

# My Experience



## Channel 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



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# Forward by Mike Olaski

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This Master Cleanse Journal is by a cleanser “Channel” during the Master Cleanse Group Experience at [TheMasterCleanse.org](http://TheMasterCleanse.org).

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

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

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

Thanks, and Happy Cleansing,

Mike Olaski

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

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# About the Author

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Author Username: Channel  
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Author Cleanse Type: Veteran Cleanser  
Author Cleanse Status: 3rd Time Cleansing  
Author Cleanse Purpose: Cleanse & Detox

## Comments of Interest

### Psychological and Emotional Experiences

#### Master Cleanse Day 9

This being the 2nd last day of the cleanse I feel sort of serene having come this far. I can't believe it's almost over, time flies!! I have no hungry (or mental hunger rather) or cravings anymore but having said that I almost feel like the end is so near it's hard to get through this. Almost like an itching like I just want it to be over and it's so close I can taste it but i can't taste anything, except lemonade. Hahaha I'm feeling really good about myself knowing that I literally can do anything I set my mind to, because this has been one of the hugest commitments to changing my lifestyle that I've made and actually stuck to. But this is just the start."

### Weight Loss and Physical Experiences

#### Master Cleanse Day 10

I'm feeling so absolutely Marvelous about my body and mind inside and out, it is Spectacular!!!!!! :D The continuous detoxing is SO wonderful and quite easy to see the immediate results from. Which I think is one of the best / most awing parts of this cleanse, not only do you see the detoxing but you see the results, IMMEDIATELY!! It's so gratifying, it's like nothing else, and honestly I hate diets and restrictions but that's why I love this, because it's really not a diet it's a cleanse that has amazing benefits for your body. It's unlike most diets because of the ease in and ease out. I believe that just the mental / psychological discipline it

requires to get through this, is enough to make you come out so much stronger on the other side, that you don't fall back into your old patterns... It literally is the transition into a healthier life. I LOVE IT!! "

## Detox and The Salt Water Flush Experiences

### 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.

## Support from Family and Friends Experiences

### Master Cleanse Day 7

The people around me are supportive for the most part but also want to please me, for example if I want to quit they want me to quit because they don't want to see me "suffering". Which sadly makes it a lot harder, particularly in my moments of weakness because all i want to do is give in and grab some great tasting, energizing (in my mind) food hahaha. Not to mention the fact all this wonderful food is around me all the time. Fatigue just makes this all so much harder AHHH!! People have been commenting a lot today on the change in the appearance of my skin and also my weight lose... So that's a positive and definitely motivating :) Goodnight everyone :) I hope your struggles are subsiding :)"

## The Process and the Lemonade

### Master Cleanse Day 4

So today I ran out of maple syrup after I made my first couple drinks. I knew I was about to run out and had a plan to go to the store with my friend later but the fact that I ran out so quickly kind of shocked me I guess I just didn't pay attention to how much was used the last time I attempted this cleanse about 5months ago lol. Anyhow now I've definitely got enough to last :) Today my friend asked me if I liked the taste of the lemonade and honestly I do! I said to hi, "it's just like a spicy lemonade haha." Offered him a taste but he was eating his yummy veggie stuffed quesadilla so he took a raincheck hahaha. At first I was struggling a little with only having that taste in my mouth all day but now I find that the water I drink is the perfect balance to change the pH balance in my mouth :) "

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# Psychological and Emotional

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## Lemonade Diet Day 2

Today has been super easy! I don't know if it's my mindset, the group chat, or the fact it's the second day but I don't have ANY craving for solid foods, whatsoever! :D The cleanse is not on my mind anymore, it's simply what I'm doing. 8pm: I'm finding the evening much harder to stay strong, something about the night time makes me want to have a snack. Maybe it's that there's not as much going on as the daytime, or maybe it's that I'm watching a show with my friend right now and I want some movie munchies. Lol 9pm: I'm feeling fine again I don't need any of that stuff. Just gotta remember why I'm doing this and not give up!! “

## Lemonade Diet Day 3

9am Ohhh man with my new heightened sense of smell the food smells wafting in through my window are so welcoming... But not enough to break me :) I feel like I can't sleep, as if I have too much energy to sleep. Maybe it's that I simply want to accomplish too much in 24hours to sleep longer than 6. Something about this new found clarity is helping me perform at a higher level 1pm So I'm working on a play with my colleagues and snack time came around, she pulled out the spicy humus and oh my god that killed me!! 3pm I'm feeling like I need to get home because it seems to be my sanctuary I can focus on my goals and be 100% committed to not break the cleanse (waiting for the train). I'm struggling but not giving up.”

"Erica,

Good for you :) I'm actually doing Joe's juice cleanse right after this as a way to very slowly ease back into solid foods."

## **Lemonade Diet Day 4**

This morning was a really big struggle. I took the nightly laxative tea right when I thought I was about to pass out but I couldn't fall asleep until hours later. I don't know if it's my mind and I'm thinking too much or if I just have too much energy because of this cleanse. I was listening to relaxing music and doing some yoga to try and get myself to fall asleep but nothing was working. So about 3 hours later I woke up with terrible stomach cramps, I was in so much pain. It felt like I couldn't breathe, I ran to the bathroom and I felt a bit better but I felt very weak and the cramping still hadn't gone away. I lay back down in my bed and try to massage my stomach to subside the cramping it worked a little but I had to only lay on my back not my sides. Luckily I fell asleep and woke up a few hours later feeling much better. I think due to the tea and all the movement I did before falling asleep my body started to cramp because the affects had started to take place before I fell asleep. I'm doing great now though so no worries :)"

