

# My Experience



## Rebecca 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

# **Table of Contents**

<b>Forward by Mike Olaski</b>	<b>3</b>
<b>About the Author</b>	<b>4</b>
<b>Psychological and Emotional</b>	<b>8</b>
<b>Weight Loss and Physical Effect</b>	<b>25</b>
<b>Detox and The Salt Water Flush</b>	<b>39</b>
<b>Support from Family &amp; Friends</b>	<b>54</b>
<b>The Process &amp; Lemonade Diet</b>	<b>68</b>

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# Forward by Mike Olaski

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This Master Cleanse Journal is by a cleanser “Rebecca” 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: Rebecca  
Author Full Name: Rebecca Valencia  
Author URL:  
Author Email: ...  
Author Cleanse Date: 2014.01.10  
Author Cleanse Type: Newbie Cleanser  
Author Cleanse Status: 2nd Time Cleansing  
Author Cleanse Purpose: Weight Loss

## Comments of Interest

Psychological and Emotional Experiences

Lemonade Diet – Day 3 ...

cravings! cravings! cravings!... and its ALL IN MY HEAD.... I have been all raw vegan since Dec. 21st, so 22days now... that's a VERY LONG ease in... 22days... but with all my "dis-ease" conditions, I was more toxic then... I did not get a lunch break at work today... just kept working, so I'm eating my salad at 6.30pm... and I eat it TOO FAST... and one of the plastic prongs on my fork went missing... and I'm afraid I swallowed it... took me "double time" to get home from work... took 1.5hrs to get home because of SLUGGISH NEW YORK TYPE TRAFFIC after the Broncos game in downtown Denver... this just added to my edginess... since 3pm to 11pm I've been like a ravenous lion wanting to eat every kind of cooked food and LOTS OF IT.... eat, eat, eat... I wanna eat... but I give

myself a major invisible High Five... because I STAYED RAW VEGAN today... I did NOT sabotage myself, even though I have a long history of sabotaging myself

## Weight Loss and Physical Experiences

### Lemonade Diet – Day 4 ...

Ok, it's time for the happy dance!!!!... I went to the doctor today and I have lost 18 lbs since Nov. 1st... from Jan 2nd to Jan 16th, I have lost 5 lbs.... I'm certain it's the Master Cleanse helping me break my plateau and the SWF this morning certainly helped.... from mid Dec to Jan 2nd I hit a plateau... i kept with my goals of walking aerobically and drinking my water... and then I added only eating raw vegan foods... but I could not release... I'm sure it had to do with many layers of emotions from my past and my present... but finally I have allowed myself to LET GO.... I made a decision only to weigh at my doctors office until I get off that 1st 30-40lbs... then I might start weighing myself at home... I don't want to OBSESS about the scale every day... I want to be CLEAN inside... and I want GOOD HABITS.... feeling happy about the weight loss news today, and looking forward to how much more I will have lost by Jan. 30th when I get back on the scale again..."

## Detox and The Salt Water Flush Experiences

### Lemonade Diet – Day 1 ...

HOW is it that detox can be so rapid sometimes? and show up in the most unexpected ways in the body.... 1st thing that happens to me is my tongue felt like the entire top coating was being worn off... I really did not like the feel of the sting.... then I was feeling incredibly hungry... cuz I waited too long to get started today... and then I don't think I'm doing the recipe measurements correctly... gonna wake up early tomorrow and re-read all the measurements and convert it to the tumblers and water cup sizes that I have... then at 3pm... BOOM... my mouth so dry and I felt a wave of bad breath... yuck!... I was working on a project and had to stop and brush my teeth.... I feel very acidic.. I feel like I have acid reflex... I never have any type of heart-burn-like feelings... I don't know what's going on!!!! I feel so tired... from 3pm to 6pm I was INCREDIBLY IRRITABLE... my daughter called me out on it... for those who study natural cycles of the body... I've read that 2pm-4pm is the prime time the liver is detoxing... so explains why so much going on with me at that time... going to drink laxative tea soon and go to bed... can't wait to sleep after long challenging day... oh and I gotta read about this SWF and try to understand it

## Support from Family and Friends Experiences

### Ease-In – Day 1 ...

my children support me... my son is 20 and a freshman in college, my daughter is 17 and senior in high school... they support me being raw vegan at this time, and they support my Master Cleanse... rest of my family is ZERO support... and friends I know will be "naysayers" b/c they are not even tolerant of vegetarian/vegan/raw vegan... I even told this one lady multiple times at a holiday party in November that we are VEGETARIAN family, NO MEAT... but she showed up giving us a turkey for Thanksgiving and another

turkey for Christmas.... she just could not accept our lifestyle choice so she had to bring over 15+ lbs of flesh as her passive aggressive way to say my choices are not right in her eyes... so I do NOT plan to tell anyone, except my children, that I am doing this program... lets see what they say when my skin glows more and I drop the weight!

## The Process & The Lemonade Diet

### Lemonade Diet – Day 6 ...

so it is true!!!! "For those who are overweight, less maple syrup may be taken." but how much less???? gosh, days 1,2,3 I was using LESS maple syrup.. then I read the recipe more closely... days 4,5,6 I follow the recipe exact, and enjoy the flavor... then the eve-before-day 7 I am wondering if I should use less maple syrup again???... I like the flavor no matter what... just the flavor of the EXACT recipe is so smooth!... less syrup has flavor of more citrus zing!

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# Psychological and Emotional

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## Ease-In Day 1

ooooohhhhhh!!!! the emotions.. the bad habits.. the challenges to have my WILL POWER overcome my emotions.... why do I always allow my emotions to run the show??? how can I just let so many days go by without even realizing that my mouth just wants to consume... how many days did I lack awareness??? lacking awareness of how much food I was ingesting??? lacking awareness that my tummy was saying STOP! I'M FULL!!!!... well these emotions can't run the show anymore... I will always be an emotional natured person... I was born with my sun under the influence of water.... but that does not mean I have to be so emotional about every single little thing... its time for BALANCE in my life now!

## Ease-In Day 2

what is going on with me? really? Has anyone watched the movie Chicken Run created by Nick Park, clay-mation specialist? Mr. Tweedy owns the farm, and he knows the chickens are up to something, and he keeps telling himself, "Its all in mee head, its all in mee head!" in perfect British accent!... so that's what I have to say to myself... this notion of hunger... this notion of "gotta get protein" ..this notion of I "gotta eat" ... or "my nerves bothering me" ... or when I'm in a social setting, I just eat so "no one notice me... and I can eat and not talk to them and then I can be invisible" .... so many things about my emotions and thoughts that are so deeply rooted... but its time to say good bye to these thoughts that no longer serve me... I want my health back!

emotions! emotions! emotions!.... was in a full day mandatory work training today. so many emotions.

they had all this FOOD out: popcorn, donuts, coffee, granola bars, candy

well, it was the POPCORN i was craving, I love the smell and the texture... but i did NOT eat any

then my daughter wanted pizza... I wanted some, but did not try

then I made my son Gardein Mandarin Orange Chik strips, that stuff tastes so good... the smell of the spices tempts me

all these dang temptations today and I stayed 100% RAW VEGAN!!!

even when my naughty voice keep jeering me, saying 'take a bite! take a bite!'"

## Ease-In Day 3

cravings! cravings! cravings!... and its ALL IN MY HEAD.... I have been all raw vegan since Dec. 21st, so 22days now... that's a VERY LONG ease in... 22days... but with all my "dis-ease" conditions, I was more toxic then... I did not get a lunch break at work today... just kept working, so I'm eating my salad at 6.30pm... and I eat it TOO FAST... and one of the plastic prongs on my fork went missing... and I'm afraid I swallowed it... took me "double time" to get home from work... took 1.5hrs to get home because of SLUGGISH NEW YORK TYPE TRAFFIC after the Broncos game in downtown Denver... this just added to my edginess... since 3pm to 11pm I've been like a ravenous lion wanting to eat every kind of cooked food and LOTS OF IT.... eat, eat, eat... I wanna eat... but I give myself a major invisible High Five... because I STAYED RAW VEGAN today... I did NOT sabotage myself, even though I have a long history of sabotaging myself

## Lemonade Diet Day 1

yesterday, Ease In Day Three, I was wrestling with the devil... if any of you have every wrestled with the devil (aka The Dark Side), you know what I mean.... I have been all raw vegan since Dec. 21st (23days now), and beginning each morning with 44ounces of lemon water (not lemonaide diet drink), as part of a VERY LONG EASE IN PHASE.... I had to do this for two reasons (1) get thru some heavy duty detox in advance of the Winter Master Cleanse, so that I do NOT give up in the process of Lemonaide Diet... I wanted some EASE with the detox phase, oh, I know that MORE DETOX will happen, I just did not want to start Lemonaide Diet with my HEAD IN THE FOG (that hang over feeling) ... and (2) to start preparing myself mentally and emotionally..... Being Raw Vegan for 22days before this Master Cleanse Cycle has helped me come to a revelation that I had never thought of before... I have an ADDICTION to food... I learned just last week that I use food as my HUG... I grew up in a dysfunctional family... many alcoholics, child abuse,

domestic violence, child sex assault, and drug abuse.... I'm trying not to cry as I'm writing this part right now.... but I realized that I used food as a protection, and food as a hug, as a very little girl... and that was 40yrs ago... so I have food addiction habits all these years... and I have another SIN of hoarding food... my pantry is too full with canned goods, boxed goods... and my fridge is full of FRESH organic produce, but its very full... I'm seeing my insanity for the 1st time and its a heavy load... so last night the DEVIL showed up.... I personally feel that the "negative naughty voice" in my head that says all the negative stuff to me, has a pack with the devil/dark side, just to torment me and tempt me... I was doing so well with all my convictions, and LONG EASE IN PHASE... so then, last night, the blessed EVE of my Lemonaide Diet, temptation and negative thoughts were upsetting me from 3pm-11pm, where 8hrs I was basically not productive and just brooding with fret before beginning the Lemonaide Diet today... but I did NOT give into temptation... I am on track and on course... but so much is happening INSIDE my head and inside my heart, that it's a little much.... glad to be cleansing now...

