and see what makes sense to you. Hope this helps."

## Lemonade Diet Day 2

I've been very clear headed & optimistic today... pleasantly even-keeled. I have a feeling this is pretty standard for a lot of people on the first day. I am also open to to a

likely ebb&flow of emotional and mental states throughout the next 10 days. You'll be hearing about it as the days unfold, so stay tuned ;)

I like your statement about visualizing your success through to the end, as I'm picturing you running to your bed with tea-in-hand! Sweet dreams, Hilare :)

### **Lemonade Diet Day 3**

I am so grateful to be feeling this good on my day 3! Even though I didn't get the greatest sleep last night, I feel mentally crisp & clear and am having substantially more positive thoughts than before I started. My general attitude towards life is feeling very even-keeled and I'm not getting flapped by the little things like before... this is very good! I was experiencing more mental cleansing during my Ease-In than I am now and am so glad I extended that phase to a full 8 days. I am convinced now that The Ease-In is a crucial initiation to the MC and will do it the same way next time.

### **Lemonade Diet Day 4**

Rebecca, I'm with you on the blurry vision & tiredness... what a day! Tammy, that's so great about your strength & inner peace at the restaurant :) Tamika, thanks for your wisdom & encouragement as an experienced master Cleanser!

Even though today has been the most challenging of all 4 days, I fully realized that my headache, fatigue & nausea were due to the blessed event of actively cleansing

& releasing toxins that would otherwise be making their cozy home in my body-indefinitely! I was hungrier today than I've felt in 11 days, especially now as I write. As much as I thought about how amazing a bite of celery or carrot - or even a nibble of lettuce - would be, I'm not really having any cravings or temptations, per se. So far I'm grateful to say that I'm not in the least bit pessimistic or overwhelmed by this mission. "Onward & outward!"

## Lemonade Diet Day 1

First thing morning I felt a new wave of a couple of old emotions I'm not a big fan of: irritability and anger. I noticed them, but wasn't consumed by them. But the fact that these feeling came up for me kind of caught me by surprise, since I've been mostly very at-peace with myself and this whole process, and even more at peace with my outer environment.

Immediately, I had a sense that these two responses were directly related to my liver, which is commonly referred to as the organ where anger resides (according to Traditional Chinese Medicine) "Prolonged anger can lead to an imbalance in the liver. At the same time, liver imbalances can produce symptoms of anger.." is a perfect quote I found online to describe this theory. This makes sense to me and I decided to give my liver a hand by adding an herbal liquid detox blend to my drinking water for the next 4 days.

My body has the wisdom to tell me what's going on and I'm feeling clear enough right now to get the messages, trust them, and then act on them."

## Lemonade Diet Day 6

So sorry about the extra challenges (and pain) with your finger, Hilare. So glad you got that taken care of. I can't imagine having to deal with something like that while on this cleanse. Kudos to you for getting thru it and going on!

Tammy, I was thinking of you last night... congrats on staying strong & getting thru the party!

I'm feeling like I just want to kind of hunker down quietly here in my cozy home while my body takes on the task of adapting to this task of clearing out the old-and-in-the-way. My mind is clear and I'm not feeling sick or down, but am definitely in low-gear. My Hunnie just left for the rest of day and will be eating his lunch & dinner in town today. What a relief to have a little solitude and to know I won't have to tolerate any enticing smells from the kitchen! I'm going to treat to myself to a couple of inspiring netflix movies and a walk in the woods later. Ahhhh.

Tammy, I'm the one who brought up the 'hunkering down' ... and I hope you get to treat yourself to some alone time at some point, whatever that might be for you. You more than deserve it, especially after putting yourself out there so much for your family.

## Lemonade Diet Day 7

I'm feeling like I've turned a corner this morning and am hoping it continues at least throughout the day. Yesterday was my ""cacooning"" time and right now I feel like I've stepped out of that dark, quiet, needy state into a more expansive & energized place. I slept in this morning, right through the coffee & Morningstar Sausage smells, and



now have the place to myself again, but only for a few more hours. Savoring.

Something new I noticed after my SWF, was that I had an rather sudden 'urge to purge' my closet (always a daunting task!) I'm going to chip away at the various layers of clutter until it feels more organized and not so challenging to navigate. It feel like a perfectly symbolic thing to do.

I'm also looking forward to spending the afternoon with my Sweetie when he gets home. He's been super busy and I haven't felt too talkative lately, so it will be a good time to get caught-up with one another.

I'm hoping that all of you have a restful and enjoyable Sunday!"

## **Lemonade Diet Day 8**

Psychological & emotional side effects.... what?! Who, ME?!?! Um, I believe I mentioned something along the lines of emotional purging on my Process page a few minutes ago... so I will spare you the redundancy. Yes, today being my eighth day of juice feasting, and after a positively blissful Day 7 at that, I am indeed experiencing what could possibly be considered somewhat of a psychotic, no not that - I mean, psychological and emotional cleansing day! There, I said it. OK, enough about this crazy 8 kind of day. I'm already over it :)

Gotta love your awesome retort to the toxic words of the person you're addressing,  
Rebecca!

## Lemonade Diet Day 9

Thanks goodness, my good intentions for today and creating a whole new 'playing field' are paying off, and I am functioning in much smoother and more balanced ways, on all levels, specifically the emotional level. I had a n opportunity to work through some very touchy subjects with a good friend today and long story short, was able to notice, feel, quickly process and express myself in a very positive and meaningful way! I want to live from this place of balance from now on and am so grateful that this cleanse has really opened me up to great new start for a healthier, more grounded emotional practice.

## Lemonade Diet Day 10

I'm a little surprised to see no posts here from today :(  
Where is everybody?

I just got back from a two-hour hike with a friend in the amazing warmth & sunshine that we're having here today. My energy levels are excellent and I feel very optimistic about finishing my tenth day of lemonade and moving into Day 1 of my Ease-Out. I bought my oranges yesterday and they are all ready to be juiced for tomorrow's menu. I also bought a carton of organic vegetable broth and another organic soup for Friday. I will have Miso as a third soup choice and will undoubtedly enjoy the variety of flavors.

My tongue is not so coated today and the cleansing taste in my mouth not so bad. It's almost as though my body already knows I'm in a phasing-out-of-lemonade mode. I have had just a little bit of cramping this afternoon, nothing major, followed by movements that have become lighter in color.

I am happy, clear-headed and optimistic about where I'm headed with my diet and future cleansing. Now that I have gone 10 days without food, I feel like I can do just about anything!

Aha! Yay... another 10 day post :) We must have submitted within minutes of each other, Rebecca. Congrats on arriving to Day 10 and thanks for being an integral part of my experience here!

Great post. Tammy... I'm so impressed with your preparation of such delectable sounding organic broths. Mmmmmm. And CONGRATS on the massage appointment :)

## Ease-Out Day 1

I have got to say that I'm feeling a just a little bit lost this afternoon, not having the LD routine to keep me occupied and focused on. It's also my week off from a busy schedule and so I don't have the usual work-related activities to focus on either. I'm thinking that I might be feeling something akin to a deer in the headlights so-to-speak, and am suddenly realizing there are several different directions in which I could take off at any moment. As long as I am aware of where I want to go, keeping the bigger picture of ongoing balanced health in mind, I am fairly safe from wondering off in any of the other less desirable directions. With a vision and plan in place, I will be helping myself out even more in the long run. The critical piece now is to redirect my gaze and refocus my choices to line up with that bigger picture and as I do this, the path becomes clearer and I'm not so lost after all :)

## Ease-Out Day 2

I'm here too, Rebecca :) And I am totally with you on the immeasurable inspiration and positive redirection this experience has given me.... also substantially more that it took out of me!