## **Lemonade Diet Day 5**

Today was a pretty good day. I feel like every day has its ups and downs, but the ups are becoming more prevalent than the downs. I'm not hungry at all. My body is definitely getting the nutrition it needs and I'm not weak or feeling any bad effects. The only thing

is my mind, the psychological challenges are the only struggle I am having anymore. I woke up early today too after only a few hours of sleep and had a very productive day... I feel like this cleanse is definitely giving me more energy than I normally have, which I love, of course :) But I actually feel tired tonight and ready to have a great sleep :) goodnight!! “

## Lemonade Diet Day 6

Today was actually a really easy day for me. I had no cravings or inklings to quit and I wasn't really hungry at all. I only had 4 servings today but that's all I was hungry for. I might have one more before going to bed depending on how I feel after the detoxing from the SWF (as I did it after my nap, late day instead of this morning, no time). Everyday seems to get easier in one way or another, I'm honestly not even feeling like I'm on a cleanse anymore :D With all these amazing results right now I almost don't want to see it come to an end... But it must and i am verrrry excited about some new yummy recipes I'm going to try :D This break from having to decide what to eat everyday 3-6 times a day has given me a more exciting perspective on what I'm going to make and the time to actually plan ahead and save up some recipes :D YAY!! ”

Me too on the Epsom salt baths!! Planned to do that today but ran out of time lol

”Isn't it crazy!! We don't even realize these things until we take a step back and out of our normal routines. Even just how much food we as a society consume when we can survive on the lemonade alone... It blows my mind!! I enjoy socializing with food & drink SO MUCH it's literally all I want to do right now hahaha.

Yes exactly we take the time spent around food and drink to get to know/ catch up / relax / laugh / explore thoughts. We really put so much into food & drink when it comes down to it. But that's just another reason why I'm so excited to eat and drink more healthy and innovative options and just all around EXCITING foods :D

Isn't it amazing how this cleanse is not only a body cleanse... It's also hugely a mental cleanse among other things :) I LOVE IT!!"

P.s. that was to you Tracy lol (forgot to put your name)

## **Lemonade Diet Day 7**

Today was relatively easy, it would have been easier if I had been able to get to sleep last night and wake up at a regular time, but ever since this terrible domestic dispute in my apartment complex my schedule has been off. Only got about 4 hours of sleep and had to be up and at 'em to help clean and organize my friends garage. After that i was on set with my colleagues shooting a web series (night shot) took longer than expected. Lot of work but all worth it :) I've had a headache for the last few hours but I think that is solely because of the fact I'm so incredibly tired. Late night snacks are calling my name but I'm not giving up! We are so close:) "

## Lemonade Diet Day 8

I started to write this a few hours ago and it was all negative but I realize now that was because I was extremely hungry. I had left my ingredients at a friend's because I stayed the night and I bring them with me of course. I didn't even notice until I went to make some of the lemonade and realized I had none of my stuff LOL. I would have been ok but I couldn't retrieve them until they got home so I thought, that's fine, I'm not even hungry right now, unfortunately I was just lying to myself, apparently. :S So as the time they would be available neared I started to realize I couldn't wait any longer I was getting really edgy and annoyed with everything (classic hunger sign lol). So I finally gave up and went to buy all new ingredients at first I was annoyed, being as we are so close to the end of the cleanse but I'm planning on doing the fall cleanse and this will just be the icing on the cake, or should I say the maple in the lemonade. Hahaha

## Lemonade Diet Day 9

This being the 2nd last day of the cleanse I feel sort of serene having come this far. I can't believe it's almost over, time flies!! I have no hunger (or mental hunger rather) or cravings anymore but having said that I almost feel like the end is so near it's hard to get through this. Almost like an itching like I just want it to be over and it's so close I can taste it but I can't taste anything, except lemonade. Hahaha I'm feeling really good about myself knowing that I literally can do anything I set my mind to, because this has been one of the hugest commitments to changing my lifestyle that I've made and actually stuck to. But this is just the start."

"Rebecca,

Thank you for your compassion and encouragement :D It means a lot to me :)

Haha yes!!”

”Isn’t that the truth! It all comes back to the psychological side of it all.

That’s exactly what I’m hoping and feeling too :)

Healthy Mind = Healthy Body :D”

”Rebecca,

Hahaha Good for you!! :D YAY ENERGY!!!!

Tracy & Rebecca,

Yes, I hope to see you all back for the fall cleanse :D”

"Rebecca,

Aww I loved what you had to say :) That is beautiful and so true!! Proud of you and your accomplishments :) Keep it up!!

Yay for you!!!!

I feel you on the past issues... Infact i didnt even fully admit it to myself until I was about half way through this cleanse but I am definitely an emotional eater :/ but like you said "TODAY I BEGIN A NEW LIFE". I have this amazing teacher who changes my life for the better every day I see her. Her words to me one day were, "Each day you are reborn, wake up and renew thyself." :) you reminded me of this, I love it!

Have a wonderful day!!"

"Tracy,

Aww thank you so much!! :))) You are amazed with me but you have done the same thing!! Sticking to this cleanse till the end THAT IS conquering your mental hunger!! So, GOOD FOR YOU!!!! Pat on the back and a virtual high five!! :D Don't tell yourself you can't, because you my darlin CAN!!"