Erika, beautiful imagery, as so beautifully said... I really like your post where you plan to have a new emotional-perspective-on-food... very nice!

## Lemonade Diet Day 2

ok, it's snowing outside, its 30 degrees outside, but feels like 50 degrees to me... I went outside with just a light jacket to take my walk..

made my daughter warm breakfast, not tempted

made my son's warm breakfast, SORELY tempted... they eat differently... made my son cheesy potatoes... I want a bite so bad... but this is the last day, and I want a strong finish...

What I am doing to CEASE the craving:

1. blogging my feelings, to remind myself I am here

2. ignoring my naughty voice... the potatoes are on the stove and my naughty voice is saying "take a cheat, no one will know" ... but I WILL KNOW... and I WILL FEEL IT... so shut-up naughty voice

3. taking deep breaths... breathing in "i can do this" breathing out "the craving"

4. trusty sword... i use an IMAGINARY SWORD to SLASH AWAY at my temptations.... after smelling all the temptations.... something about the physical action decreases my emotions

5. LEAVE the house... being GONE helped me resist the temptation... when the potatoes are COLD, I do not care... its just when they are warm ...

## ISSUES WITH POTATOES:

1. I am born sun sign Scorpio... Scorpio's crave warm white creamy rich foods....
  
2. I am born 5th generation Irish... family from County Cork... I am born in a lineage of loving potatoes
  
3. Southern style comfort foods... I am born a hillbilly girl from the STYX of Missouri... potatoes daily food

.... but dang those potatoes... they SPIKE my blood sugars... give me high glycemic index ratings ... I am not diabetic, so I am blessed, but I gotta be careful... there are several diabetics in my family, including my mom

thank you for allowing me to VENT here so I could continue on... and can get thru these INTENSE cravings..."

## **Lemonade Diet Day 3**

MOVING FROM FEAR INTO LOVE.....

Back in 2008, I first saw the Kris Carr documentary on her journey to heal her cancer with GREEN drinks and GREEN food... it really touched me, and helped me, for myself, and supporting other family members... Kris Carr looks like night-and-day from her video back then to how she looks now... GREEN vibrant foods and GREEN nutritional drinks cured her...

Kris Carr is author of Crazy Sexy Cancer .... yes she's all about assisting those with cancer HEAL thru GREEN SMOOTHIES & GREEN DRINKS.... but her message assists with every "dis-ease", and she has great recipes to share for those of us riding the GREEN TRAIN to OPTIMAL HEALTH...

These are her words to inspire others... these words touched me... so I am sharing here..

This is what I needed to read & reflect on today as I work on my deep emotional issues with food for comfort and protection...

For a better 2014...

1. Move out of fear and into love
2. Expand and deepen our spiritual practice

3. Let go of negative patterns that stop our growth
4. Learn our self-care practices for health, happiness and
5.                   sustainable well-being
6. Find sturdy tools for what to do when it all falls apart
7. Share our gifts with the world, this year!

These are beautiful affirmations and goals to reflect on.”

## **Lemonade Diet Day 4**

Today is a good day... went to my counseling group... saw my doctor... and followed the recipes for Lemonade Drink & SWF just perfectly... I realize I have sabotaging my efforts... so today I auto-corrected many things for myself...

While at my doctor's office, we decided to continue with my current goals about exercise, water, and nutrition... but now is the time to add AFFIRMATIONS....

Before I type up my affirmations, I want to share that my grandmother was my hero growing up. She was a very good person and very generous and never did anything wrong... except she would cuss like a sailor when she was either upset, or adamant about something... so I wish to ask for leniency if the profanity in my affirmations is offensive to anyone... I just used the word to be adamant like my grandmother, so if you do not like cuss words, then please stop reading this post now...

MY AFFIRMATIONS for the NEXT TWO WEEKS (that I read when I wake up, and when I go to bed):

1. "I walk aerobically and exercise a minimum of 30 mins 3 times a week."

2. "I drink 1 gallon or more of water every day."

3. "I get my support from my online group & internally."

4. "I do this because I'm a SKINNY BITCH RUNNER."

So there is my biggest problem... this big outer layer of too much skin and too much fat has BURIED my runner... has BURIED my tree climber... has BURIED my cyclist... has BURIED my Flexible Yoga Princess... so it's time to unbury who I really am

p.s. these are my affirmations, no kidding, I can show anyone my workout schedule for January 2014, then we flip it over and see the affirmations that my kick-ass-awesome-doctor wrote for me in her handwriting!"

## Lemonade Diet Day 5

oooohhh... dang.... saw the most adorable guy today when I was working... I was walking around handing out promotional fliers... then I saw his gorgeous face... and I smiled and started to walk towards him to talk... but then I shrank back realizing I'm the chubby girl so he probably doesn't want to talk to me... so I bee-lined it to a crowd of people I know, and did not talk to him... I peeked around the corner to see if he was still there... but he was gone.. never seen him before, don't know his name, but he really caught my eye... later I went to the restroom and it was hard looking in the mirror... all this weight, and all this emotion restricts me, or I allow it to restrict me... seeing this beautiful man only gave me stronger convictions to stick to Master Cleanse... for the RESULTS!"

## Lemonade Diet Day 6

OK... so the past two days (day 5, day 6) I jot down some notes of what I will blog about related to the cleanse, then I come home from work late at night. and finish out the blog... so that's why my posts have "early morning" and "evening" headers...

Last night I feel asleep crying.. just releasing... not some particular upset... just needed to cry

This morning I woke up NOT wanting to go to work... I just wanted to stay home and sleep longer... but I went to work... was fine... had plenty of energy... was productive... and did not feel any hunger til 6pm, so I drank more lemonsaide mix...

Since I bought a gorgeous turquoise blue jacket as my GOAL, its helping me stay focused... the jacket is two sizes smaller than I was last week... but i determined to lose the inches and pounds so I can wear this gorgeous garment.. its helping me psychologically”

## Lemonade Diet Day 7

Evening thoughts:

ooohhh... the deep seeded idea that FOOD IS A REWARD is what I am wrestling with... today I have a very bad start of the day with a big argument with my mom where she say's its unfortunate my children and I do not believe in God... well that's a very bad start b/c we do believe in God, we just don't go to the church she does, or worship as she does... it was painful to hear, esp when my daughter shared very deep spiritual reflections and insights with wisdom the night before... then at work, my immediate supervisor decided to keep my resignation quiet til the last day.. then another higher mgt supervisor showed up, it scared me, I thought I was in the "hot house", but he notified me the company is giving me a 27% pay increase, and he said "we want our employees to be happy" ... but he does not know about my resignation on the table... then, without thinking, being on auto-pilot, I bought my children Mexican cuisine of their choice as a "reward" about my pay increase... I did not order for myself, just for them... as they ate, I realized I'm feeding my children cheese... and cheese is a culprit, not a reward... so much going on with me..."

## Lemonade Diet Day 8

well... i was not really sure what to say until this very minute... usually I brew a little bit on my thoughts... then flesh them out.... I am feeling unusually sensitive... i'm always sensitive... but I mean "soft to the touch" as if I had a fresh 1st degree burn... i feel like I am transparent... one of the main bosses was UPSET... he even said we need to put so-and-so "on a leash"... well my energy is so sensitive that I was taking that upset of his into my inner being... after 3pm I walked into a large health food store and there are water fountains flowing... and I felt peaceful... then I am on the highway for an hour and there was that driving fast energy... so being "cleaner" on the inside, leaves me feeling the energies in my environment much more... so i need to protect myself more when I'm out and about"

Linda... cooking for others when we are cleansing is tough... its double tough!!!... you are so generous and loving to do it when its such a big TEMPTATION

Linda, which email are you referring too? was it a Master Cleanse email?

## Lemonade Diet Day 9

Unwavering Commitment to myself.... this is what I am doing.... when I was in college, I went to a retreat where there were many topics... the topic of the final day was COMMITMENT... well I repeated that retreat several times in college, and I could not successfully complete the commitment topic... I can be committed to my children, I can be committed to work, I can be committed to being a vegetarian, but I have not been

committed to my OWN HEALTH... self sabotage has been my modus operandi ... then I had my EXCUSE ... or I had my MASK to hid behind... but in my case the MASK was my weight... I recently read that self-sabotage is a "pathway to destruction" ... well as St. Augustine says.. "if you can name it, you can tame it" ... so I am on the road of recovery and healing by keeping unwavering commitments to my self care... thank you Master Cleanse for these new revelations"

dedicating the cleanse!!!... I like that idea!!!

## Lemonade Diet Day 10

blogging early today b/c I work 8.45am - 10.15pm SOLID hours today... and the commute is 45min to 1hr to get there... and there is snow expected tonight 1"-4" so it might take me 1.5+ hours to get home... so want to make sure my blogs entered on Day 10"

LEMONADE DIET - DAY 10 - NEWBIE

ok ok ok.. I will reveal my little secret... how I have been avoiding eating cooked foods, when I cook for my children...

dec 21st I switched to all raw vegan... I knew I was going to start the Winter Session of the Master Cleanse... I knew that THREE DAYS OF EASE IN would NOT be enough... my

junk food vegetarian/vegan ways had gotten out-of-hand... so I felt I needed a minimum of two weeks of EASE IN... just to get thru some wicked detox that lasted over a week... well staying raw vegan and making cooked food for my children 3 meals a day caused me so much TEMPTATION... well I talked to a friend about it, and she said "why don't you just be a dragon slayer"... well lol... I immediately had a vision of myself as a powerful renaissance woman... my long hair billowing in the wind... holding one giant gorgeous purpley dragonfruit in my left hand... high above my head, giving me power and authority... and having a very long sword made of white & blue light in my right hand... and I SLASH AWAY at TEMPTATIONS... so after Christmas I was waving my imaginary sword at the pantry where chips were stored... waving my sword at all the cooked food I made my kids...then waving my sword when I was a training event at work with a ton of food... I just IMAGINED I was waving my sword at that hefty buffet... lol... this mighty sword has helped me alot the past ten days, as well as my very long Ease In phase..."