I am tired after a long day which started with nothing but water and a blood draw at my Dr's office. I also had to ""do battle"" with 4 different Verizon reps, which totaled 6 hours of head-banging time that could have otherwise been spent on enjoying the amazing summer-like weather we've been having. I managed to keep my cool and see it through to the end, but I'm feeling frazzled. So much so, that I wanted to eat something right away (take notice of your emotional eating here, KT!) Yes, it was something like that, BUT I made a healthy choice of organic veggie broth combined with a red pepper soup and a few wheat-free quinoa-flax crackers crushed & sprinkled on top (my 'splurge'). I also had a few extra crackers with coconut oil for 'dessert' ;)

I'm quite feeling the extraterrestrial-type of calm that I did during my best days of the LD, but I am still operating with less of an emotional edge than before the cleanse. This is something I most definitely want to be a continuing trend and so I will therefore be more vigilant about learning exactly which foods support a grounded and stable temperament."

Hooray for you, Rebecca.... this sounds SO good and I am completely on-board with you in this new beginning!

## Ease-Out Day 3

I am feeling so good about where I am right now in my new direction and right

relationship with food. I have been passionate about health all of my adult life, and have done many cleanses, min-fasts and various diets, including the Atkins Diet (agh!). Aside from my raw food years, I was basically on sort of a wild goose chase with finding "the groove" in order to feel and look my best. Talk about an emotional roller coaster ride! Eating optimally, for me, means keeping things as simple and truly Natural as possible. For me, this comes down to a firm yet somewhat flexible "vegetarian-slash-sometimes vegan-slash-a lot more raw food" orientation. After years of trial & error and experimentation, I now fully know that I FEEL my best eating this way. Oh man, do I feel good today!"

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# Weight Loss and Physical Effect

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## Lemonade Diet - Day 1

Hi Clayton, I think your approach is a good one and I wish you success in your BP lowering goal!

Hi Everybody, I'm impressed with your weight loss goals. Mine include losing up to 18 lbs, but I'm mostly interested in simply feeling better, i.e., mentally & physically. I have gained roughly 18 lbs since my 50th birthday, almost 2 years ago, along with a host of other imbalances. I am now putting an end to this trend! Some of my issues are due to peri-menopause, but I'm a firm believer in healing ALL imbalances through a healthy lifestyle, starting with a clean diet and positive thoughts. It's feeling really good to be taking positive steps now, and to have your support!

## Lemonade Diet - Day 2

I woke up around 5am (Pacific) and felt a rumbling... the oxygenating laxatives are working! I felt a slight headache come on around then which is still noticeable but not bad. Also had to blow my nose a few times this morning... all cleansing reactions. Had 3 movements this morning, before walking the dog, giving Kitty his morning ""lovins"" and other household stuff, then prepared my morning liter of lemon water and herbal tea. This morning's walk combined with slow, deep breaths of this wonderful spring air helped the headache back off. Still a little sinus drainage going on. I can handle this.

I haven't weighed myself in a couple of weeks, but my goal is to get back to my ideal weight... about 15-18 lbs from now :)”

Yay!

Amber, are you looking on ALL of the journal pages? (there are 5)?  
I replied to you twice :)

Diary Journal Pages

- \* The Process and The Lemonade Diet
- \* Detox and The Salt Water Flush
- \* The Psychological and Emotional
- \* Weight Loss and Physical Results
- \* Social Support from Friends and Family

Amber, this post is for you!

I am copying and pasting (below) the 2 responses that you actually did get yesterday, but seem to have missed. The first is from Tammy, the 2nd from me.

Hopefully, you haven't given up on this cleanse... it seems pretty apparent that your sinuses want you to continue getting the toxins OUT! Mike just sent us all an email this morning about the signs of detoxing (did you get it/read it?) It talks specifically about the

many symptoms that come up when we're cleansing out the yucky stuff, sinuses included.

Tammy April 15, 2013 at 6:45 pm #

Some people rely on fasting to get rid of illness, so you could look at it that way. I can understand not wanting to take on something like this when you're not feeling your best. Good luck to you!

KT April 15, 2013 at 7:51 pm #

Hi Amber,

It's very possible that what you're experiencing is (could very well be) a normal detoxing reaction to cleansing. It's often referred to as a "Herxheimer Reaction", or more commonly as a "Healing Crisis". If you know by now that you are not actually getting "sick", then mostly likely, this is what's happening. It's no fun – but if you can – try to stick with it and continue the L.D. with herbal laxatives as best you can. The sick feeling should pass after the toxins are eliminated, but there's no set schedule to this. It's sort of a matter of trusting the cleansing process of your body (to the best of your ability). Also, do some of your own research on detoxing and see what makes sense to you. Hope this helps.

### **Lemonade Diet - Day 3**

The scale in our house was broken while I was away when my industrious Sweetheart used it for work, trying to weigh a stone that would have flattened an small elephant! No



matter, because I have absolutely no doubt whatsoever that I will be ecstatic whenever I do happen to step on the next scale I see. The important thing is, I FEEL inches & pounds lighter already, after 8 days of a raw Ease-In and almost 3 full days of the LD. My skin is glowing, wrinkles have decreased noticeably and I think I'm even looking more toned, which is blowing my mind, because all I've done for exercise is walk! I'm not shocked or surprised by all these great changes, but I am delighted and amazed :)

## **Lemonade Diet - Day 4**

I haven't weighed myself yet and not am really concerned with that part of the cleanse just now. I am curious though, and will gladly step on a scale next I see one (ours is caput). I'm feeling at least 5 lbs lighter and imagine I have lost that much in water retention alone. My clothes are noticeably looser-fitting and when I look at myself in the mirror, I'm happy with the very tangible signs of decreased inflammation. Yesterday I felt like I could have run a marathon (OK, a half marathon:) Today's another story, but that's alright. 4 down, 6 (or more) to go to a healthier, shinier, more vitalized me!

Alisa, thank you! What day are you on and how are you doing? This is really a pretty amazing experience, eh?

## **Lemonade Diet - Day 5**

Still no weight measurement for me and I'm OK with that. I completely forgot to ask my friend if she had a scale when I was at her house today. I guess it's really just not in my consciousness right now. As far as a physical issue, I'm much more aware of my right

forearm, elbow and the inflammation and pain I've been having since I re-injured it a few months back. This is equally strong a reason for doing this cleanse as losing weight, along with wanting to try and balance out the frequent storms of peri-menopausal hormones that have been wreaking some havoc. So far, my arm is noticeably less swollen but still aching and uncomfortable though the pain isn't as sharp. The emotional swings have subsided nicely. This is good.

## Lemonade Diet - Day 6

Hey guess what... I'm on board with the increased bloating! From what I've researched, bloating can be due to a number of things:

- \* being dehydrated and possibly absorbing more of the SWF than we're eliminating
- \* being salt deficient and absorbing the salt in the SWF
- \* needing to increase our (plain) water consumption

(remember, we need at least 1/2 our body weight in H<sub>2</sub>O, plus a recommended 16-32 oz ""chaser"" of water after the SWF and also some water after drinking our lemonade)

This makes sense to me and I have a sense that I fit into at least one of these categories. As hard as it is to think about drinking more water right now, I think I'm going to go to the kitchen right now and make a mug of warm lemon water to sip during my movie.