"Tracy,

HUGE accomplishment!! SOOO excited for all of us :)))

Hmmmm, I really enjoy your deep thought on this. Love all the mental and spiritual clarity that comes through doing something like this cleanse :) It is JUST what I needed :)"

## **Lemonade Diet Day 10**

I can't believe it's the last day!!!! I'm so excited :) I'm so proud of myself and everyone else who has stuck to it and made it through. Not only do we have strong & healthy bodies but we have strong & healthy minds :)

The absolute revelations that happen during this cleanse are outstanding :) This cleanse has not only washed my body but it's washed my mind and my soul. I feel renewed from the inside out. I'm so happy to have found exactly what I was looking for, inside of a cleanse that I originally started for the benefit of my body alone. My faith in my own will power, strength and confidence has been restored and I feel reborn. “

## Ease-Out Day 1

I realized there are two things I really enjoy, other than eating socially, I enjoy pizza and I really enjoy snacks while watching movies. I've been to the movies twice while on this cleanse and I realized I just really like to munch while I'm watching a good film. Haha. That being said those are going to be my two times I eat less healthy food. Pizza and snacks at movies. Even then I can choose healthier snacks and make home-made pizzas :) If I'm at home I'll make healthy home-made snacks for movies :) Other than that I don't really snack. So I decided that will be my only unhealthy-ish pleasure :)

I'm kind of getting all nervous about ending this cleanse. All the benefits have been so amazing and countless... I'm worried about even then ease out phase. I know it's all in my mind but I just never want to be were I was again. I want to have an extremely healthy body clear of all toxins and viruses and all other things that may stop my body from performing at top form.”

## Ease-Out Day 2

This day is so easy, psychologically, the change in tastes, textures all of it makes this day so easy to me. I feel like I'm back to normal just having a juicing day haha. Got my Jamba Juice, oh man was that a treat!!!! Strawberries, raspberries, blueberries and oranges YUMMMMM!! I also got the whey protein boost and the daily vitamin boost. Which I thought was the perfect way to get all my vitamins back in me, in liquid form!! Still not having any psychological struggles I find it very easy to continue this having so much variety in taste and texture as choices. Everyone including me are excited for my last days to be over with and be able to eat anything again :)”

## Ease-Out Day 3

Today has been a great day :) I have lots of energy and I'm really happy to be eating solid foods again. YAY, WE DID IT!! I didn't even eat anything completely solid until around 4pm, I had two different protein smoothies and that filled me up. Later on I ate some strawberries and a carrot. It's amazing how foreign chewing is when you haven't done it for 14 days!! It literally took me 35 mins to eat one carrot!!! It was a large carrot but like that matters!! 35 mins!!!! I was like, "why is this taking me so long!!!!" Hahaha I'm glad though, I hope to keep my new found slowness to eating, it's so much better for my digestion :D I also have an intense new appreciation for every little intricacy of each piece of food or drink I bring to my senses. Each texture, each smell, each flavor, they all burst into my senses like a brand new experience :) Thank you master cleanse for this awesome renewal of my body, mind and spirit. For this amazing journey back to the basics, so that each old experience was once again new.

See you in the fall :)

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# Weight Loss and Physical Effect

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## Lemonade Diet - Day 1

I'm out and about today so I won't be weighing in until this evening. Which I feel is probably a better time to weigh yourself anyways because in the morning you have no liquid weight from the day yet. Either way if you weigh yourself in the morning or the evening, I believe you should try to keep it the same time everyday, that way the results are comparable. I feel great I can see a noticeable difference in my body and I'm loving it!! I've lost about 2lbs already just through the ease in. I'm lucky my body reacts very quickly to a healthy diet change, I know if I keep this up I will have the body I've always wanted, I just have to stay strong and can not give up!! Great to have the group support :D I also encouraged two of my friends (who were on the fence about this cleanse for some time now) to do it so hopefully that will aid in keeping us all motivated too! :D"

## Lemonade Diet - Day 2

I'll be weighing in this evening so I'm not sure how much I've lost today. My roommate told me she's really proud of me for sticking to this and that I should be impressed with my own will power :) She then proceeded to make a comment about my legs, she said they were, "looking really great and slim" that made me feel so good and also encouraged me to continue. I'm going to go work out, it makes me feel even more empowered that I can work out whilst doing this cleanse. I pay close attention to my body though and don't push it like I normally would because I feel (on top of all the detoxing) it would be too much for my body.

p.s. If you are reading this and thinking I could never work out and do this cleanse, or "I couldn't" or "I'm not", anything along those lines. Then I have to let you know I NEVER thought I could do it either... but here I am, DOING IT!! And SO CAN YOU!!! Even if it's just a few push ups, sit-ups anything! Stick to it, don't give up :D "

"That's so awesome!! Great to hear someone else is doing physical activity while doing the cleanse! Really encouraging :D

Ditto on the way my body feels and the feeling of cleansing :)

All good things take time and are worth hanging in there for!! Well said!! :D"

Kelly, Isn't it amazing!! I found my sight has improved and my sense of smell!! It's incredible what eliminating these toxins are doing for our bodies!! :D

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

My hair looks healthier!!!! Is that insane?!?! Hahaha Also, I forgot to mention my skin totally cleared up during the ease in. I had just been coming off finals and the stress and tension that comes with that made my skin, honestly the worst it's EVER been :( but wow the ease in cleared it up, in two days!!!! So happy with the benefits my body is receiving, couldn't be more satisfied that I decided to do this and am sticking with it! Also, my eye sight has significantly improved, which lead me to a conversation with my mom... We

came to the realization that the toxins and junk we are putting in our bodies are not only affecting our bodies functioning long term but has serious affects each and EVERY DAY!! So crazy to think about, so grateful to have all this knowledge at my fingertips and choosing to use it to do this cleanse!! Ahhh yes!! My body needed this!!”

”Kelly,

I feel ya. Think I’m bout to take a nap.”