"Linda,

it was the same for me... harder psychologically than physically... all I was wondering is if I was depriving myself... yes hunger pains happened, but once I had more lemonade, I was satisfied... I never passed out... never had low blood sugar episodes... actually I had MORE ENERGY overall... but the battle with my naughty mind trying to tempt me to sabotage myself... that was the hardest part... and only my trusty imaginary sword, and being so busy at work, really saved me...

.... me too... looking forward to trying again, and doing it longer, and doing a better job of it by including the daily SWF, and checking into the other recommendations made by Stanley Burroughs for optimal results... but now I know I can do it, and its not really that hard, now that I look back at these ten days... the hard part was myself... creating an invisible thick wall between my desire for optimal health and my dark side of believing I'm not good enough for any good results... so my HEALTHY SELF won this battle!!! and I already feel blessed and feel like a whole new me..."

## Ease-Out Diet Day 1

gggrrrrr!!! blogging about the psychological/emotional is not fun, or easy... I'd rather just go to bed now and put today behind me... but I gotta get out the truth.... was going along just fine... but then I was tired around 2pm-3pm... when the liver is very active... so I just felt tired... then a person confronted me with a bunch of their opinions about me... well yes we all want to learn and grow... but it was not the time for "rebecca-u-need-2-coulda-woulda-shoulda" in your life...of course I cried... not feeling strong enough to fight back.. come home to make my kids dinner... and I ate tofu nuggets (tofu stir fried til brown, then nutritional yeast sprinkled on it)...and I ate few bites of potatoes... I know better.. this is NOT how to Ease Out properly.. now I feel acid reflex in my throat, and I rarely ever have heartburn... and I feel like I want to barf... i just went so far with success and a clean feeling, only to sabotage myself and put a dent in my efforts today"

Thank you!!

## Ease-Out Diet Day 2

Early this morning someone saw my big jug of Lemonade mixture and asked, "what's that?" ... I just said, "oh its tea from home" without even flinching... oh gosh... I still do not feel comfortable telling people what I have done, and what my body has accomplished with this Winter Cycle of Master Cleanse... I did participate in the Fall Cleanse but I was not as proactive on the blog... and I was just going thru motions, and not elevating my awareness... this cycle a LID has lifted and I feel much more successful this round... I lost weight last time, but gained it back very fast with cooked foods and continuing with caffeine.. caffeine is a big culprit for me and I can gain weight very fast just smelling caffeine... still so much work to do with my emotions, but I feel much more relaxed and much more grounded.. thank you Master Cleanse"

## Ease-Out Diet Day 3

just got home from work after being gone 8am to 11pm... worked 13 hr shift + 2hr total commute is 15hrs away from home... please do not hate on me, but I'm going to take a sleeping pill so I sleep very deeply tonight... I don't understand what is going on with me detox wise and I don't want to deal with the emotions of it, or the head thoughts of it... so its a cop-out, I realize... I'm just going to let my body work all this out in my sleep... I don't go to work until 11am tomorrow... so I can sleep in til 8 or 9am.... awareness of my body is a new found benefit of Master Cleanse ... but I am feeling so physically funky and I really don't want to deal with it.. going to take Umcka tablet and Vitamin C, too, before I go to sleep... WHAT IS GOING ON WITH ME???. society always seems to MASK what's really going on by taking PILLS PILLS PILLS... I rarely ever take pills... but tonight I'm taking pills so I can sleep and fight this funky detox, or possibly head cold, feeling"

oh, wow, Linda... my heart is aching for you!... my thoughts and prayers are going out to you and your son... and I have about an hour to pray while driving to work in a few minutes... please forgive me not responding last night... I just came home... blogged on MC site... then went to bed.... what a scary ordeal... and your son is very brave and strong!

## **Ease-Out Diet Day 4**

Feeling very upset today... mostly I am exhausted... I worked 10.30am to midnight NON STOP and I still have energy to spare... so that's thanks to MC for the elevated energy levels... I worked 13.5hrs and my commute is 1hr one way, so I was gone 15.5hrs from home... my kids did not do the dishes or take out the trash... it really upset me cuz I'm working my tail end off to support the family and they tinker around all day doing nothing of any grit... I also upset b/c a few people have been demoted in our company, but some serious rule breakers are still allowed to be RENEGADE and the sins of those demoted not nearly as bad as the sins of the RENEGADES... 11.30pm it started snowing so I was driving with high winds, arctic cold, and snow plows treating the pavement... then I come home to park, and the sheriff deputy i live next door too did not park properly in his stall again... so I had to park improperly again... i'm just feeling so irritable and very very very glad I have the next two days off work"

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# Weight Loss and Physical Effect

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## Ease-In - Day 1

the weight loss!!! oh yes please!!!! Skin, please glow and glow!!! Abundant ENERGY ... my liver being so much happier... and good bye and good riddance to parasites... we no longer serve each other... so we go our separate ways for purposes of evolution.... I really feel excited about the upcoming results!!!! I will measure myself this weekend to see how many inches lost in the ten days

Oh... all the benefits around the corner... let me count the ways!.... my skin and my eyes will be more vibrant... the bloat will disappear off my tummy... my internal organs will be so happy and very grateful for a small break for healing and rejuvenation... and those pesky parasites are gonna be flushed out... after todays people will notice a remarkable difference.. and I will feel proud of myself to really sticking to this time and following the plan according to Hoyle!

## Ease-In - Day 2

its been 20days not that I am all raw vegan, so for many of you going on the cleanse its really like a day two ease in, but for me I've been easing in for awhile... I really want to LOSE THE WEIGHT so it will never come back... this has to be my trophy... being the vision of myself when I was in my mid-30's... working out every day and doing lots of yoga and wearing size 8 clothing... ok... I don't know why but the weight has not been

coming off. I generally see my doctor, and don't worry, she's very cool and accepting for being an AMA-type, and she supports raw vegan, but I have not yet told her about Master Cleanse, but since I see her weekly and no weight came off in two weeks, she said "it has to be something in your brain holding you back"... but I think its something in my colon and my liver... so come on Master Cleanse, help me flush it all out, and let my doctor be so surprised!

Weight loss is my goal... but my ULTIMATE GOAL is vibrant health, and exuberant energy!!!!... ok... i gotta write that down in my new journal that I'm starting

Tomorrow I will stock up on organic lemons! was too tired to shop tonight."

### **Ease-In - Day 3**

just took a 45 min walk in snow, ice, snow pack, ice pack... the weather report says its 40 degrees, but feels like 33 degrees... the winds are high and strong... I feel good... I plan to keep my lymphatic system moving as I sip on my lemonade the next ten days ahead....

Geez!!! after I spent 8 hrs of being like a wild woman wanting to just eat eat eat... after I got home at 8.30pm, I have spent the last 3hrs pacing back and forth from the computer to the kitchen, opening the fridge and pantry so much that it seems like a 1,000 times... and wanting to taste all of it... but I did NOT eat any cooked food... I stayed clean today before going on Lemonade Diet tomorrow... I ate a batch of sunburst tomatoes and PRETENDED they were crunchy potato chips with a hint of salsa flavor... it was a very

weird mind trick on myself... but it finally helped me snap out of it!... i want to lose weight... I HAVE THE VISION OF MYSELF 17yrs ago, when my son was just 3years old... and I looked so great and happy in my kelly green dress... I have many friends who are 40, 50, 60, 70 and LOOK 20yrs younger than their age... its all in the food... so I need this cleanse so desperately to lose the weight and RID myself of "dis-ease"

## Lemonade Diet - Day 1

"Time for Change"... I really appreciate how Mike started his Zero to Master Cleanser video (<http://themastercleanse.org/zerotomastercleanser/>) talking how he decided to make a CHANGE... I started making changes back in November with CONSISTENCY... I have been meeting with my PCP every 2 weeks, since Nov. on weight loss goals... and oh, i'm not a big fan of AMA stuff... I'm more of a naturalist... but sometimes we need other help... and my insurance pays for this help... and I NEED HELP!!!... she's very cool medical doctor... and she's even support of all raw vegan... but I don't plan to tell her about the Master Cleanse until I've finished our Winter Cycle of Master Cleanse... I have lost weight, I have plateaued... but never gained anything back since November... there were some days when I was frustrated that the changes were not coming rapidly enough, especially when I was working so hard to get HEALTHY HABITS... and, more so, STAY COMMITTED to healthy habits... but it was all gradual... November I ate cooked vegan, did not change my diet, but started exercising, and drinking water... then I gradually increased water and exercise... then Dec 21st, I started all raw vegan, but kept exercise and water the same... everything that was "new" or a "change" was small and gradual, and one-thing-at-a-time... the 22day Ease In phase for me (12/21 - 1/12) consisted of this regime: 1. 44ounces of lemon water 1st thing, 2. green smoothie (Boutenko style 60%+ greens, 40%(or less) fruit), 3. big salad for lunch, that included protein sources, 4. nut milk for dinner, which was my major protein source.... when I would arrive at the doctor, giving her my accountability tracking sheet of my progress,

she would say, "I don't understand. You're doing great. Something in your brain is not letting your body go." ... for me, I have some crazy-artery-connection with my heart-head-emotions-and-body when it comes to weight loss....so my doc is right, I wasn't so ready for the bigger changes when I first started... but now I am ready for CHANGE... the entire plant kingdom on earth is constantly changing... I remind myself now, I don't need to be stagnant.. CHANGE is good!

## Lemonade Diet - Day 2

Started my morning with a brisk walk in the winter cold, and did some stretching exercises all before having my 1st lemon beverage. Physically I have not been active, only sedentary... so I am changing that in my life...

As for weight loss, I've tried so many things: Weight Watchers, Nutrisystem, hCG (human chorionic gonadotropin aka the pregnancy hormone), Slim Fast, Green Coffee Bean, Dr. Strand's "Healthy Diet" counting proteins and glycemic index of foods (pain in the rear and complicated), Fit 4 Life by Harvey & Marilyn Diamond, and just sensible eating of small 6 meals a day with exercise, and just eating like I eat and EXERCISING LIKE A MANIAC... unbelievable all that I have tried over time....