Any suggestions for a good comedy?!

Ps... Am loving, loving, loving all of your posts everyone... thank you for BEING there!"

## Lemonade Diet - Day 7

Since this is the only time I'll have to journal today, I won't be able to report on my day-long physical status, but right now I'm feeling really, really good! I never made it outside yesterday and am now kind of chomping at the bit to get out there for a walk in the cool, moist air of my pacific northwest Douglas Fir woods. My elbow is still tender and sore, but not nearly as achy or swollen with inflammation as it was before cleansing. I'm hoping to find a scale somewhere in town tomorrow when I go in to do some errands. All I know is that I weighed in at 150 lbs about two weeks pre-cleanse. My normal weight is 130 and my ideal weight is 125. I'm not expecting or even seeking to lose a lot of weight fast here, but there's no doubt now that I'm off to an excellent, very solidly healthy & balanced start :)

## Lemonade Diet - Day 8

Rebecca, I am so with you on the yayayayayaya part about having only 2 more days to go before our Ease-Out! (Sorry, Michele! don't mean to make you hungry again by talking about the orange juice we get to drink on Ease-Out Day 1 :) No, but really, I am gearing up for the evening of Day 10, when I will know that a new & different citrus flavor will be doing a delightful dance upon my tastebuds!

Ok, are you ready for another story?

I had to go down the mountain to the closest town today, where there's decent but limited shopping. My primary focus was finding more lemons. At the tail end of my journey, I made a quick jaunt into Fred Meyers, our local grocery-homegoods-garden-center-and-everything-else store... EXCEPT for organic lemons! When I discovered they had no

good lemons, I decided to meander about half a mile to the other end of the store to the home goods, i.e., bathroom goods, i.e., bathroom scale section. (Are you sensing where this is going?)

There were scales galore, albeit electronic scales and not a single non-battery operated type. Go figure. I scanned the 12 or so various boxes of lovely modular units with my eyes, looking for one that might be pre-opened AND have the batteries included. I saw only one and it was taped securely shut. Being Day 8 and not having weighed myself for several weeks, I was not about to let a little bit of sticky cellophane stop me! I removed the box from the shelf and set it gently on the floor. Ready for a surgical-like removal of the tape, I carefully ran my fingernail along the taped opening and voila! I pulled the plastic-wrapped glass-topped scale out of the box and looked for the batteries. None in the box. Hmmmmm, they must already be in the battery compartment for the batteries. Nope. No batteries! I guess it's just not my time yet for seeing those three little magic numbers.

Michele, I also had a 3-day headache and want to congratulate you on getting past it!

I have also been cold... and it's sunny and warm out today, even up here on our mountain! SO, I am going to get myself (and my lemonade & water bottle) out there in a few minutes and do a power walking out there in that amazing thing called sunshine!

I am also getting realllly curious about my weight and am crossing my fingers that I find a scale on my trip into Portland later! I look and feel substantially lighter;, my face is back to it's normal shape with no visible signs of inflammation or water retention, like it was before. My belly is noticeably smaller, both my profile and when I'm looking down at it :)

## Lemonade Diet - Day 10

Alas, I have not yet encountered a scale. I asked at two places in town yesterday, and a hardware store, of all places, did not have any scales in stock!! I am so convinced that this experience was simply not about the weight loss, but I am completely certain that I have lost some pounds as well as inches. Most importantly, I am FEELING good! This has been a successful 1st MC experience and I'm only the wiser - and cleaner - for the next one.

15 pounds?!?!? That's fabulous, Hilare! Hooray for both you & Michael! Oh, and you better believe I'd absolutely love to have y'all come over here to my mountain for hike! And YES to probiotics (the ones with lots of 'bio' :)

11 lbs... that's awesome, Tammy! Yay :)

## Ease-Out - Day 1

I've noticed some sinus stuff come up since drinking the orange juice. Nothing big, just a little nasal drip and having to blow my nose. My sense is that the concentrated fruit sugars are too much for me right now and so I'm diluting big-time and my last drink tasted more like orange-flavored water. I'm also going to make a green juice later and maybe another for dinner instead of more orange juice. I have been salivating at the mere thought of a nice Ginger-Kale-Celery-Apple juice and the more I think about it, the better it sounds!

Still nothing to report on my weight, but I just made an appointment with my PA for a cholesterol check tomorrow morning and will be stepping a scale FOR SURE!

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

Rebecca, I'm sorry you were feeling so alone here! It's slightly disheartening to log in as the first commenter, when there aren't any other posts for the day.

Well.... finally my day arrived to step on a scale! Honestly speaking, after hearing how others lost from between 11 & 15 pounds, I was a bit disappointed. I thought for sure I would have lost around 10 lbs, based on how I was feeling and looking. Alas, I only lost 8 lbs. Not bad. Certainly better than just a few lbs. But I'm feeling a little deflated at the moment. I know, I know... I said over & over how losing weight was not the major motivating factor for me, and it wasn't. That said, I'm still just a little surprised.

I am suddenly feeling heavier in my body than I thought I would at this point. I am going to attribute this to my choices to add fiber to my meals today (Garden Of Life Raw Fiber Blend and Quinoa crackers) I think that if I had stuck with just juice & plain broth, I would feel lighter. Tomorrow, I will eat just leafy salads and broths, no extra fiber. I'll make a lemon-ginger root dressing and not eat when emotionally frazzled :)

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

As the story goes, there is no scale here at my house, so I will not be even thinking about those 3 numbers until I happen to buy one. (Do I want to buy one? Is it really necessary?)

What I do know is that I absolutely must work on my commitment to exercise more regularly, even if it's just getting out for a 1/2 hour walk up the road. Conveniently, we live on a mountain, so hilly trails & roads abound. My energy levels are good and feel very prepared to get out there and burn some of these old, stored away fat calories off. How perfect that it's spring!

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# Detox and The Salt Water Flush

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## Lemonade Diet - Day 1

Hi Krista, I wanted to suggest that you consider doing the SWF at work, if possible. You could also buy some natural orange spray (non-aerosol) and take it to work with you... and make your mind up to be willing to have movements at work. Otherwise, you may be setting yourself up for failure here and I'm sure you don't want that! Doing the SWF at night is not recommended. Good luck!

Detox & SWF... This is my Day 1 of the Lemonade Diet and last night I chose to go with an oxygenating laxative. I want to see how this works first, before I go for the SWF, which I am prepared for and open to. Watching Mike's video on doing the SWF was helpful. Since I was never a champion beer slugger, I will probably drink the liter down by thirds, rather than in one big gulp ;)

"Hi Kayla, it seems like it's going to be a trial & error kind of experience for a lot of people, although I don't really subscribe to the ""error"" part. Good luck in finding your niche with the process!"

"Good for you for being persistent with the flush! Did you ever happen to watch Mike's video on the SWF? He demonstrates drinking it and says how ""tight"" his stomach feels after getting it all down. Weird but normal."



I'm choosing to opt out of the SWF for now, since my laxatives seem to be doing a good job. I'm committed to oil pulling in the mornings, which is challenging enough. If they fail to work at any time, my preference is to do a high enema, which I've done many times before with positive results - always.