## **Lemonade Diet - Day 4**

Oh my god! I noticed a HUGE change in my weight today, I haven’t got a chance to get to a scale (I don’t own one) but it’s quite evident the amount of weight I’ve lost. It’s amazing because I know it’s mostly toxins that my body has needed to get rid of for so long, man if anything is more motivating it’s that! I feel so great about myself, I already am finding a new confidence because to me it’s never been about the scale or compared to others... It’s always been about my fitness and health and when I know I’m where my body needs to be and when I know I’m not. I haven’t been where my body needs to be for a very long time and so now that I see this drastic change towards where I need to go, it’s empowering to say the least. Can’t wait to see the end results, these everyday physical and visual changes are so motivating to make it through :)”

Proud of you. SO good for you three cleanses in one year!! Man I wanna get there! Keep it up!!

## Lemonade Diet - Day 5

Physically I feel great! I feel refreshed and motivated and clean! I definitely have been continuing to lose weight and if I had had the meetings that were scheduled to happen today I would have a number for ya lol but no, such us life. Things are always changing but it definitely always works out for the best, as long as you can see the positives in everything :D I really needed a day at home to do some organizing and just relax a little bit (mostly organizing and house work though) lol. My eyes are super clear, I don't think they've ever looked so bright!! The colour is more vibrant and I love it :) Just another perk of doing this cleanse haha :D"

Its interesting isn't it! Definitely an internal thing although we are lead to believe its external! I'm also hoping the cleanse is the answer.

"Ya that's definitely the best way to go about it :) That's awesome!! Aaahh I'm so happy to be doing this! It's so great for us!! :D Riggghht I just feel endlessly energized!! :D

Aww :( I'm sorry to hear that, it's hard when the people around you/ your loved ones don't understand your excitement and successes and therefore shut you down. Keep it up though because only you know truly JUST how amazing it is for you :)

And that is wonderful that your hubby and I'm guessing best friend?! :D Is by your side 100% of the way :)))) YAY support!!

Aww thank you very much your support is very encouraging!! :))”

”Listening to your body = the BEST way to be :)

Well put!! :)

And I will do the same :D”

## Lemonade Diet - Day 6

I still haven't gotten to a scale, every day being more busy than planned lol. But that's probably happened for a reason because it's really easy to start to obsess over how many pounds you've lost when it's really not about that at all!! So I'm glad I haven't had the chance to check a scale yet. Also the closer I get to the end result without checking the greater I will feel when I finally do check. :D The visual difference in my weight is drastic enough anyhow and keeps me very motivated :D I have some acne that is coming out but disappearing quickly as well.

Tip: Use tea tree on a q-tip to clear up acne spots quickly. It naturally gets rid of the bad bacteria and dries up the spot as well :) “

## Lemonade Diet - Day 7

I can't comment too much about how I feel physically today because it's just not a fair or normal day to comment on. My whole system is outta wack from the lack of sleep and odd sleeping hours. So all the feelings I'm feeling today are not to do with the cleanse but to do with the circumstances. I'm feeling exhausted, have had a headache for many hours and my eyes are hurting slightly but it's all from the lack of sleep I know this. I think I'm still noticing a change in my weight some days are oddly much more drastic than others, some days I'm like wash did I just lose 5 pounds right now and then other days I'm like am I gaining weight lol. I feel out of it right now and wish I had had a chance to write these earlier :/"

"Tracy,

I feel the same although I'm hoping for other reasons like my lack of sleep but then again I got the same amount of sleep yesterday and felt like you were saying 'vitalized'"

## Lemonade Diet - Day 8

So earlier today I was feeling down and as if I had hit a plateau and not sure if everything was working the same anymore and I have to say that was literally just a plateau in my Mind!!! My body is doing GREAT and I couldn't be happier with the results :) I'm so excited to finally be where I want to be physically that I almost don't want to stop at today, but I'm also excited for all the wonderful healthy food plans I have all ready to go after the

cleanse. So I just have to let that go, just because the cleanse stops doesn't mean that my detoxing and weight loss has to stop :D "

## Lemonade Diet - Day 9

Im feeling really good about my body. I've seen again some huge changes from yesterday and I'm really excited about the continuous changes for the good I see in my body everyday. I finally got to a scale and I've lost just over 7lbs this cleanse :D Yay!! I'm back to my high school weight!! Which I haven't been at for a long time, so I'm really really excited! And I'm not stopping there, I want to be in the best shape of my life by the end of this year. I've created milestones for smaller goals but by Dec 31st 2013 I will finally be at my dream goals of fitness and health. And then I can start the new year off with completely new resolutions that will take me so much farther than I dreamed of before :D "

"Tammy,

Ahh so true making food for others while you are on the cleanse yourself is like torture!!!! GOOD FOR YOU for sticking it out even though!! :) "

"Tracy,

Thank you!! I will definitely be back!! :) "

## Lemonade Diet - Day 10

I'm feeling so absolutely Marvelous about my body and mind inside and out, it is Spectacular!!!! :D The continuous detoxing is SO wonderful and quite easy to see the immediate results from. Which I think is one of the best / most awing parts of this cleanse, not only do you see the detoxing but you see the results, IMMEDIATELY!! It's so gratifying, it's like nothing else, and honestly I hate diets and restrictions but that's why I love this, because it's really not a diet it's a cleanse that has amazing benefits for your body. It's unlike most diets because of the ease in and ease out. I believe that just the mental / psychological discipline it requires to get through this, is enough to make you come out so much stronger on the other side, that you don't fall back into your old patterns... It literally is the transition into a healthier life. I LOVE IT!! "

"Tracy,

Yay for you!! I wanted to tell you I read this thing today about hitting a plateau and normally that has to do with a need for a change... So you might actually lose more weight during the ease out, from the change alone :)

Isn't it hilarious, people think zombie (from no food) and see the energizer bunny instead haha

It's so interesting that you mentioned that about the cold because I have been really cold lately especially these last few days!! This morning I was shivering and the temperature

was 76° F but the fan was making me unbearably cold!! UNDERNEATH MY COVERS!! It was crazy!! And then tonight at the movies my nose was frozen I was so cold even though u had a sweater!! I wonder what that is about.. Maybe the rapid loss of fat?!”