Only three things have worked effectively... (1) eating only all raw vegan foods for 11 months... I lost a TON of weight... (2) 3 Day Energy Fast by Pamela Serure... I would 20lbs in 3 days, and then (3) doing the Fall Session of The Master Cleanse.....  
hhhhmmmm.... only the programs of clean foods and cleansing foods work....

but then I sabotage my great efforts by eating cooked foods... its time I stop harming myself, and only HEAL myself”

## Lemonade Diet - Day 3

Tomorrow I get on the scale at the doctor office... well I hope its good news. I've been going to my doctor either weekly, or bi-weekly, for accountability and "weigh in" .... back in Sept 2013, I realized I was having a health crisis once again. In November I told my doctor about it and she asked me what I need, and I said "support and accountability" ... so we made a pact and we going to continue as long as it takes.

I lost 85lbs in 2011 eating healthy and running... I even ran 5 5k's in 40days after getting all that weight off... and I was running 10-12min miles... and for my age group, I need 9-10miles to qualify for Boston Marathon, which I want to do someday... "age is just a number" and anything can be accomplished with right mind set... I have many inspirational heros, and Diana Nyad completed the historic Cuba-to-Florida swim at age 64 without shark cage... and the real danger was the jelly fish... she attempted several times before... and did not give up..

So like her, I intend to not give up... I gained back that weight as a form of protection, and from sadness in my life... but I'm going to get it all back off again... this Winter Session of the Master Cleanse is a great jump start”

## Lemonade Diet - Day 4

Ok, it's time for the happy dance!!!!... I went to the doctor today and I have lost 18 lbs since Nov. 1st... from Jan 2nd to Jan 16th, I have lost 5 lbs.... I'm certain it's the Master Cleanse helping me break my plateau and the SWF this morning certainly helped.... from mid Dec to Jan 2nd I hit a plateau... i kept with my goals of walking aerobically and drinking my water... and then I added only eating raw vegan foods... but I could not release... I'm sure it had to do with many layers of emotions from my past and my present... but finally I have allowed myself to LET GO.... I made a decision only to weigh at my doctors office until I get off that 1st 30-40lbs... then I might start weighing myself at home... I don't want to OBSESS about the scale every day... I want to be CLEAN inside... and I want GOOD HABITS.... feeling happy about the weight loss news today, and looking forward to how much more I will have lost by Jan. 30th when I get back on the scale again..."

## Lemonade Diet - Day 5

Worked for 11 hours straight.. no break... stayed true to the program because I want the RESULTS...

Have lost 5lbs in 4 days.... have so much more to lose.

As for exercise, I've only been walking, mostly aerobic walking in very cold temperatures, strong winds, and trying to dodge ice on the ground as I walk... I want to get back running very soon... but need to loose few more pounds so I don't injure joints and knees... but

really I am not flexible enough yet to start running.... I need to get back to my yoga practice so I can get my leg muscles stretched out... mostly my hip joints and hamstrings need a very good stretch

also i want to start boxing.... it will be a bit of time before I feel comfortable going to the gym... but I have the Billy Blank's kickboxing video and plan to start that first, in the privacy of my bedroom”

## **Lemonade Diet - Day 6**

Early Morning Notes for this blog:

Physically my body feels tight... I want to feel loose... have energy, but want more energy

my hair feels smoother and silkier at the top of my head, silky smooth, not dry

Evening Notes for this blog:

bought myself some "target" clothing... one shirt one size smaller... and I can put it on today!!!!... and could not put it on ten days ago! Bought myself a target-jacket (not Target the store, that my son called the "red eye" store when he was a little boy)... but TARGET, like "bull's eye" ....one of my favorite colors in the world is turquoise blue...

bought a turquoise blue jacket that is 2 sizes smaller than I was today ago... I look at everyday on this cleanse... going to be wearing that beautiful jacket soon!"

## Lemonade Diet - Day 7

Morning thoughts before work:

feet heavy in am, frontal headache when wake up, but went away when drank warm lemon water 1st thing in the morning, then I felt better almost immediately

Evening thoughts:

It's an awful feeling, but I feel that I am not lovable because of my weight... whatever is going on with my body is triggering many layers of emotions... maybe it's just because I'm an emotional person

For the past year I was thinking the higher level executive does not like me because I'm overweight. I've noticed different treatment she has to us plus-size girls compared to skinny girls... so my raise announced today is a shock... because she had to approve the raise that was presented to me today... 20yrs ago I was working for a large corporation and the CFO admitted in a team meeting that she thinks fat people are lazy... but that meeting went on to reveal that the two largest women (me and Norma) were the hardest working on the team... as I said.. along going on with me..."

oh... alot going on with me... NOT "along" geez

## Lemonade Diet - Day 8

1/3 mucus, 1/3 fat, 1/3 buried skinny runner.... lol!... I woke up this morning, still dealing with tons of mucus... from my eyes, from my nose, from my mouth, and constantly wanting to spit

If I took my current weight and divided it by THREE (3)... I would see that mucus has to be a 1/3 cuz I'm draining and releasing so much of it every day (oh, thank you cayenne pepper!)... and there is the 1/3 fat that needs to go, and be gone forever, cuz it no longer serves me, and then there is the REAL ME... all buried below... the me that was born a natural tom-boy-athletic-type, the real me who climbs trees, rides bikes, plays racquetball, swims, DANCES, jogs, runs .... the real me who is very flexible yoga princess... the real me who just keeps moving like an energizer-bunny.. the real me with modest muscle lines ... the real me with a dream to run the Boston Marathon by age 50.. I don't want to win the Boston... I just want to qualify and be there! ... the real me who wants to help seniors and overweight woman reclaim their bodies, reclaim their energy, reclaim their health

so thank you Master Cleanse to help me release the 1/3 mucus, the 1/3 fat.... so I can get back to being 100% full-and-whole-skinny-strong-spectacular-athlete!!!!"

## Lemonade Diet - Day 9

Today I took my 30 minute aerobic walk at the horse ranch where my son rides every week... my son has been a rider for 12yrs now.. the ranch is in the foothills of the mountains, so I enjoyed the most gorgeous warm sun shiny day with just a hint of cool breeze... snow is coming tomorrow.. so I am grateful to have enjoyed the day... one of my daily affirmations is that I walk 30minutes, 3 times a week... today was the busiest day with appointments and commitments.. it was my day off, but it was busier than a work day...

Today I wore a green shirt I have had for over a year... this shirt would never pull down past my waist, or I would have ripped the threads... today this cotton top just pulled down very nicely over my hips... even last week I could not pull this shirt down past my waist... thank you Master Cleanse that I am losing inches, as well as pounds!"

## Lemonade Diet - Day 10

blogging early today b/c I work 8.45am - 10.15pm SOLID hours today... and the commute is 45min to 1hr to get there... and there is snow expected tonight 1"-4" so it might take me 1.5+ hours to get home... so want to make sure my blogs entered on Day 10"

Thank you Master Cleanse! Even though I have much more weight to lose, I have lost 8lbs so far and feel light as a feather! It's quite remarkable to be be heavy set and know

that fat and gravity is weighing me down (literally)... but internally I feel so wispy and clean and fresh

Little tips that have helped me stay committed these past 10 days:

(1) target clothing - bought the teal jacket two sizes too small so I can get into it

(2) imaginary sword - that I use to slash away at temptation, either literally, or imagined in my head

(3) only one cooked meal - only cooked 1 meal for my kids instead of 3 to avoid temptations

(4) being away from the house a lot

(5) journaling and blogging

(6) VISION - i see myself at age 30, very athletic thin and trim in a beautiful kelly green dress

(7) Daily Affirmations - that include exercise, water, overall health, and my "why" I do the MC

(8) light exercise - 30minute aerobic walking every other day, so 5 days

(9) getting out in fresh air and sunshine... for my lungs, and to purify my thoughts

what's helped all of you keep with the program to get RESULTS with the weight loss"

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

one thing I really, really regret is NOT getting measurements before I started the Master Cleanse... I've been so busy lately that I have not stepped back to think what I could do to measure my success... yes I have lost weight... yes my clothes are more loose... yes I see the big bloat from my gut has flattened out... yes I feel so much better physically... but I did not think about measuring overall shrinking all over my body... one time I was trying that Herbalife stuff to lose weight.. and we measured our bodies, as well as weighing in on the scale, and learning the overall results was an eye-opener... well next time I will measure myself"

## Ease-Out - Day 2

Water!!!!... from Dec. 21st, when I recommitted to raw vegan (but some cooked bites have happened, but no cooked meals), til we started our EASE IN WEEKEND DAYS... I was drinking 3/4 a gallon of water to 1+ gallon of water daily, plus eating the high water content raw foods, mostly in the form of liquid (green smoothies, fresh nut milks, juices from my Champion juicer)... lots of water in these raw vegan liquids too... but now that I've done this Master Cleanse, I only have 1 gallon of Lemonade daily, and not so much water, except for my morning lwarm lemon water and evening herbal laxative tea.... I don't feel dehydrated or water deprived... I'm shocked for needing less water on the Lemonade Cleanse... maybe its because I had such a LONG EASE IN PHASE and really crazy detox then that I needed more water then than now? I determine my water needs based on a water calculator based on weight, climate, medications, exercise, etc. and I'm supposed to have over a gallon of water a day... I would have had more water if I did the daily SWF... I only did ONE cuz of work schedule... would I have lost even MORE weight if I had more water during our program? to flush out stuff?"

## Ease-Out - Day 3

just got home from work after being gone 8am to 11pm... worked 13 hr shift + 2hr total commute is 15hrs away from home...