## **Lemonade Diet - Day 3**

I'm having good results with ""OxyCleanse"". I also drink a full liter of water 1st thing after I get up which seems to kick it into high gear. I woke up a lot during the night, due to increased activity (mega-gurgles) from my stomach to my colon. Had to get up for my first movement @ 4am! Have had two since then, but nothing black. I don't seem to be getting a huge amount of solids out, so am going to do a high enema after I finish journaling. I've done lots of these in the past with excellent results. There's also the possibility of doing a coffee enema if things slow down too much. If I start feeling lethargic or sick, that will be my signal to get the enema bag ready, which I much prefer to the SWF."

The SWF is a BIG topic! And even though a lot of us are on Day 3 or more of the MC/LD, I'm posting this video by Mike Olaski, the creator of this site. Mike really helped me to understand the SWF in a new & positive way and it might just help a few others out too:

<http://www.youtube.com/watch?v=iwczFwpmqHQ>

"... and as Rebecca just put it (perfectly)... ""Onward & Outward"". Awesome!"

## **Lemonade Diet - Day 4**

Yes, today has been a day of detoxing, much more so than on Days 1,2 & 3. As nauseous as I was feeling this morning, I knew there was no way I'd be able to keep down the SWF, so I proceeded to do 2 complete (high) enemas. This helped, but not entirely, as I did not get any heavy gunk out, which I was expecting to. I had a headache all day, felt tired and hungry. At no point did I feel like giving up, or like I can't do this, but after yesterday's marathon-sized energy & clarity, today has been the hardest of the LD. I bought a box of Smooth Move and also a Detox tea. Felt better after the Detox tea and am drinking the Smooth Move now. I'm CLEANSING... bye-bye toxins!

## **Lemonade Diet - Day 5**

Wow, I am LOVING all these comments and information... this circle of Internal Combusters is awesome and I'm glad to be a part of it!

SO many great things to reply to... instead of posting below people's comments (going back in time), I'm just going to post up top (and stay current) It's too easy to miss older comments.

Hilare... too funny about the willies with my ""e"" word! LOL!! I totally get that though. I had them too, before I actually tried my very first one. They were a daily part of a really intense cleanse I did back in the early 90's.

ANyway... I am feeling much better today ! (Thanks for asking, whoever did - I cannot find your post now :( This has not been a heavy detox day... no nausea, no headache, pretty good energy, although I do still have an awareness of detoxing going on. The Smooth move in combo with the OxyCleanse seems to be a good one. I've been having many movements throughout the day (brown liquid mostly, no ""black"" ) I've also been drinking my Detox tea all day long."

Day 5 (additional post)

Jane, I just found your post (where the heck was it a few minutes ago?!?) Thanks for your response to mine and for sharing your relief after some suffering. So glad to hear you were able to get beyond the hellish part. Yay! It is indeed affirming to realize the truth of what has just taken place: that we're basically gifting our bodies the opportunity to purge & renew.

Hilare, I've been meaning to add to your coated tongue comments. Same deal with me. I always been a tongue brusher, but now so much more than ever. I also LOVE Dr. Tichenor's Mouthwash (pure peppermint). It's concentrated, lasts a long time and is sooo refreshing!

Just reading this post of yours again Jane.... and boy, does your broth ever sound like a super yummy treat right about now! I think it's great that you listened to your stomach and went with something soothing & nourishing after your heavy detoxing experience.

## Lemonade Diet - Day 6

After reading the "Yogitrition" article on the SWF (Thanks Joseph & Jane), I decided to do one this morning. Even though I noticed that the author of this article mentions the "e" word in her bio (a coffee "e" at that!), I had some pink salt in the kitchen, so opted for my very 1st SWF in 18 years!! It went remarkably easier than I remembered from my old cleansing days of the 90's.

5 hours later... I've had only a few small flushes. I got more than this out on the morning of day 2. Hmmmm. I really expected more to happen, especially since I took both the OxyCleanse and Smooth Move last night. Apparently, a "complete flush" doesn't always happen on the 1st try, so I'll do it again tomorrow and cross my fingers."

Day 6

Hilare, just had to add.... that I thought of you about an hour ago when I had to go out to the garage for something, and when I walked back through to the house, I noticed a bigger-than-life box of wheat-free quinoa, amaranth, flax crackers that I had totally forgotten about and not seen multiple previous times I'd walked past them. And OMGoodness, they were practically screaming for my attention :O

## Lemonade Diet - Day 7

Vanessa, read my post from yesterday on the Weight Loss & Phys Results page. I talk about bloating there. Also, there was an excellent link on the SWF posted by Joseph a

few days ago and also re-posted by Rebecca. It's worth finding & reading.

I prefer journaling toward the end of the day, since there's more to report and also more to respond to. But I have plans to spend an "unplugged" afternoon with my Hunnie so I won't be back until tomorrow (unless he grants me a Hall Pass to do a quick comment check later in the day !)

I upped my OxyCleanse dose last night from 2 to 4 capsules which made for heavy PM rumbling. \*\* I drank about 16 oz of warm water pre-SWF \*\* and used sea salt instead of the pink salt I used yesterday. Today's brew tasted much more powerful than yesterday's. \*\* I also drank another 16 oz of water post-SWF\*\* I've already had one movement, which felt like it came from a deeper place in my colon than before, and similar to what's it's been (variations of dark brown liquid with what I refer to as "pulp" ... sorry... no intention to gross anyone out!) The liquid is not clear and I'm not feeling toxic. I take these as good signs.

I feel strongly that increased water, before & after, the SW is the key for me (and maybe for you too?) Another thing to note, I am not as bloated right now as I was yesterday. Whew."

Day 7 ... Correction.... I upped my OxyCleanse dose from 4-6 capsules, not 2-4 :O

## **Lemonade Diet - Day 8**

Without a doubt, I am having a better flushing experience with the triple combination of white sea salt for the flush, Smooth Move & Oxy Powder (which I've been calling

'OxyCleanse' - apologies!) My Oxy Powder is from a company called, Global Healing Center. I ordered it from their website.

The SWF itself is mind blowingly easy for me. After many failed attempts in the past, I had convinced myself I would never try another. So much for negative self-talk. It's just not a good practice. I take a deep breath and guzzle 8-10 oz of warm salt water concentrate, followed by 16 oz of warm lemon water, then finish off with 12 oz of plain water. I'm having several movements in the mornings (dark to medium brown, watery & pulpy) I often have several more throughout the day. I still haven't released the thick sludge, "mud" or black stuff, but I imagine that might come later, or the next time I cleanse.

Sorry, no personal replies today. I appreciate each of your posts & am grateful that you are all out there and with me on this adventure :)"

Hllare & Tammy, In response to your concerns of yeast/Candida overgrowth, I just found this site the other day and highly recommend reading through it: <http://www.yeastinfection.org/>

## **Lemonade Diet - Day 9**

Last night was the first time I fell asleep before taking my OxyPowder and Smooth Move tea. And man... did I sleep like a baby without having to get up 2-4 times! Am on it this morning after my SWF and wondering if morning OxyPowder will produce a different reaction?

Good news, Michele! Taking the senna was a good idea and I'm glad that you got some new results. I'm with Hilare and others in cheering you on to stick with it! Are you on Day 4 or 5 today? Anyway, yay!

Hilare, I love your laundry room story :) And yes, my tongue is definitely still coated and I'm still brushing it with a Dr Tichenor's rinse 2x or more every day!