## Ease-Out - Day 1

Today I went swimming with my friends family it was soooo nice and relaxing, the sun is the best way to relax :) I was getting ready in the morning and I put on my swimsuit, which I hadn't done in a little over a week, seeing the difference in my body and skin was really exciting. I feel GREAT!!!! I was actually excited to be in a swimsuit in front of others and show off the hard work I've been doing haha.

Coming off of this cleanse is harder than I thought, I almost miss it already :/ The ease and consistency of it all, knowing exactly what I'm drinking for nutrition all day. My body was in a great routine, and I think my body misses it too. I really need to come off of it though mentally I need to move forward with my plans, and I will come back in the fall :)”

## Ease-Out - Day 2

I woke up today feeling refreshed. I had a long, deep sleep and my body feels realigned (probably from the yoga I did before bed). So all around I feel great, except for one thing... My throat is really sore. It started to feel sore last night and I chalked it up to the constant citrus and vitamin c coming straight from the juiced oranges. But it seems to have gotten a little bit worse through the night (possibly because of the fan :/). I'm wondering if this is just more detoxing because I had some issues with throat soreness

and swollen glands in the past. Hopefully that is all it is and I believe with a positive mindset anything is achievable, so my mind chooses to believe this is all good news :)”

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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!

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."

## Lemonade Diet - Day 2

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."

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.

## Lemonade Diet - 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 :)"

Hilare & 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

Last night I left for the gym my roommate laughed at the scenario, she had bought some late night chinese from one of my former favorite spots (I gave it up because it didn't make me feel good)... She looks at her Chinese food looks at me and says, "look at this.. You're headed to the gym and I'm eating my Chinese food hahaha." we laughed. I said to her "Don't worry about it, I'm finally motivated to be serious enough to reach my goals for my body, not just half effort or half way to my goals, and it took me this long, you'll get there too" :)... Full effort for good. :) YAY!!

Keep it up guys, it's 100% worth it!! The benefits our bodies are receiving are endless, most of which we can't even see. :D "

## Lemonade Diet - Day 2

So I'm finding it harder not to break the cleanse right now... My friends invited me out to this Brazilian restaurant tonight, that I've always wanted to try. When they invited me I was like, "oh ya for sure!" Then about 30mins later I got the hungry grumbles in my stomach, so I headed to the kitchen, on my way I threw my head in my hands and said, "oh my god, I can't go eat Brazilian food!! I'm on my cleanse!!" I felt both dumb and sad that I would have to cancel. Of course I could still go out with them but I know how much of a psychological war that will be to not give in to some amazing healthy food that I've been

wanting to try for a really long time... So I'm not going. And honestly writing this blog right now is the only thing getting me through.

On another note... A positive to all this is that I'm definitely not thinking about food anymore, or the fact I'm on the cleanse because if I was I would have said no, right away! This whole scenario would have been very different, if i was still in the ease in or the first day, because it felt like food was all I could think about. Haha Accomplishments! Yes!!"

Yes you can!! Keep it up, I'm feeling your pain lol. I hope it makes you feel better to know you're not the only one :) stay strong! :D

Thank you Tracy!! The encouragement is priceless :D

Awesome!! Ya because drugs just cover up the issue, while things like cleansing, juicing, eating healthily, and vitamins actually heal the issue from the inside out :D Keep it up!! :)

Good for you Kelly :) Well said, "read the book" love it!! Thanks for the fb group :)

They just don't know how amazing it is:) Great that you have ur husband by your side supporting you :)

## Lemonade Diet - Day 3

My colleague was joking around earlier eating some really yummy humus in front of me and talking about how great it tasted. I laughed it off, told him to shut it and that my will power was much stronger than his games. Turns out it affected me more in the long run than immediately, because now its a few hours later and all I really want is some humus hahaha. But I can do this, I'm not giving up!! Thanks to all you bloggers and group cleansers I feel the back up I need to continue to break barriers in my mind and keep going!! May you all feel that same support :) Don't give up!! You can do this!!!!"

## Lemonade Diet - Day 4

I'm feelin stronger than ever because even though I was around many people eating different wonderful foods today I had no inkling to quit. The aromas are stronger to me now and more delicious than ever before. I actually had a lengthy discussion with my friends' grandpa tonight about different restaurants that he really loves and all the awesome food they have. Somehow it just motivates me more like yes I am sacrificing eating solid foods right now so that my body is SO much healthier and I can start a new with what I put into it and just how much more I enjoy those foods :) I know that when I finish is cleanse I'm going to have a whole new found appreciation of food, and not only that but what I choose to put into my body :) All the lovely, healthy, amazingly tasty food there is :) I'm starting a list actually of the restaurants I want to go to when I'm done and the dinners I want to make :D Ahhh I'm excited!! "