I really am determined to get this weight off and keep it off... I keep imagining myself as this very skinny runner... just running everywhere, and just as fast, as Forrest Gump!!!... so people can say... "she sure is fast"!!! 1.5yrs ago I was 65lbs lighter and running 10-12minute miles in 5k races... I can get back there... and get my time under 10minutes,

even at my older ripe old age... today my guy-neighbor-friend asked me if I wanted to join his gym with him... he has more weight to lose than me, and his mindset about food is way far off from mine, so try not to talk to him so I don't could-a-would-a-should-a on him... but I know he just wanted me to give him rides to the gym cuz he does not drive... I don't want to go the gym b/c I don't want any gawkers looking at me... yes gawking (staring openly and stupidly at someone)... so I just keep to my private program right now... I'm going to stay raw vegan the next three weeks... mostly green smoothies, salads, and fresh nut/seed milks... then after mid February I'm going for the 40day Master Cleanse.. to help me get where I want to be weight-wise and I can get back to running this spring"

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# Detox and The Salt Water Flush

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## Ease-In - Day 1

hey! I really need help understanding this salt water flush!!!... is it anything like drinking epsom salt water before a gall bladder/liver cleanse??? I will read up on this during the weekend... I did try the Master Cleanse before and I was unsuccessful b/c I did not follow all the steps with precision.. this time I will be regimented... i just realized it might be helpful if I do a gall bladder/liver cleanse on Sat night-to-Sun morning just to help my liver some more... I've been eating all raw vegan since Dec. 21st, so I feel I'm doing a good job with the EASE IN this time... I'm still a Newbie b/c I've never done all the steps right..

## Ease-In - Day 2

since being 20days raw vegan (my ease in phase) I knew it would be rough cuz of toxins.... so much has happened in the detox... irritability is wearing off, the HEAVY FOG FEELING IN MY BODY, and MOSTLY IN MY BRAIN is lifting off... even though I am extremely overweight, I feel lighter... its the reason I could go from 7.30am to 8pm today with only 88ounces of lemon water (but no cayenne or maple syrup).... heavy foods can weigh me down.... my skin is getting softer, the toximia in my feet is completely gone, the crunch-n-pop in my neck nearly completely gone... my need for sleep is diminishing... my salt craving, my sugar cravings minimizing... NO DESIRE FOR CAFFEINE OF ANY KIND and hallelujah for that! soda pops are a killer with a Capital K!.... so my body is responding, but there is so much more detox ahead... I need help and

support about the Salt Water Flush! I gotta get it figured out tomorrow night after work... right now I too tired to think

this evening i was given the gift of a home foot spa & peppermint scented epsom salts... oh I feel so blessed... going to treat myself to foot soaks as my reward for getting thru the Lemonade Diet day... and to help me with the detox process to allow any detoxing from my feet

### **Ease-In - Day 3**

I did NOT feel any detox symptoms today, or even the past three days of EASE IN for this program... however when I first started all raw vegan on Dec. 21st, HOLY MOLEY, did I have detox, very intense detox for almost 8 days.... I had so much mucus.. not a runny nose, just needing to spit like a sailor!.. not pleasant... my feet were so SWOLLEN up cuz of toximia, but now my feet look skinny, normal fine... I had weird tiny bumps all over my skin all over the place... but all gone now... one big bonus: irritability decreasing significantly... oh, yeah, i had crunchy, crunchy sounds in my neck for many days, and after 2 weeks I can move my neck around without any crunch... the biggest deal was the FOG FEELING.... big heavy drugged up feeling in my head... I do not drink, smoke, do drugs... I have NOT had any alcohol over 37years (yeah, I'm an oldie)... but I remember the hang-over feelings from my wild days in my 20's... and this detox was SO WICKED... the fog is finally ALL GONE... my brain area feels like fresh air floating around up there!.... please realize I was in the state of the "fat sick and nearly dead" ... I absolutely had to JUMP START my detox to even get close for some kind of ease for the Winter Session of Master Cleanse

## Lemonade Diet - Day 1

Its 10pm MST on our very 1st day... HOW is it that detox can be so rapid sometimes? and show up in the most unexpected ways in the body.... 1st thing that happens to me is my tongue felt like the entire top coating was being worn off... I really did not like the feel of the sting.... then I was feeling incredibly hungry... cuz I waited too long to get started today... and then I don't think I'm doing the recipe measurements correctly... gonna wake up early tomorrow and re-read all the measurements and convert it to the tumblers and water cup sizes that I have... then at 3pm... BOOM... my mouth so dry and I felt a wave of bad breath... yuck!... I was working on a project and had to stop and brush my teeth.... I feel very acidic.. I feel like I have acid reflex... I never have any type of heart-burn-like feelings... I don't know what's going on!!!! I feel so tired... from 3pm to 6pm I was INCREDIBLY IRRITABLE... my daughter called me out on it... for those who study natural cycles of the body... I've read that 2pm-4pm is the prime time the liver is detoxing... so explains why so much going on with me at that time... going to drink laxative tea soon and go to bed... can't wait to sleep after long challenging day... oh and I gotta read about this SWF and try to understand it

## Lemonade Diet - Day 2

Zhena's Herbal Laxative Relieve Me Apple Cinnamon is the on only laxative tea I have drank so far... it was the only laxative tea I drank in the Fall Session of Master Cleanse. I really love the flavor of this tea. It's so delicious!!!! Before the Fall Session, the Universe was taking care of me because I was in a discount store owned/operated by local Mennonite/Amish community, and I was able to buy several containers of this tea for only \$1.69 per container. Online and at the health food store this brand & flavor is around \$5-\$6. So I feel blessed to have this TASTY herbal laxative on hand. I feel like I'm

sipping a fresh batch of spiced hot apple cider. If anyone is looking for flavor, I recommend it. I like it so much I'm afraid to try anything else.

I have Traditional Medicinals Smooth Move brand (1) plain (2) chocolate flavor in the pantry, but I have never tried these teas. Has anyone tried these? Do you like them? Are they flavorful?

## **Lemonade Diet - Day 3**

Last night I was so tired around 7pm... I went to bed at 8.30pm and woke up at 3.00am (6.5hrs of sleep).

Have been up since, but not necessarily productive, except for doing the dishes from yesterday (that I did not do last night), and making myself some warm lemon water and warm herbal tea to start my day... wanted to start the day warm, so this is how I did it... drank my room temperature lemonade later on in the morning...

So, the detoxing for me:

1. needed to go to sleep so EARLY... so something was going on with my body

2. woke up with ECZEMA on inner elbow joint areas on both arms and on my wrists. Was itching like crazy as if I had a bad case of poison ivy... this is why I woke up so early

3. never ending mucus... how is it possible that my nasal cavity continues to release so much mucus these past 25 days of all raw vegan???? i don't want to get into all the details, but its a big mystery to me

4. slight headache this morning

5. continuing large amounts of elimination

6. some kind of skin eruption on my back, its about nickle size circle, had my daughter look at it when she woke up, and yep, its eczema in circle splotches on my back...

7. 8.30am feeling so tired, so went back to sleep and woke up at 11.30am... yikes!

crazy, huh?"

## Lemonade Diet - Day 4

oh, ok, call me a coward...

I've know about SWF since early 1990's when I read Stanley Burroughs book The Master Cleanse, but I have NEVER done a SWF until this morning... really... I'm not even sure what my resistance, or inability to try, was/is all about... hopefully someday I can figure it out... Last Night I decided to give it a try, so that's the night of Day 3. I went to the store and bought the gorgeous Himalayan Pink Salt already in a salt mill container. I was thinking if I bought the salt in big chunks it might not dissolve properly. This morning I did the SWF. I did not eat anything, or drink any tea or lemonade drink before trying. It was 10.30am when I finally did the SWF.

Each big gulp gave me HUGE goose bumps all over my body, especially on my lower legs... what was that all about?

As the SWF liquid went down the hatch, I could feel the salt water mixture sloshing in my small intestine and large intestine... so that's cool... awareness that I can sense the flow of water and digestive movement in my body.. never had that before when I drank any kind of liquid

and when it was time to release... I did have to RUN to the restroom!!! Now I have stepped over the wall that was preventing me before. I think this was one of several

reasons why I was not as successful in the Fall Session of the Master Cleanse... doing much better this time around... Day 4 is my first day for SWF and I feel good about it”

## Lemonade Diet - Day 5

Too nervous to do a SWF today before work, but will try SWF tomorrow morning, but plan to wake up early like 5am

Stooling this morning... is it normal for it to still be watery the next day? I expect watery the DAY OF SWF, but not next day... had 2 watery movements

Not sure I will do the SWF for Day 6... gonna have to be Day 7.... I need to go to bed early, and wake up early.

It's almost 10pm and I'm drinking my Zhenna's apple cinnamon laxative tea... I don't know why, but I've not had any trouble eliminating every day... not sure if its' b/c I drink extra water, or its just the wonder of this wonderful herbal tea...

It's very inconvenient how crazy my work situation is... and no comfortable bathroom... and no break room... part of many reasons I turn in my 2week notice resignation tomorrow... I need to be comfortable and gentle with myself during this detox

What about detoxing thru the skin??? I've wanted to take an epsom salt apple cider vinegar bath so badly the past few days... but been too busy... I prefer long thr soaks... hopefully Sunday night!"

## Lemonade Diet - Day 6

Early Morning Notes for this blog:

Woke up feeling awful... like a hangover... but I not have NOT ONE DROP of any alcohol of any kind for over 30years, but I remember the hangover feeling... my feet just wanted to push out a ton of that bland-heavy-weird-air-hangover feeling out of my feet...

Released 4am, 6.30am, 7am... so not feeling I need the SWF, but want to do it again

Evening Notes for this blog:

.... Really?? SWF recommended every single day of the cleanse? I'm just not in a position to be going to the restroom alot working 12 hr days.... oh gosh... I really am a newbie, not knowing what to do... trying... but tripping over myself... I gotta go for a longer haul of more days on this cleanse so I can get to the place I do it right every day for the best RESULTS"

## Lemonade Diet - Day 7

Morning thoughts before work:

mucus! so much mucus! does it ever end?

Evening thoughts:

This morning I chewed on some mint leaves before I left for work, but I did not swallow... I have noticed so much detox happening from my mouth, and when I notice it, I try to drink more lemonade... I wish I could have set aside time to put the mint leaves in hot water.. but I wanted to leave early for work... I arrived 1.5hr early to avoid the Bronco game tail-gating parties down to the stadium... so again.. what I want and need gets on the back burner to the reality that needs to be dealt with... I guess I could have made the mint tea at work... but we don't have a break room... I just realize I don't even have an outlet for my hot pot at work unless I unplug the computer/printer/monitor..."