Rebecca, sounds like you're really getting seriously productive. LOL! Hoorah for you! And thanks for the post SWF tea reminder. I'm sipping mine now. (cannot stand the taste of Smooth Move, so I add 1-2 teabags of peppermint to it)

Bye for now everyone. Happy Flushing!

"Hilare, I just had to add my 2 cents here, regarding the coating of tongue. I believe the thin, white coating referred to above is what's to be expected when balanced health conditions are present, but a thick white coating is actually the norm while cleansing. Whether or not yours is thrush, that's for you to investigate & determine. Meanwhile, I wouldn't expect the ""normal"" coloration to return until week or so into a sustained ""normal"" diet. In other words, do not worry about your white tongue right now... It's OK, and also quite normal :)"

No SWF w/Ease-Out is definitely a good thing to know. I do, however plan to keep up with my Smooth Move tea (will look for plain Senna to add - thanks :) and PM Oxy Powder until I'm back into a routine meal plan with re-established healthy bacteria and 2-3 good, healthy movements per day. ProBiotics are an essential part of getting our bowels working optimally again post-cleanse.

## Lemonade Diet - Day 10

I am pretty happy about making friends with the SWF after 20 years of holding on to the old thought that I would never do one successfully. My newfound method of drinking only 10 oz of concentrated salt water (as opposed to the full 32 oz) has worked well for me, followed by a 16 oz mugful of warm lemon water, then another 6-8 oz of plain warm water. This will be my SWF recipe from here on out.

I was woken by the need to have a movement early this morning at 5:10, as a result of my PM Smooth Move & Oxy Powder. I've had four good flushes since my salt water. I've also discovered that the Smooth Move tastes whole lot better to me by adding 2 additional bags of either peppermint or lemon ginger tea. All-in-all, another successful day of flushing & cleansing! There will be more of this in my future ;)

## Ease-Out - Day 1

I'm not doing the SWF today and have also chosen not to drink any Smooth Move either. I didn't want to start out with the cramping and need to stay glued to the house for bathroom use. I have to leave in few minutes for an errand run and all I'd like to have it all go without any sudden urges :) I did have one small movement this morning after my lemon water and can feel things moving around a little differently inside. I'm still 'bubbling' and gurgling, but not as much as with the LD. I just made an appointment to have my blood drawn for a cholesterol check tomorrow... and I'll also be stepping onto a scale for the first in a long, much-anticipated while!



## Ease-Out - Day 2

I have had no detox, or re-tox, symptoms since easing out of the LD. Neither have I had a significant movement today and only a couple of very light moves yesterday. I am going to increase my water consumption tomorrow and hope that helps.

## Ease-Out - Day 3

I'm happy to report that I had a very productive movement this morning :) which happened about 1/2 hour after I finished my morning liter of lemon water. I think the fiber shake I had yesterday definitely worked some magic, as well as the increased water consumption of the early evening. I might drink another one tonight before bedtime and see if this might be a good practice once a day until I start eating more fibrous foods on a regular basis.

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# Support from Family & Friends

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## Lemonade Diet - Day 1

"Ha! That's funny... my Sweetie has been ""advised"" as well!"

"So sweet of your family to want to support you that way. Maybe they could try eating just raw veggies and fruits, instead of the cleanse itself? Otherwise, you will just need to stay strong when you smell ""those"" smells of whatever they're eating :)"

Support/Day 1 of the Lemonade Diet... I'll be looking for most of my support here and maybe on Facebook. I've been away from home, intentionally, for the last week. My solitude has been a priority in getting started with a successful week-long Ease-In and Days 1 & 2 of the LD. My Sweetie is supportive, but will not be changing his diet to suit my needs. I'm have mixed feelings about returning home tomorrow on Day 2 of the LD, but am gearing myself up to stay strong and focused and tuned into these pages for support... so keep in touch and let me know you've got my back, please!

Thanks for being there! I hope your detox headache passes soon... water, deep breathing and walking (in nature, if possible) has helped me.

Stay focused on all the the positive benefits that will be the OUTCOME of sticking with this regime, Tammy, and you'll do fine this weekend :)

"Hi Amber, (this is a re-post of what I just wrote to you on the ""Psycho/Emotional page)

It's very possible that what you're experiencing is (could very well be) a normal detoxing reaction to cleansing. It's often referred to as a "Herxheimer Reaction", or more commonly as a "Healing Crisis". If you know by now that you are not actually getting "sick", then mostly likely, this is what's happening. It's no fun – but if you can – try to stick with it and continue the L.D. with herbal laxatives as best you can. The sick feeling should pass after the toxins are eliminated, but there's no set schedule to this. It's sort of a matter of trusting the cleansing process of your body (to the best of your ability). Also, do some of your own research on detoxing and see what makes sense to you. Hope this helps."

## Lemonade Diet - Day 2

I've been getting great support from the few friends I've told about the MC and my Sweetie is very excited for me and the fact that actually I'm doing this, after saying how much I've wanted to do it for about a year! I've done lots of different cleanses in the past, mostly in the 90's, and was 100% raw for a few years back then. Those were undoubtedly my most vibrantly healthy years ever. Over the years my diet & lifestyle has changed, never getting too unhealthy for too long, but definitely on the indulgent end. I've been feeling ready to phase back into a raw-vegan lifestyle and this is the perfect way to get back on that track.

Hi Rebecca, I'm with you on wanting to create a stronger sense of peace & balance on all levels. I also agree that it's best to reserve energy by keeping things on the downlow and not making plans with others. Lots of people have been curious and somewhat surprised by my choice to drink 'lemonade' for 10 days... which makes me really look forward to inspiring them with my awesome results when it's time :)

### **Lemonade Diet - Day 3**

I haven't really been around too many people or places where I share what I'm doing in detail. But funny enough, when I bought my extra lemons yesterday, the clerk (naturally) had to make some sort of remark and asked if I wanted any thing else to go with my lemons, like some Grade B maple syrup or cayenne pepper! He had done the MC before himself and said he couldn't stick with it past day 3. He then followed by saying that he thought it make his teeth enamel thinner and his teeth more sensitive. I find this hard to believe, only 3 days into it, unless his teeth were in pretty bad shape to begin with. To add to his tooth enamel ""warning"", he also said that he thought it was a dangerous way to lose weight and that I should be careful. I just said 'thanks' and left with a big smile on my face."

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

I recently turned down two invitations to a couple of special occasion (food-based) events this weekend. Although the birthday party peeps were sad I wouldn't be there to celebrate with them, I felt fully acknowledged & supported to ""do what I need to

do""... in order to stay focused and strong. I'm going on hike with a friend and her dogs tomorrow, and instead of our usual post-walk breakfast, we're having tea (and I'll be having tea & lemonade). Sabine even said that she would wrap up the chocolate croissants she made today and put them in an airtight bag, hidden from view ;O Now, that's a supportive friend!"

Day 4 (one last story) ... SO, I was in the checkout line today, when the I noticed the cashier smiling as he scanned my 5 bags of organic lemons & 32 oz of Grade B syrup. I knew he just had to be thinking of something inquisitive, clever, or humorous to say, but he surprised me by simply asking if I had enough cayenne pepper at home already! Turns out, he's been researching the MC and is planning on doing it himself for the first time in a few weeks. Cool.

Good night and a pleasant & restful sleep to all.