## Lemonade Diet - Day 5

My friends and family are supportive for the most part and agree with the program, I mean there's always the few people, "omg you're starving yourself, you need to eat, how can your body survive on just liquid, you must feel weak, I think you should just do 5 days, here quit that cleanse and I'll give you my herbal life stuff." thank you for your concern but if you actually did your research you wouldn't be saying all those things, you probably wouldn't be saying ANY of those things. :| And so I almost have to block them out to not take it on at all because obviously I'm struggling with my own psychological torments of wanting to eat something super tasty... But I won't get into that because I don't want to make it harder for anyone reading this LOL. Which by the way I have to say I am SO grateful for all of you out there!! You are all so encouraging reading your posts and knowing there are others out there, REALLY helps me keep going :)

So thank you and also thank you Mike for setting up this group cleanse so we could all be here for each other :D "

Hmhmhmhm you're so cute! Lol (dialogue with yourself) hahaha I hear ya on that!! And I feel the same way, I am SO going to appreciate what I have SO MUCH more!! :) Excited to cherish eat bite :) And the moments I'm missing with friends and family not being able to eat with them... Cherish those more too :)

## Lemonade Diet - Day 6

My colleagues and friends are being much more sensitive and understanding now. They are no longer trying to get me to stop or teasing/testing me by talking in detail about delicious meals they are eating while I am around (bastards LOL). Instead if they accidentally talk about food they say "oh sorry" and genuinely mean it lol. They seem to have gained a respect for the fact I'm still doing this and they definitely see the changes in my energy, physical appearance and strength in general (mentally and physically). It's also motivating and inspiring that my friends and I have made many plans to go to some great restaurants and have some really delicious dinner nights once I get off my cleanse. I love that they are planning them once I'm done, it's even more exciting to get there with some rewards at the end haha."

"Tracy,

Thank you, I love hearing what you have to say as well. Ughh "gain it all back" that's another one!! (rolls eyes). I feel the same definite cleaning, we are actually giving our bodies a break from all the horrid things we put into it lol. Even just the pollution and daily toxins we encounter are enough to need a cleanse!! Exactly!!!! Nothing would taste as good as I feel!! Hmhm :) Ya, people cling to their ideals and are not very willing to accept change, but sometimes change is the very best thing :) I'm thinking I will do the fall cleanse as well, I feel as though the more often I cleanse not only will it be easier but the better I will feel each and every time :)

## Lemonade Diet - Day 1

The people around me are supportive for the most part but also want to please me, for example if I want to quit they want me to quit because they don't want to see me "suffering". Which sadly makes it a lot harder, particularly in my moments of weakness because all I want to do is give in and grab some great tasting, energizing (in my mind) food hahaha. Not to mention the fact all this wonderful food is around me all the time. Fatigue just makes this all so much harder AHHH!! People have been commenting a lot today on the change in the appearance of my skin and also my weight lose... So that's a positive and definitely motivating :) Goodnight everyone :) I hope your struggles are subsiding :)"

## Lemonade Diet - Day 8

Friends and family are extremely supportive especially at this phase. They've been putting off little things like getting popcorn at the movies or dessert or anything that they can to make things a little easier for me :) Which I really appreciate :) They've also set off party plans until I'm done my cleanse and made specific plans for when I finish as almost an award. So I have more than enough support to go around :D It's really made me realize the people that genuinely want the best for me and those that maybe can't stand to see me doing well because honestly they hate that they aren't doing it. I feel sad when I think of those people because I'm the type of person that if you wanted my help I would get you where you needed to go, but instead you are sitting there judging and hating on me. :/ Well I can't be there for everyone, and that's something I've really had to learn, and am continually working on. “

## Lemonade Diet - Day 9

Everyone around me is seeming to be getting just as excited as I am that this cleanse is almost over. Talking about all the things we are going to do/ eat & drink once I'm done!! Ahhhh it's so exciting, almost too much to bear haha. I want it to be over now and yet at the same time I really don't want to end this amazing thing I'm doing for my body... But then I just tell myself no worries Chanelle you've committed to doing this again in the fall and most likely again in the winter and so on and so fourth to be about four times a year :D Plus I already have plans for after this cleanse about my eating habits and I have many upgrades to my physical activity. So, I'm going to be more than good... I'm going to be GREAT!!

P.s. So PROUD OF ALL OF YOU HO HAVE STUCK THROUGH THIS!!! Good for you!! :D”

## Lemonade Diet - Day 10

Last day!! Crazy!! I have already put the Fall Master Cleanse into my calendar and am excited for that to come. Everyone around me has been really supportive, especially my roommate :) Today she took the time to tell me how truly proud she was of me for sticking through this and how strong she believed me to be for it. I told her about the fall cleanse and hopefully we will see her on here too :)

So we had a production meeting today and one of the guys there who likes to act like he knows everything was knocking my cleanse. Even though I wasn't talking to him about it he just chimed in, how nice (rolls eyes) lol. He said, "or you could not do that because your body naturally cleanses itself." My response was, "oh really nice to know," and continued talking with whom I Was talking with. I would have explained to to anyone else who had asked but he's not even worth the explanationahaha. His loss because this cleanse is the bestttt!!!! :D"

"Tracy,

Honestly I think what you just said there is it! This IS life and we need both those things to live well and be happy. So it only makes sense that we would be happiest when they combine :D. I think the difference is what you are choosing to consume ... Just like who you are choosing to spend your time with... Healthy choices are always the right choice. Those kinds of things you never have to feel guilty (kind of hate that word/ saying why should I feel guilty about it) ... Never have to feel like its the wrong choice :)"