## Lemonade Diet - Day 8

Cigarette Smoke... this may seem odd, but I have been smelling cigarette smoke in trace amounts when NO SMOKERS ANYWHERE NEAR ME...

When I was 12yrs old, my friend Tina and I stole cigarettes from our mom's and would smoke, and we even gave cigarettes to our school buddies so they would smoke... this went on for about 2-3months... then Tina's older sister (age 14) showed up at my house to give us a lecture...she stomped her foot down and said: "stop smoking now! it's not good for you, and no boy wants to kiss anyone who smokes cuz its like licking an ashtray!" This has stuck with me all these years. I never ever smoked again, except very occasional peace pipe, but that's been less than 5 times in my life... I am VERY sensitive to cigarette smoke (even with all the mucus build up in my body that I'm becoming very aware of)...

Well, past two days I have been smelling cigarette smoke just before I fall asleep, but no one outside my bedroom... no people at all between the back porch of my condo, and the lake in our backyard...

I really think its the detox process that has me smelling wafts of 2nd hand smoke as I breathe before going to sleep

Also, at work yesterday, a smoker was close by me, and the 2nd hand smoke felt like it went into my throat passages... so I breathed it in through my mouth, not my nose... and I had a choking fit, and some co-workers rushed over to me... but I waved my hand in the air to let them know I'm ok, as I chugged lots of lemonade drink to wash away that taste

so I wonder... I grew up around smokers! yuck! 1st 18yrs of my life in a family of cigarette and pipe smokers and all that 2nd hand smoke had to bothered me... and it seems

everyday I pass by 2nd hand smokers when I leave the house... since our colons store up JUNK & GUNK for years, I wondering if same is true for our lungs?"

Stephanie, please try Zhenna's apple/cinnamon herbal laxative tea... its very effective and so DELICIOUS... I feel like I'm drinking strong apple cider at a Halloween party... its pricey tea... but well worth it!

## **Lemonade Diet - Day 9**

Regrettably, I have only done ONE SWF.... it is with sadness and regret.... with my work schedule I have been too nervous to try... I have been faithful to the evening herbal laxative tea... same tea every night Zhenna's apple/cinnamon herbal laxative... it tastes so good that I feel I am receiving a delicious treat... and I have been releasing/eliminating every single morning, around 6am or 7am, so its all in the privacy of my home...

The mucus release is still some crazy early morning ritual... I feel like I'm a male athlete hurling and spitting in the morning hours... then it subsides, only to revisit me the next morning... I'm really shocked how much mucus!!!

I really do not understand about all the mucus build-up in the colon... my feeling is that I am missing a chance to release mucus in the colon by not doing the Salt Water Flushes

I am very happy with the results so far, and how light I feel, and happier I feel

Being a newbie I realize I have not been as successful as I could be by not doing the daily SWF... but as they say, if at first you do not succeed, try try again...

So I will!!..... I going to ease out with our Winter Session group... the next 3 weeks after ease out are the busiest of the year for my work... then I plan to go for 40 days (or longer)... I have the confidence now... thank you Master Cleanse for showing me that I can do this!"

## Lemonade Diet - Day 10

blogging early today b/c I work 8.45am - 10.15pm SOLID hours today... and the commute is 45min to 1hr to get there... and there is snow expected tonight 1"-4" so it might take me 1.5+ hours to get home... so want to make sure my blogs entered on Day 10"

I've been journaling some other things I've been noticing besides weight loss & inches reduction.

Benefits BEYOND the weight loss:

no sugar cravings, no salt cravings, increased energy, decreased depression/anxiety, decreased "fog feeling" in my brain that is like having a chronic hangover, increased creativity in all areas of my life, new friends and new insights and new knowledge, internet

support system, new-found-internal support system, daily accountability by blogging, sleeping LESS much less, blood pressure decreasing (i was a scary 140/90 when we started and I had one reading that was 156/90 in December, but now my reading is a beautiful 120/76, no more crunchy crunch from my neck when I turn it, toximia/swelling in my feet completely gone, many little skin bumps (releasing thru skin) are gone and my skin is getting smooth, top of my head my hair feels silky smooth like brand new baby hair, and of course, as I keep letting you all know, the sinus cavity mucus release... which is maybe why I am even more sensitive to cigarette smoke and foul odors...

What benefits have you noticed with your body other than weight loss?"

there is one more major benefit that is happening in my body... but I gotta muster up the courage to be publicly open about it.... it really takes a lot of courage to express many things on this blog... its a huge amount of vulnerability... so I will continue to ponder if I'm ready to share it yet... or just let you know that something else major, and wonderful, is happening INSIDE my body... our Lemonade is LIQUID GOLD... and it really is doing something amazing for me... the weight loss isn't nearly as exciting for me, as this other internal benefit!

## Ease-Out - Day 1

Not noticing any physical body detox... except for feeling tired in the afternoon... was it because it's my day off?... is it because I'm emotional?... or was it emotional detox encouraging sleep?... I'm not sure...

Has anyone every tried swiss kriss herbs? you do not swallow it... just chew on the herbs and then spit it out like a person who chews tobacco... its kinda gross, but those juices from the herbs really do something... I'm not using swiss kriss but I have it in my pantry all the time and might be my back up plan if I am desperate... but so far, not the situation... but for some reason this option is coming to mind”

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

Even with only doing one SWF during our Master Cleanse cycle, I have continued to eliminate 2-4times in the morning thanks to my herbal laxative tea... and needing to pee-like-a-race-horse after gulping alot of Lemonade... even with being overweight with health issues, I've been regular for elimination.. so I really did not know what to expect if our digestion is slowing down.. the day of SWF I was in the restroom alot that morning and glad I was home most of the day... I am still releasing mucus... the cayenne keeps cleaning out my nasal passages... today I had a sneezing fit about 15minutes after drinking the Lemonade... it was the only time I sneezed this cleanse... so something was releasing... I have always been a cayenne fan!... I put it in soups, and sprinkle it on potatoes.. I like heat and spice... but cayenne has never caused me to sneeze before, until today... Ease Out Day 2”

## Ease-Out - Day 3

just got home from work after being gone 8am to 11pm... worked 13 hr shift + 2hr total commute is 15hrs away from home... what the heck was going on with me today????

2pm.... BOOM!!!!... felt like it was the beginning of a cold... but really it was my TMJ flaring... and my ears feeling like I was in an airplane with the air pressure shifts... but I know it was not a cold... then I still have some large wad of mucus in my nasal cavity that wants to release, but won't let go... its like a big chunk of ice on the side of the mountain that's about to give any moment and start an avalanche... but the stubborn stuff just won't break free... I'm breathing fresh and clear... its just stuck behind my right nasal passage.. the entire 1hr commute home I was doing hard nasal breathing in and out but it did not break free... also my neck and shoulders feel like some detoxing stuff is temporarily stuck in there... I just want to go sleep this off soon..."

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# Support from Family & Friends

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## Ease-In - Day 1

my children support me... my son is 20 and a freshman in college, my daughter is 17 and senior in high school... they support me being raw vegan at this time, and they support my Master Cleanse... rest of my family is ZERO support... and friends I know will be "naysayers" b/c they are not even tolerant of vegetarian/vegan/raw vegan... I even told this one lady multiple times at a holiday party in November that we are VEGETARIAN family, NO MEAT... but she showed up giving us a turkey for Thanksgiving and another turkey for Christmas.... she just could not accept our lifestyle choice so she had to bring over 15+ lbs of flesh as her passive aggressive way to say my choices are not right in her eyes... so I do NOT plan to tell anyone, except my children, that I am doing this program... lets see what they say when my skin glows more and I drop the weight!

## Ease-In - Day 2

well my kids (age 20, 17) will say "go mom go" ..but they will stay say "feed me, feed me, feed me" ... cooking for them while making my healthy choices causes me some temptation... today I just made them a hot vegan breakfast... i was gone lunch/dinner, so they had to fend for themselves... its just they like for me to cook for them... so I will have to be careful... my kids support me, but asking me to cook for them is NOT support... its a double edged sword.... I have a group of gal-pals and we are all committed to healthy life style and vowed to support each other... so I will be leaning on them alot until I can get to

meet those of you out there who are doing the cleanse.... its only thru support that we can grasp our inner reigns and stay on course with our goals

geez... just reflecting on all this food at the training today at work... just started new job, today was 1st day of paid training, more paid training on Monday... they had all kinds of snacks.. .glad for the fresh fruit.. but all the other stuff was BAD... and they going to feed us dinner on Monday... which is DAY 1 of Lemonade Diet... but I just have to imagine that food as POISON.... and as I am reflecting on today I am realizing these business owners want to SUPPRESS ME... suppress me intellectually, suppress me financially, suppress me energetically, suppress my new health goals... these owners have tons of food and drink for clients. unhealthy snacks, unhealthy beverages... and these two owners are overweight too, I just don't think I can keep this job, and I need to figure out what I'm going to do for income.... hhhmmm...

### **Ease-In - Day 3**

NOT ONE SINGLE PERSON in my personal life knows I'm doing the Master Cleanse and that I've been working towards success with the program... I attempted the Fall Cleanse, and I did ok, but never did the salt water flushes, and I'm feeling like I'm still a newbie... I made it thru it... but did not achieve success... then went back to being the extreme junk food vegetarian the next 3 months after... so this time I'm gonna "work it" ... and ensure it all makes sense to me... and NOT sabotage my efforts when the cleanse is over... I really am NOT in the mood for naysayers... my family has NEVER supported me being a vegetarian, and I have been one since 1991... they are never a support for me... I have some vegetarian friends, but we only meet up at the meet ups... so

its just me... I'm scared to tell my kids b/c they have been worried too much about me lately.. so our little private cyber community is my support for now...