## **Lemonade Diet - Day 6**

Last night I was incredibly agitated by my hunger, feeling a bit ""fluey"" and restless in bed that my good Hunnie offered to rub my head until I fell asleep. As usual, that supportive niceness lasted about 10 minutes (not nearly enough) before he was out like a light! Oh well. This morning I had to lie down and sip on warm lemon water before doing the SWF and he again came over and asked me if I needed anything and gently rubbed my head for a minute or so. Still not enough, but sweet. I sure do fancy the idea of a massage when this is all over. I think a 3-hour massage sounds about right :) Great idea, Tammy! (or was it Rebecca?) ... can't find that post!

As I've said before, the best support is happening right here and I look forward to these posts every day!

Sorry, no stories today ;) I've been here at home all day and haven't spoken to anyone."

## **Lemonade Diet - Day 7**

Tammy, I'm sorry you had such a deflating experience of non-support with your mom. It was a huge thing for you to simply BE there at the party, let alone needing to explain, re-explain and defend yourself & your choices. I hope you had a good night's rest and are feeling better today. Like Mike Olaski says, ""turn to your journaling"" and your journal pals for the best support... we are here for one another!

Hilare & Rebecca, good stories of positive support. It's such a nice, affirming lift when those happen!

There's only a slight chance that I'll be able to check back in with everybody later. I do so want to know how you're all doing and how your Sunday goes. Meanwhile, my positive thoughts are with you and know yours are with me. Now, it's off for a much-needed deep cleansing breath walk and then to the determined & focused external cleansing of my closet!"

## **Lemonade Diet - Day 8**

GREAT posts, everybody! Hilare, I love your movie list, thanks! I've seen some of them

but not all and am glad to have a few more to look for. Michele, I'm envious of your oodles of amazing support people and housemates. My housemate is a meat & potatoes kind of guy, but he sure loves his green smoothies when I make them for him. He even makes them on his own sometimes :) Rebecca, I can hear your lovely operatic melodies already... they are sweet music to my ears! That's so great that you have helped inspire others to make their own healthier choices. And Tammy, I loved reading about your talk with your husband! My Sweetie hasn't really been that good at showing much interest, or giving the support I need lately, being as busy and focused on his latest projects as he's been. I might have to have one of those talks with him later, when we're not focused on anything else. Then again, it just might not be the right time in general. That's OK, because I have all of you, and what a wonderfully supportive little group you have been!

## Lemonade Diet - Day 9

I am utterly grateful for all of your posts and ongoing encouragement, stories, detailed MC experiences, humor and wisdom!

I am in full agreement with you. Hilare, on the Vegetarian/Vegan thing. It all comes down to our choices being in highest alignment with who we are and what we desire for ourselves & our families... primarily for own, priceless, #1 personal health insurance. We are what we eat, so let's make the wisest and most humanitarian choices we can.

Hilare, one last post before I retire over here in the lovely woods of Oregon. My wee emoticon on a picture I took when standing at the base of one of our grand Douglas Fir trees. SO, you are looking up the vertical length of several trees to the sky above. You

were very close with your guess ;)

About your red skin patches, remember that the skin is our largest eliminating organ! You are either cleansing something which is evacuating via your skin, or you may very well have a yeast or fungal rash which could possibly be reacting to the large amounts of syrup. You can have an ND or general physician take a sample of it by scraping it onto a plate to be looked at under a scope to know for sure.

Rebecca, I too am a little sad & surprised at the lack of posts today... it feels a bit lonely for Day 10 in this regard. Maybe this has just been a busy day for people? I hope everyone's doing OK out there and that we'll have you back with some great posts tomorrow...

## **Lemonade Diet - Day 10**

Aside from today, this has been the best place to find my MC encouragement along with some good stories. Another source of support and praise came from a phone conversation with my mom this afternoon. She has known about my various cleanses, juice fasts & diets for all of my adult life and has always been a good sport about giving me the kudos when appropriate. She was especially surprised to hear about the fact that I've been on nothing but lemonade for 10 days, but got the big picture when I explained it all to in more detail. For the most part, I've felt like I could do ""this"" and one thing for sure is, it wouldn't have been nearly as enjoyable or easy if I had it completely on my own.

So a big THANK YOU to each and every one of you from this site who has been here with



me throughout the challenges & rewards of this little ten day journey!

Good night and sweet dreams :)”

## Ease-Out - Day 1

Nothing much to report here today. I am being my own #1 support person by allowing myself to choose green drinks over orange juice for the rest of the day. I feel strongly that this is a better, more balancing choice for me than consuming too many more glasses of fruit sugar.

I will ask for some words of support around the need to have nothing more than water from 9pm tonight until after my 10:00 appointment tomorrow. Not a huge deal, after 11 days of no food, but still, the thought of nothing more than just water at THIS point...

## Ease-Out - Day 2

Again, I'm right behind you here tonight, Rebecca! I'm so glad you found inspiration here on these pages with everyone's earlier presence. Me too. It seems like we're suddenly in a whole different realm and much more on our own than when we were all so consumed by the LD. I'm OK with looking within for my own self-directed guidance & support, but it sure would be nice to have our group make a little more of an effort to show up here, for the sake of group support.

Maybe tomorrow we can all try to make an appearance here a little earlier in the day, if at

all possible, and then maybe a re-check back in later to acknowledge one another's progress? How does this sound everyone?

I hope things are going OK with y'all and that we all get a good night's rest!  
Nightie-night :)

"I wanted to share this link with everyone, for tomorrow's start of what's being called, ""The Food Revolution Summit"". It's free to register and there will be LOTS of great info on healthy eating & lifestyle. It will be aimed at a Raw/Vegan lifestyle, BUT it can be applied to ANY lifestyle for bettering one's choices & practices. Nobody's out to convert anyone :)

<http://www.foodrevolution.org/summit?orid=99597&opid=18#.UXql5UrBWT4>

You're welcome! I'd love to touch base with you about what you happen to get out of it, if you happen to join & follow along!

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

Good Saturday Morning, Everyone!

I'm sipping on my warm lemon-cayenne water as I write and am about to check out the first of the Food Revolution Summit talks, which started at 8am (Pacific Time). I'll be checking back in later in the afternoon...

SO... it looks like it's just the 3 of us here today (me, myself & I), talking to ourselves about the great support we're giving one another :)

I sure hope you are all out there doing something fun & wonderful, totally enjoying your Saturday. I'm about to head out on a hike in the woods with my Hunnie and two fabulous dogs that I'm caring for this weekend for some friends. I probably won't be back online until later in the evening.

Best wishes to everyone out there, whether you're on the ease-out, ease-in or the LD!

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# The Process & Lemonade Diet

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## Lemonade Diet - Day 1

"Hi Mike,

Thanks for hosting and for being there for all of us ""newbies""! I wrote a pretty detailed comment yesterday (4/13) about my current Ease-In experiences and I can't seem to find where it went (??) Can you possibly find it for me and let me know if I posted in the wrong place, or what happened?

Thanks!

~KT"

Lemonade Diet Day 1 Hi again everyone, and a special thanks to you, Tammy, for your comment about my lost post (still MIA). I hope you were able to finish the second half of your SWF with gusto ;) What have you chosen for your lemon juicing method? I'm using an old fashion glass juicer & mesh strainer.

I chose to do a mostly raw food Ease-In for a full week. Had a detox headache & light nausea for the first 3 days. Yesterday I ate very lightly; lentil Dal for lunch, fresh squeezed oranges (spit out the pulp) for dinner and took an oxygenating laxative before bed. I will do the SWF if the laxatives don't do their job.