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

I've found this day to be easy because of the change of pace and taste in my mouth. Yet, I've found this day very hard... Not beg exactly sure how much I need to consume and how often... I had such a great precise schedule of nutrition going during the cleanse it feels really hard to start a new pattern so rapidly. I've had headaches tonight which I think came from a lack of water, although I thought I was drinking enough. I've also felt a little dizzy, which might have something to do with dehydration as well. Overall I'm just

wanting my body to adjust really well to eating again. I don't want any negatives to occur from rushing my body out of the cleanse. At the same time I can NOT wait to be eating solid foods again :D I just had a thought, I wonder how good this cleanse is for your jaw, finally gets a break from chewing all day long! “

## Ease-Out - Day 2

Everyone is really supportive and proud of me for completing the cleanse but I think they are feeling the same urge I am for this part to be OVERRRR!! Haha it's like being one step from the finish line and not being able to physically do anything to speed yourself along to the finish. Lol

You know, as much of a challenge as this was to go through, it's nothing compared to the things people don't have a choice to go through. Like chemo... My friend is currently undergoing chemo and I just look at him and think, if he can do this.. I can certainly do anything. The people in our lives that inspire us... I don't know if they will ever fully understand just how much they do for us. ”

Couldn't have said it better myself. You nailed it, on the money!!

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# The Process & Lemonade Diet

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## Lemonade Diet - Day 1

I find the faster I can make the solution in the morning the better I feel, because the morning is when I'm the most hungry and I feel the most vulnerable to give in to eating something solid. Today, I had a bit of a struggle because tiny seeds from the lemons were getting through the hand juicer. I had to hold the tablespoon up against my drinker to stop the seeds, even so a few got through. I'm planning on using my electric juicer for the rest of the cleanse, but today I had to be up extra early and didn't want to wake my roomies with the noise :) So I hope that will get rid of the problem I'm having with the tiny bits of seeds getting through :)

Also, thank you for the tip on leaving the lemons out of the fridge made them much more rip and easier to juice. “

## Lemonade Diet - Day 2

So today I didn't use the electric juicer, like I had planned. Instead I continued to use the hand juicer but I figured out how to get the juice out of the bowl with out bringing the little seeds with it. If I hold the bowl at an angle while I pour the juice into the tablespoon measure instead of scooping the juice with the spoon the seeds collect at the bottom of the bowl and do not pour into the spoon :) Success!

I usually prepare 3 helpings of the lemonade solution at a time and put it in my 24oz water bottle :) It makes it easier for me than trying to prepare one every hour of so, yet I drink it fast enough that the enzymes in the lemon don't diminish. It's also the perfect amount to fit in my water bottle :) so if I need to leave to go do something I can just take it with me :)"

Steven, Good for you:) Don't worry about the yoga class, we are getting all the nutrients we need. It's mostly just a mental thing when we get worried to do physical exertion, I felt the same way. The thought of not eating anything and on top of that doing exercise seemed like it could easily put me over the edge but in fact I feel great. As long as I don't over do it and listen to my body everything is great :) If you need a break take it :)

## **Lemonade Diet - Day 3**

On the go I took my maple syrup, 3 lemons and my cayenne pepper with me, luckily it's easier to carry around than an entire meal of solid food!

Tip: Don't look at all the food in the fridge, you can't have what's in there so just dodge the pitfalls & cravings and avoid it all together. When I have to go into the fridge for the lemons (to put them on the counter) or water, I laser focus my vision or don't even look at all. I know where it is, always in the same place I don't have to look. Hope you have the same luck ;)"

## Lemonade Diet - Day 4

So today I ran out of maple syrup after I made my first couple drinks. I knew I was about to run out and had a plan to go to the store with my friend later but the fact that I ran out so quickly kind of shocked me I guess I just didn't pay attention to how much was used the last time I attempted this cleanse about 5 months ago lol. Anyhow now I've definitely got enough to last :) Today my friend asked me if I liked the taste of the lemonade and honestly I do! I said to hi, "it's just like a spicy lemonade haha." Offered him a taste but he was eating his yummy veggie stuffed quesadilla so he took a raincheck hahaha. At first I was struggling a little with only having that taste in my mouth all day but now I find that the water I drink is the perfect balance to change the pH balance in my mouth :) "

Tracy, that's interesting you say that because one day I was out at a business meeting much longer than expected and the only store near by had raw agave but no ms so I figured it has the exact same nutrition I'll do that. Was a great taste change :) Thinking bout getting some more ;)

## Lemonade Diet - Day 5

I'm finding with each day i get quicker and more efficient in how i prepare the solution. I dont even use a cutting board anymore because the way i hold the lemon makes it so i dont need one... Crazy! Lol I love water and i know a lot about it (i know everyone thinks what could you possibly know about water LOL) but I use filtered alkaline antioxidant water. This water not only has wonderful health benefits for you like balancing your pH it even goes as far as reversing affects of some diseases. Not only that but it's 10 times more hydrating than regular water!! The alkaline antioxidant water filter I use is called Cerra

Water. Look it up, you'll be impressed. The technology comes for Europe and is approved in North America (not that that means anything lol just means we can buy it haha)."

I'm also thinking about all the things I don't really want to ever put back in my body after working so hard to get rid of it all.

Hahaha isn't it easy to make yourself hungry on this cleanse lol I often have to tell my mind to "chill out, you're just thinking about how great it all tastes," haha.

Love that you call it a lemonade cocktail!! ;-)"

"Steven,

You're not only doing yoga, you're doing HOT YOGA!! Man, AWESOME!! I LOVE IT! I wanted to join a club here for this month as well but I already have a gym membership and I figure I'll join when I either have the money for both or quit the gym and do the yoga ;)

I sent you a reply on an earlier message about working out whilst on the cleanse. But here's my general information... You can work out, it's great for you and your body

might actually get a better work out while on the cleanse than regularly because your digestive tract is no longer using the majority of your body's energy to digest the food.