## Lemonade Diet - Day 1

It's about 10.40pm MST now... going to bed now... I really do not like this category 'social support family friends' .... I can blog blog blog with enthusiasm and insights in the other 4 Diary Journal categories... but this category leaves me feeling blah-say..... I've been vegetarian since 1991, and I was 25yrs old when I decided to make CONSCIOUS CHOICES for my own health, and for the environment... It was a secret most of the time b/c I just did not want to hear the 'where's ur protein' conversations... Since I do not know what to expect the next few days... I want to keep this private, except for my children... my daughter was so supportive when I explained I could not help her right away until I made my next round of lemonade and drank some... tonight I worked 5pm-9pm at a training meeting and the business owners fed us... well... I could not handle the smells.. it did NOT tempt me... it actually repulsed me... the only thing tempting was corn chips for some crunch... the combinations available were not good, different cheese rolls, little smokies, ravioli with meatballs, chips, dip, salsa, these strange tortilla wraps that looked like pimento cheese was in one and maybe some type of meat spread in another... I was prepared with 44ounces of lemonade and I was fine... oh... at work we did a team building exercise involving art... what we did does not matter, but what I learned, does matter... it was revealed that I do have insecurities (yes, I knew that) and I'm EXPECTING BIG CHANGES in my life... now that was my little secret, but I am expecting amazing wonderful surprises for my health... just gotta ride this crazy 1st 3 days or so..

## Lemonade Diet - Day 2

ooooohhh.... cooking for my children today was so CHALLENGING... all my emotions from the past, the cravings, the hunger... I thought I might lose my mind... tomorrow I told my children they have to figure it out themselves... you can see my Diary Post in the Psychological/Emotional section to see how I struggled, and how I dealt with it. My children support me for my decisions to lose weight and cleanse... but don't support me NOT cooking... I just need to stay out of the kitchen... no dishes... no cooking... no time in the fridge or in the pantries.... I wish I could just be me and be left alone.... going to work is going to help me... tomorrow I am at school all day... just me and the computer ... and the QUIET... so I will be successful tomorrow... Thur several appts, but still home based and should be fine... but Fri, Sat, Sun, Mon will be 12 hr work days, and I have 45min-1hr commute... so I will be gone 14hrs solid... so I gotta figure out how I'm best going to support myself in this situation”

## Lemonade Diet - Day 3

Well... someone told me LONG ago, when I was a little girl, "there is the family you are born too, and the family you CHOOSE" .... that really helped in life to find networks and support outside of my family... although I call my mom every single day, I have not seen my family back home since January 2006... that's how it goes when we make choices....

Well the past month has been a whirlwind with wrapping up online school, having two part-time jobs, and all the single-mom obligations.... being all raw vegan the past few weeks I have realized both of my part-time jobs are TOXIC... NOT SUPPORTIVE.... chaos in both places, lots of disorganization and EXPECTATIONS that are unspoken....

but mostly these two jobs have been reminiscent of patterns from my childhood... where I try to speak, but no one cares.... I do my best (and I am a perfectionist! I am Virgo in the 10th House of Work, and all my work is meticulous and easy to follow)... but my best is never good enough...

Well, enough is enough!!!!!!.... it took me 24+ hours to get the courage.... kept procrastinating finalizing the COVER LETTER (already had resume ready) .... but I finally took my resume and cover letter to a local office...

Guess what??????? The manager hired me on the spot!!!! She gave me so much affirmation and positive feedback!!!!

Neither of the other two employers have anything nice to say to me.

I NEED THIS NEW SUPPORTIVE ENVIRONMENT so I can continue on with my weight loss and OPTIMAL health goals.

The details of my new employment need to be ironed out this weekend, then I will give notice to my other employers this weekend.

Support for me is being in an ENVIRONMENT that I CHOOSE and is healthy and supportive of me.”

## Lemonade Diet - Day 4

My new affirmation: I get my support from my online group & internally.

So I thank you Master Cleanse Community for being a place to journal out my thoughts and feelings thru this process.

My studies have expressed that those who journal, and those who keep track of accountability, tend to lose weight more successfully, and have a higher success rate of keeping the weight off permanently...

So my internal supports (1) blogging on Master Cleanse (2) journaling on my work out schedule (3) writing in my personal journal (4) meeting my doctor every-other-week (5) reading my daily affirmations (6) counseling and counseling groups (7) personal reflection time for myself

Today I have felt so good... internally and externally... having done the SWF and the precise measurements ... and now weight is continuing on the downward slope after plateauing for about 3 weeks..."

## Lemonade Diet - Day 5

Did my affirmations 1st thing in the morning, maybe this blurb s/b (should be) in the Emotional/Psychological section of the Master Cleanse Diary Pages.. but remember, my new thing is I get IS... by IS (internal/internet support)... I refer to (1) internal support - IS - draw upon my own inner resources and my own inner strength, (2) internet support - IS - journaling online what is going on with me... if I just journal privately... then I am still hiding... so gotta get it out in the open public air... keeps me accountable... but internal support is the MOST important for me... I CAN DO THIS... b/c I am a SKINNY BITCH RUNNER!

and after seeing this very gorgeous man today... I gonna try harder mustering up all the internal support for myself that I can to reach my goals”

## Lemonade Diet - Day 6

I could never tell my mother I am doing the Master Cleanse, even though I call her almost every day. Ah, someone will say 'give her a chance' ... but remember, I've been vegetarian over 25 years, and she's never accepted it... even this past Christmas she was encouraging me to eat meat... she is Type 1 diabetic and could gain alot from this Master Cleanse, if she would try... so, still, no one knows I'm doing this cleanse except my children... making breakfast for them was rough... I always want to eat potatoes for some reason...

Gave my 2 week resignation for one of my part-time jobs... my supervisor is awesome!... its just the company that's disorganized and toxic... he gave me a hug and said I'm making the best decision for my children and myself... now how many people get hugs from their bosses when they resign??? My 2nd resignation will be tough... the boss will be upset... but I gotta do my IS (internal support) and be in best environment for me"

wow! Linda! your support is amazing! you are truly blessed!

Linda, lol!

## Lemonade Diet - Day 7

Evening thoughts:

Well this morning started off with ZERO support... I've been vegetarian (or somewhere on the vegetarian continuum... mostly vegan and raw vegan the past 10yrs)... over 25 years... my mom stating how I live my life makes no sense, and that she knows ALL ABOUT NUTRITION, and I know nothing... my mom is Type 1 Diabetic, she is insulin dependent with glaucoma and neuropathy, she's had several strokes already... its difficult for me to talk to her... I just told her point blank, "you are not supportive of me, or my children" ... and then she hung up on me.... some of my weight is because I ate food as comfort, as hug, because I'm like a foreign alien to my family for being vegetarian... as I said... they do not even know I am on the Master Cleanse... it would be even worse, the ridicule and skepticism, if I told them"

## Lemonade Diet - Day 8

yes, yes, yes... Linda is correct... I have the MC community... and I thank you!!!! all of you are part of my IS (internet support)... I have small scants of IS (internet support) on facebook... but I post pics of lemon water, or the lemonade drink, because I like looking at the pictures... and to inspire others ... like subliminal messaging!!!... if Coca Cola, Wal-Mart, and all the heavy-hitter-advertising-contenders can use subliminal messaging, why not me???.... but my messaging is COLORFUL and POSITIVE and HEALTHY... I just love, love, love the colors of all the citrus (lemons, limes, oranges, grapefruits)... just so vibrant..I also have a small group of 20 female friends who are like-minded on raw vegan cuisine & spirituality... so they are part of my IS... but I have not even told them I am doing this MC cleanse... . so thank you MC Community for being part of my IS (internet support)!!!!

it's still early morning, so today I plan to reflect on my own IS (internal support).... my mind and my heart and my body keep having an internal battle about this cleanse... my mind says "quit" ... "you are good at quitting, so just quit" ... oh that little voice is so naughty... but my heart says "heal" and encouraging the healing process... my body says "don't stop! we need a break" ... but why oh why must that naughty mind be so domineering over heart & body???... its 2-to-1 ratio, but the mind can be problematic ... and this is why I'm going to ease out with this Winter Session group... then I going to tell my mind... its done... I did it... then get my IS strength to go for 40days starting in mid-February, once work settles down... 1st two weeks of Feb are the busiest weeks of the year in my seasonal employment..when work goes back to "coast mode" ... then I will start a 40day cleanse"

Linda... the lent season sounds great!... actually I have so much weight to lose that it is safe for me to go past 40 days... the lemonade daily does get boring... but there is also so much SIMPLICITY with it... less shopping, less dishes, less mess, less fuss.... so I am open to being MC support buddy during lent! ok?

Julia, thank you so much for your kind words of support! and yeah! we almost there!

## **Lemonade Diet - Day 9**

Well, thank you to everyone who has taken any morsel of time to read all, or portions, of any of my blogs on these diary pages... the journaling process has been as cleansing as the Master Cleanse itself... not sure how it has been for everyone else, but it has been one hour every evening just to reflect on what is happening with me internally, and externally, and then learn from the day, so I can grow.

Well, I do owe our Winter Session blogging Community an apology... for not being so responsive to all the comments posted... I do value every morsel of every word I have read... but I have been so busy that I did not take time to reply... I subscribed to receive the email of the comments posted... every day I get the COMMENTS email and read the posts, as well as scrolling thru posts on the blog

so I wish to thank everyone on the blog, POSTING on the blog, for being honest, courageous, and brave... its not easy to share with a group of strangers... its even more challenging to really look in the mirror and see ourselves physically and emotionally.. so I

applaud everyone on our blog for being remarkable!... big E's for EFFORT to everyone!"

## Lemonade Diet - Day 10

blogging early today b/c I work 8.45am - 10.15pm SOLID hours today... and the commute is 45min to 1hr to get there... and there is snow expected tonight 1"-4" so it might take me 1.5+ hours to get home... so want to make sure my blogs entered on Day 10"

Yeah! Celebrate! Dance! Shout Out! Throw Confetti! We made it threw these ten days!

Many many many times I wondered and doubted if I could make it.. but I did.. I feel proud, confident, stronger.

Very glad I did not TELL anyone except my children and our MC community... I am very glad I did not have any nay-sayers bringing me down

Still do not plan on telling anyone until we are completely finished with our Winter Session cycle... its really still FOUR more days... ONE more day of Lemonade and THREE days of Ease Out... so its still my little secret til I can say I DID IT!!!

So once again, I'm encouraging everyone to give themselves a pat-on-the-back!!!

I'm sending CYBER HIGH 5's to everyone in our Winter Session!