I'm sipping on some herbal tea now and will drink some more water before my lemonade.

Kayla, I'm doing oil pulling, too! I started it a couple of weeks ago and had a few positive changes, so figured it could only help with detoxing during this cleanse.

Clayton, I hope you choose not to go with the coffee idea! As hard as it is not drink it, your body will definitely thank you in the end, if you give it a break. There are some decent grain beverages out there, like: Teeccino (my favorite coffee substitute), Inka, Pero, Cafix, Postum. I like the Teeccino, because you brew it, as you would a cup of java and get to experience the ritual of making it. The others are powdered mixes.

Krista, I support you in not only succeeding with the LD experience, but also in kicking the evil soda addiction ;)

### Lemonade Diet Day 1... My Process

So far, today's going well and I'm feeling good, after my 7-day Ease-In of mostly raw foods. Since it's only Day 1, we are all obviously just getting acquainted with our own personal processes. Mine includes a sharp knife, a fairly new cutting board, brand new mesh sieves & citrus reamer, a glass measuring cup and measuring spoons. I was going to use a glass juicer, but prefer the handling action of the reamer. I'm loving the simplicity of these basic tools, not to mention the quick & easy clean-up. Yeah!

I'm making a half batch at a time (30 oz water, 6-ish lemons, 6 tablespoons syrup, 1/4

teaspoon cayenne) This way, I can kind of gauge how much I'm drinking as well as having the creation process to look forward to.

Eileen, I sure wish you success with getting rid of the worst of your Lyme symptoms through this process. I have a very good friend, a Homeopathic physician. After being misdiagnosed for 13+ years, she's been on a very seriously focused anti-Lyme regime for 2+ years and has had a lot of success. She's a walking encyclopedia of information on ANYthing Lyme-related and always glad to share her knowledge. If you're interested, I'd be happy to get you in touch with her, just let me know.

I'm aligning with Hilare's wishes for you... Lyme, be GONE!!

## **Lemonade Diet - Day 2**

Yay on the Teeccino vs coffee decision, Rebecca! Here's a link, in case you don't find any locally: [http://www.vitacost.com/teeccino-1/?csrc=PPCADW-teeccino&refcd=sUWjDJ65w\\_teeccino&tsacr=11132487011&mtp=sUWjDJ65w|pcrid|11132487011|mt|e&gclid=CMWclMWdoLYCFYx\\_Qgod\\_WEAIA](http://www.vitacost.com/teeccino-1/?csrc=PPCADW-teeccino&refcd=sUWjDJ65w_teeccino&tsacr=11132487011&mtp=sUWjDJ65w|pcrid|11132487011|mt|e&gclid=CMWclMWdoLYCFYx_Qgod_WEAIA)

Hilare, to answer your question... I'm personally doing pretty well energy-wise. I chose to do an 8-day, mostly raw Ease-In, which has helped me out a LOT for the LD part. I've been having a light headache all day so far today, so I'm upping my water intake and walking more with deep, cleansing breaths. I think you're wise to notice that your energy

levels are probably pretty linked into how busy you've been. I hope you can find some nice, quiet moments to savor & rest!

## Lemonade Diet - Day 3

Hi again everybody, nice to hear that everyone's moving along in positive ways, sharing support & good information. I'm feeling amazingly good & clear today and grateful that I'm not having a headache or any other 'Healing Event' symptoms. I'm back home again, after 9 blissful days away in my own quiet, cooked food-free environment. Our entire living space smelled like baked Salmon (my Sweetie's dinner), but he had the windows cracked open and the big fan on so I wouldn't be too overwhelmed! I'm not feeling tempted at all by food right now. I'm feeling inches & probably pounds lighter already and am really enjoying this experience :)

## Lemonade Diet - Day 4

I woke up this morning feeling really tired, not wanting to get up. Have been waking up between 3-5 am to move, due to the OxyCleanse. Then I get back into bed, wishing I could fall back to sleep right away, but I lie awake, listening to my insides rumble. I knew right away this morning that it was going to be an enema morning. After just 1/2 liter of my morning water, I felt nauseous and weak and had to lie down and continue taking small sips of the warm lemon water. That helped. I got all of my enema items ready, put on some soothing music and lit a candle. I did not get out as much as I thought I would, but after two ""sessions"" I felt a lot better. I had a lot to do today, including buying more syrup & lemons. For the first time, I'm feeling really hungry but am in no way

tempted enough to eat a bite!

Tammy, I've also been averaging 8-10 lemons/day. Joseph, no goosebumps, but someone mentioned hiccups (I think) and I have had lots of those. Hilare, I also LOVE coconut oil, and can only say do what feels right to you about those ""little"" tastes :)"

## Lemonade Diet - Day 5

Hilare, are you the only one who's posted here today so far? I don't see any other comments... hmmmmm.

Am I the only one who is juicing by hand, with no easy-peasy electric juicer? We lose electricity up here on our mountain at the weirdest times, so an old-fashioned wooden reamer is what I chose and it's been just fine, but I sure wouldn't mind a quicker, easier way. The only moment I really felt any frustration with my method happened this morning when I was running a few minutes behind to meet my friend for a hike with her dogs. Other than that, I look forward to the ritual and totally relish my precious liquid afterwards. The lemonade is still so yummy to me, but I noticed a desire to up the syrup a tablespoon today.

Something new, as of yesterday, is that I'm feeling much more hunger than the first 3 days and wanting to drink a lot more fluids to keep from having those pangs in my stomach. Is anyone else hungry?



## Lemonade Diet - Day 6

Good morning & afternoon everybody,

Nice to see some new posts... your words really helps me to feel a lot less alone in this process. I've been hungry as all get-out since last night. Maybe it has something to do with the pervasive aromas of my Morningstar Sausage-loving Sweetheart's cooking?! I made him take the toaster out to the garage to make his morning toast yesterday, but it was his baked salmon dinner that got me salivating and made my stomach ache...

Hilare, I've been doing some fantasizing of my own about what foods I'd just love to nibble on. Yesterday, My most desirable items have been: coconut oil, rice crackers, kale & apple. But like you, I'm steadfast to the task and am determined to make it through, with the steady support of everyone here.

Joseph, I have similarly been experiencing flu-like symptoms on my days 4&5. Just last night the flu-like symptoms came on, but not strong. Kept sipping on water and a little lemonade and, after a few very restless hours in bed, finally fell asleep. Better today, but not nearly as vibrant as days 1,2&3.

Rebecca, your comment about your 'belly button visiting your spine' made me laugh out loud and almost lose some lemonade!

Oh man... does that sound GOOD!! I think I'll make one or two of those on day 2 of my Ease-Out ;)

## Lemonade Diet - Day 7

Good Sunday morning, everybody ... and Happy Day 7!!

Michele, congrats on your day 3! Sounds like you might need to up your maple syrup a tablespoon or so, if you're a daily runner and finding yourself hungry a lot.

Vanessa, what day are you on? I like your quote: "Nothing taste better than how being healthy feels and being slim looks." Let that be your MC Mantra :)

Just curious, is everyone getting Mike Olaski's ""TMC"" emails? I just finished reading the one from this morning called, ""You Might Be Tempted By This Thought.."". It was an excellent message to ""ingest"" first thing today and I would recommend reading it if you haven't.