The main advice I can give you is to be aware of your body, only you can truly know if the amount of lemonade you are drinking is enough for you or not. It seems like you take great care of yourself and have a firm grasp on what your body needs :) so I'm confident you will be just fine :)

I think what you are doing is perfect! If you're hungry eat, and you will lose only the weight your body needs you to lose... I.e. toxins :)

Keep it up, you're doing great!!”

## Lemonade Diet - Day 6

Bought more lemons today, wasn't sure at the beginning of this cleanse how many I might need but I bought about 20 to start. Today based on the fact I've been using about 3-4 lemons a day I bought 14 more:) I've got it down to a science, I get between 4-5tbs exactly from each lemon. Rolling the lemons allows me to yield much more juice from them, it's really quite helpful and I hate wasting anything, so it makes me happy to use every last drop :D

I'm still enjoying the taste, which is amusing to me, since I would think I would get very sick of ANY taste after having it everyday, all day, as the Only taste in my mouth lol... But no, I'm still liking it! Maybe it has something to do with the fact it's a little bit of all tastes that I like (except salty but get more than enough of that with the SWF yuk lol), it has sour, sweet and spicy... No wonder it's the perfect combination!!!! (just made that realization oh gosh come on Chanelle!!)

LMAO! “

## **Lemonade Diet - Day 7**

I'm making them really fast now having done them 3/4 times a day for 7 days now, depending on how hungry I am. It definitely feels like a habit now instead of something abstract I'm going through. The mixture was hitting me hard today like a strong drink, I almost felt drunk off it. I think that also has to do with my exhaustion and how the drink would send energy and nutrition pulsing through my body at such a rapid speed I felt woozey or tipsy hahaha. Also I noticed that the cayenne pepper was affecting me more today, I feel like it was that kick that kept making me feel like I was drinking a strong cocktail haha. Oh man I'm so tired, I really need to get to sleep now lol.”

## **Lemonade Diet - Day 8**

So I accidentally tried the lemonade without the cayenne pepper today. Until now I would have thought that the lemonade without the cayenne would have tasted better, but it DOESN'T!!!! It tasted like crap without the cayenne I literally was like, “Puh, What Is

This Crapp!?!?" Got the cayenne in and it was much more satisfying. Hmmm that makes me wonder if my tolerance for spicy things has gone up during this cleanse... I guess we'll find out when it's over and I have some of the awesome spicy foods I'm planning on having A.S.A.P!! Hahaha I'm starting to wonder if I will miss the taste of the lemonade once this is all over, haha that's crazy! I'm definitely doing the fall cleanse with you guys!! :D I'm excited :)"

"That is so true, it's like a fresh look n life!!

Hahahaha so funny to hear that because literally less than an hour ago I was leaving my apartment (to grab my ingredients from my friend) and there was a guy coming up the stairs holding a bag of McDonalds, I could smell the fries (with my new heightened werewolf scent LOL jk XD hahaha). I thought to myself omg I want some of those when I'm done and then I was like pah I won't get them I swore of McDonald's ages ago.... But then I'm so tempted right now... Can't wait till the fresh tastes of the healthy foods curb my cravings for crap lol"

## **Lemonade Diet - Day 9**

So today I went to Chuck E Cheese's with my friend and her daughter I brought my lemons and maple syrup because I wasn't sure how long I'd be there. So I was feeling good until everyone got some pizza and I realized I was actually hungry. So I go out to the car and since I had all my tools in my handy bag I made my lemonade right there hahaha. It was funny people were looking at me like what the 'f' but I didn't care, at all. Hey a

woman's gotta eat!! Tomorrow's the last day, I can't believe it. After that I will be able to eat when I need to wherever I am :) that makes me really happy to think about that."

I bought some fresh strawberries they smell amazing I can't wait!!!!

## **Lemonade Diet - Day 10**

Made my cleanse for the last time on the table of a production meeting, weird but so don't care.. Like I said before a woman's gotta eat!! Hahaha

Saying goodbye to all the ingredients I've been consuming for the last 10 days haha. Put my cayenne pepper back on the shelf in the cupboard and felt very serene about it. I did a little jump for joy and yet felt the stillness that comes with the end, of anything great... I will be back, that's what I have to remember :) It has been a beautiful journey, this cleanse, and I am very grateful to have had this experience and been able to share the ups and downs with you all :) Thank you for everything :) "

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

This morning I contemplated going for the 14 days, I read Mike's email and I wasn't sure what to do. It really would be so easy to do just four more days after coming this far but I feel my mind and body are prepared for a change. So, I decided to go into the ease out like I had planned because that's what I was prepared for. I used my last lemon last night

and already had my oranges out on the counter to use in the morning. I will do 14 days on one of my next cleanses, maybe this fall :)

Making the orange juice is easier than making the lemonade but I liked the routine of it all. Missing that. "

I forgot to mention that I've been juicing oranges to make the OJ. I didn't think buying store bought juice would be a good idea after going through such an intense detox. :)

"Tracy,

:) thanks.

You want to try and do it this fall or winter with me??"

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

Not worrying about measurements and being able to have variety has been great!! I juiced up a beet, carrot, kale drink today for breakfast, it was soooo yummy!! Such a nice change from citrus!! I'm also excited because I can go to one of the many great juicing companies around here and get my lunch :D I don't have to worry about carrying around lemons, cayenne, maple syrup, two water bottles, a knife, a bowl and a hand juicer

(hahaha) or trying to get home to get more of my ingredients. Also, since I'm out of the house until late, the chance to have something made for me instead of making it myself is kind of exciting haha. Now I just really want to head over to Jamba juice, right now!!!! "