I happy to report that I'm currently feeling back to Days 1,2&3 ""amazing"" status. Head clear, no detoxing discomforts, energy level good. I slept more soundly last night, in between my trips to the bathroom. Did my SWF with white sea salt instead of the pink salt and it tasted like a more powerful brew. We'll see."

Vanessa, Thanks for reminding me that you're also on day 7. Yes, I noticed Mike's message of 14 days... and I fully realize that going longer would allow more profound cleansing. My goal was 10 days and that's feeling like a worthy number to me, since this is my first MC. This should be good enough for me, with a follow-up diet that's mostly vegan & raw until my next MC (that's the bigger goal!) BTW, your pastor's message sounds so perfectly right-on!

Hi Rebecca, I was just about to log off, but wanted to say that the sea salt seems to be producing more of a flush for me than the pink salt flush of yesterday. This could be due to the difference in salts.... and/or because yesterday was my first SWF on this cleanse. Maybe a bit of both? I'm going to stick with the sea salt for now. Happy Sunday!

## **Lemonade Diet - Day 8**

Wow, I just did a lot of catch-up reading and WOW... everybody sure is going through some challenging stuff lately! I really don't have enough time or energy to address people individually this time around (although it's something that I like to do and know it's always nice to be personally acknowledged :)

This much I can say, whole-heartedly: Kudos and supportive hugs to each and every one of you fabulous cleansers! You are all facing your demons on many levels and still keep on going.... amazing and so wonderful. We all deserve the best of outcomes for such diligence!

My day 8 has been emotionally challenging. More frustration, irritability, negative thoughts and anger are coming up and, with the new-found ability to handle it all in a more balanced way, getting expressed and LEAVING!!! Just as my body is releasing stored toxins of multiple kinds, so is my emotional body & mind purging all the pent-up, stuffed down, unexpressed thoughts & feelings that have been lying in-wait - and just as toxic.

In a nutshell, I am having this emotional cleansing reaction today and so far, managing to handle it pretty smoothly, with no major eruptions or meltdowns. I have been expressing myself in appropriate ways, without really losing my cool (too badly ;). WHEW! I sure am glad this Day 8 is almost over. Tomorrow I intend to start things on a whole different

playing field so-to-speak, and it's going to be a significantly more positive & productive day!

## Lemonade Diet - Day 9

Joseph, I couldn't agree with you more! (you too, Tammy) The simplest & purest of foods are now the most appealing to me. Even though the smells of other foods get me salivating, I am clear about which foods I will not be going back to and find a new peace in thinking ahead to the veggies, fruits, smoothies, green drinks, grains and legumes that will be my diet's mainstay. Learning to appreciate the lemonade as my daily food has definitely helped get me back to remembering what's most important and of greatest value to my ongoing health and balanced well being. And like you, Rebecca, I am still loving my twice-daily ritual of making my lovely, aromatic lemonade and savoring the smell and taste all day long :)

Yes, oh yes... Happy Day 9 everyone!

After party?! Congrats on Ease Out day 2, Lemonhead! Blessings to you, too :)

My Hunnie always says that :) Love it!

Hilare, it's SO true about the significant amount of time NOT spent on food distractions. I love the fact that i haven't has a single need (or thought) to open up the fridge or cupboard doors and stare blank-faced into them!

I really wish there was a Spell Check option here. LOL!

## Lemonade Diet - Day 10

Here we are, us 10-day cleansers! I'm happy to say that I'm experiencing another day of feeling absolutely great! I am filled with a mix of emotions, from a sense of pride for attaining my 10-day goal and not quitting (or cheating), relief for really being here-now, a slight pang of sentimentality for my last day of lemonade, a momentary sense of guilt for feeling this good and choosing to end here anyway (afterall, what's another easy-peasy 4 days?), ecstatic waves of visualizing, smelling & tasting my simple cup of broth in front of me the day after tomorrow, the tangible humility of how I am now thinking about my future relationship with food, and a deep feeling of gratitude for seizing such a transformational healing and learning experience.

Congrats everybody... Day 10... YES!

I hear ya, Tammy! Sounds like your stomach is talking to you! BUT you stuck with it and now you're HERE! Maybe substantially diluting your orange juice will help tomorrow?

Thanks Tammy :)

I'm feeling happy to see the new posts before turning off the computer for the night!!

That's great C. Are you doing the ease-In now?

## Ease-Out - Day 1

As OK as I am with not focusing on the LD today, wouldn't you know that the first thing I really wanted to drink this morning was a big 16 oz mugful of warm lemon water with 1/2 teaspoon of syrup & cayenne. Mmmmmm, still so good! I'm thinking this is going to be my #1 morning cuppa from now on. After a second mug with just lemon juice, I was feeling well hydrated and off to a good start. About an hour later, the hunger started to kick in and so I squeezed 3 lovely organic Valencias and one grapefruit, poured my newfangled concoction into a wine glass and sipped in style outside in the sun. It was hard not to just gulp it all down feverishly, when the new citrus flavors hit my palate with a wonderfully familiar taste sensation, but I managed to maintain my cool and savored every sip in a civilized manner.

## Ease-Out - Day 2

My morning began at 8:00 a.m. with a liter of warm lemon water. About an hour later, I savored a lovely 10 oz glass of... plain water. That tasty beverage was then followed by

some more.... plain water. Repeat this splendid variety of liquids until 10:00 Am. At this time, I was at my Dr's office where I was scheduled to have a fasting blood sugar & cholesterol check and also to, finally, weigh myself! (Sorry, you'll have to go to the Weight Loss page for this info :)

OK, so this was an unusual morning. I figured I might as well get the one final 12 hours of fasting out of way now rather than later, when my weight would most likely be higher.

The rest of my Day 2 ease-out consisted of:

- \* fresh-squeezed, diluted, orange/grapefruit juice, sipped first thing after my blood draw!

- \* a very well deserved, post-blood-draw bowl of veggie Pho, without the rice noodles, at my favorite Vietnamese restaurant. I slowly consumed an oh-so delightfully aromatic and yummy broth, with a nice assortment of crunchy veggies and a fresh lime. Bliss!

- \* more lemon water, this time with cayenne

- \* a smoothie made with fresh squeezed oj, 12 soaked almonds and an organic, raw, fiber blend made by Garden of Eden

- \* more lemon water and herbal tea, which I'm sipping on now

Thanks Mrs J ;) Isn't Pho yummy?!

All the best in health to you too!

## Ease-Out - Day 3

So far, my third day of this easing-out phase has been the most pleasurable. About an hour after my morning cuppa (a warm liter of lemon water), I cut open a delicious grapefruit and ate it in the same way I would eat an orange. When I was a child, my grandmother would slice our grapefruits into halves across the middle, then use her dandy grapefruit sectioning knife to loosen the juicy triangular morsels which were made to glitter with a tantalizing layer of sugary crystals. Sound familiar? I have been grateful many times over, to have freed myself from that addictive habit of sugared grapefruit and am shocked when I occasionally see my father still practicing the same ritual.

For lunch I made an organic baby greens salad with avocado, wrapped in a sheet of Nori. My simple dressing was just of olive oil, lemon juice & Bragg's liquid aminos. I also munched just 6 of my Quinoa crackers with about 1/2 a teaspoon of coconut oil. Mmmmmm, so good!

On our hike I will bring a liter of lemon water and some celery stalks, in case we're out long enough that I get hungry again. I'm liking this new simple way of thinking about food. Feels good.