Yeah! Celebrate! Dance! Shout Out! Throw Confetti! We made it through these ten days!"

Hey, where is everyone?????... just got home a little before the snow storm... worked over 12hrs today... and so proud for staying true... and all the results... so who do I tell???... my children really don't understand... so I was turning here to all of you... well... I hope everyone is finding their own little ways to celebrate (where food is NOT the reward)... I'm going to treat myself to going to bed earlier than midnight and read morsels from inspirational books before I drift to dreamy land.. then tomorrow I treat myself to ease out... and I will use grapefruit and grapes to ease out... so more on my ease out blogs tomorrow... well I really wanted to read everyone's success stories... so I will just have to be patient to read the success stories the next few days... well wishes to everyone... we did it!!!

## Ease-Out - Day 1

Today I did tell someone I know about the Master Cleanse and my weight loss success and how my clothes are lose on me, and I found more energy the past few days.... but she just had a BLANK look on her face... like ok.. it all seems strange... or she was thinking I am strange... so no wonder I refrain from talking about choices I make that are towards optimal health... what is wrong with this society??? If I showed up with donuts... people would talk and be appreciative... If I brought chips, salsa, cheese dip much more words... but if I talk about juicing and cleansing people's eyes seem to glaze over as if I am speaking a foreign language”

## Ease-Out - Day 2

When its time to release, its time to release!!! So much has happened with my body, and my life these past two weeks (3 Ease In + 10 Lemonade + 2 Ease Out).... really, its been like a 1,000 lifetimes in two weeks... and still one more day to go... well its very hard to admit but I gained 50lbs last year during our busy work season Feb - April... so much STUFFING... and not dealing with things... today, our top-top-top manager met with me from 10.30am-5pm for my feedback and ideas to make our season this year much better... he said he did not know me, but wants to know me and learn my perspectives... my immediate supervisor was so shocked the top guy gave me all this attention.. he listened INTENTLY for 6 hours... we took 1/2 lunch break separately... cuz he had calls to make.. and I just drank my Lemonade... well... I'm releasing and losing that 50lb bundle from last year, and releasing all that havoc it caused both mentally and physically... it was incredibly supportive day... what I've learned is that it's NOT the management that's making a difference... ITS ME MAKING A DIFFERENCE... I shifted... coming out of hiding (weight is hiding in my opinion)... it me being proactive and active... all may efforts

are being validated and the world is shifting in a supportive response for my efforts... today was a 14.5hr work day... but a very remarkable day of cleansing and growth!"

### Ease-Out - Day 3

just got home from work after being gone 8am to 11pm... worked 13 hr shift + 2hr total commute is 15hrs away from home... today I support myself by reflecting on all that I have experienced that is fresh and new... this clean feeling inside me is certainly refreshing and light and exhilarating ... but I remember being blessed to live in Mt. Shasta for 3.5yrs and scoop up the natural purified water from the headwaters of the Sacramento River and drinking only this water every day for 3.5yrs... then I remember living in Santa Barbara for 5yrs and just walking out my front door and picking fresh organic lemons right off the trees (and avocados too)... this is supporting me by remembering who I really am.. where I have been... where I want to go...and I remember my grandmother making me fresh sassafras tea after she had just dug the roots out of the ground.. wishing i was drinking sassafras tea now"

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# The Process & Lemonade Diet

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## Ease-In - Day 1

have been gearing up for "Ease In" since December 21st. Have been eating raw vegan, and having lots of green smoothies and fresh made nut milks to prepare myself for the Master Cleanse golden liquid feast!!!

"Hello, Nita,

I'm not an expert, I'm still a newbie... but my understand is CLEAN NATURAL FOODS... nothing processed or packaged....

For me I transitioned from cooked vegetarian (mostly vegan) to raw vegan, and I've been raw vegan 19days straight now... but it was not an easy transition, and I had ALOT of detox the 1st week...

If you are eating meat, go to lean meats, and organic meats, but only bake or broil.. do not fry

There are no rules on Ease In or Ease Out, just guidelines

The things to avoid in the Ease In days: caffeine (oh its so hard if we are used to it everyday, but there are tips to deal with it), excess sugar, excess salt, processed foods, fried foods

Basically its like imaging a doctor has just said the diagnosis is a heart attack and the diet has to change to clean foods and avoid cholesterol

hopefully this is helpful

the blog is kinda quiet right now during the EASE IN days... but soon this blog site will be 'hoppin!'"

## **Ease-In - Day 2**

wow! wow! wow!.... really I was NOT thinking about Ease In Day Two... I was just thinking I will be all raw vegan on a very busy income tax season day!... well... before work I made 88 ounces of lemon water (no maple syrup or cayenne yet)... just lemon water, I like the flavor.... and then I made fresh almond milk for my protein shake, and I made a beautiful salad with Simple Truth's Power Greens, kalamatas, artichokes, and sunny yellow tomatoes (my favorite these days!).... and ALL I HAD ALL DAY LONG FROM 7.30am til 8pm was 88ounces of lemon water... I was not hungry when I got home from work at 8pm, but I ate the salad anyway... it has occurred to me that my emotions and my "head think" gets in the way of listening to my body... even though it is ease in

day 2, I could easily have made it day one of the actual cleanse and just been fine... I need to remember this day for success with this Winter Session of the Master Cleanse!

Just read the SIMPLE PROCESS on the home page. I have read Stanley Burroughs Master Cleanse book many times in my life and have read Tom Woloshyn's Complete Master Cleanse book... but I just wanted a SIMPLE BLURB... SIMPLE STEPS... well thank you Mike... we now have the simple steps, and I greatly appreciate it as "i gear up"

The Master Cleanse is such a simple program.

1. First, squeeze Fresh Lemon Juice.
2. Then add Rich Maple Syrup, and Cayenne Pepper into Pure  
  
Water.
3. Drink a minimum of six to 12 glasses throughout the day whenever one is hungry  
(For the Lemonade diet recipe with exact measurements, scroll down this page)
4. Take a laxative before bed.

5. instead of the morning laxative, you can do the Salt Water Flush.

Every day of The Master Cleanse that you overcome the psychological need to eat, you feel a growing sense of control that motivates you to complete the process.

### **Ease-In - Day 3**

well..... WAITING UNTIL THE VERY LAST MINUTE TO GET ORGANIC LEMONS is a VERY BAD IDEA!!!!!!..... just like in Jurassic Park when Mrs. Amanda Kirby is shouting "Eric, Eric, Eric" with the megaphone and Mr. Kirby shouts at her, "Dr. Grant says that's a VERY BAD IDEA!" .... then boom! out comes the threatening Spinosaurus ... well.... 8pm, after work, I go to buy organic lemons at the store I always buy them from just imile from my home... they are STILL all out!!!!!!... I have used 6 lemons a day in just plain lemon water since Dec. 21st in 88ounces of water... 3 lemons per 44ounce cup.... last night I had to go to VERY EXPENSIVE brand new tiny health food store... 6 lemons (.96lbs) cost me a little over \$5. I buy 2lbs of organic lemons for \$4 at the store by my house... if shipment does NOT arrive in the middle of the night... I have to drive across town at 6am to start this program... but I gotta do it!.... or the Spinosaurus will be MY SELF SABATOGE.... not a good idea!

"Erica, thank you for this tip about keeping teeth clean... I completely forgot about how much we detox through our mouth... gonna follow your advice.. and gonna get travel toothbrush and travel toothpaste ... thanks for sharing!!!... I still a newbie and need so much help and advice!...

GOLD STARS for you for being so vigilant, precise, and informative!"

Tasneem... u can do it!... just think so far, so good all day long...

"Hi, Julia,

Are you a veteran lemonsade juicer? Seems like you know what you are doing... and how to be prepared throughout the day...

We started about the same time drinking our 1st lemonsade drink.....

have a great day!"

## Lemonade Diet - Day 1

ORGANIC LEMONS..... With gratitude, I express that I am very blessed to be able to buy 2lb bags for \$4 at my local grocer, that is \$2 a pound... my grocer has been out-of-stock stating 1/2 the box is molded and losing its vigor on arrival, so they have not been ordering as much... what can be done so that the box arrives FRESH ON ARRIVAL???... I'm going to investigate.... I do love our local health food stores.... but the mark-up is high... my routine since December 21st was start the day with the juice of 3 organic lemons in 44 ounces of water... then I drink another at glass of 44 ounces in the afternoon... so I need 6 lemons daily, which is close to one pound of small organic lemons... and it costs \$5 for a pound in the local grocery store .... so I need ONE pound of lemons a day... that's \$60 a month (\$2 x 30days), just on lemons! ... but if I go to the local health food store, that's \$150 a month (\$5 x 30days)... so I SAVE \$90 a month by going to the supermarket by my home... I wanted to get some perspective on my need for lemons..... as for purified water... I need 1 gallon a day, so \$30... I cannot get purified water from the tap in our home, and not ready to buy any purifying equipment... I miss the days I lived in Mt. Shasta and scooped up the water from the headwaters of the Sacramento river for 3.5yrs... it was the only water I drank... one of our local health food stores sells purified water for 25¢ (25cents) a gallon... so that's \$7.50 a month (.25¢ x 30days)... so I will save \$22.50 a month going to that health food store for my purified water needs... as I said.. I need perspective... I have two bottles of grade B organic maple syrup... and plenty of cayenne, so I don't have any expense there... I was just running numbers based on starting my day with lemon WATER daily, not the LEMONAIDE DIET beverage... now I need to figure out how much lemons and water I need the next ten days.... but I'm thinking about going longer than 10days.... but I might just EASE OUT with this group so I get the grove of the ease out period, then ease back in and start over for a longer period of time...

## Lemonade Diet - Day 2

Very interested in hearing from others:

(1) juicers... what kind of juicers is everyone using? I'm using a Gemco Hand Juicer... it works fine... but its glass... I will need to buy a second one and take it to work with me when I go to work on Friday... what if it breaks? I will just cry... What kind of juicers is everyone taking to work? ... I have mini cutting board and mini knife, so I'm not worried about that... its just the juicer part...

(2) how's everyone keeping up with sipping the lemonade while working???... in the Fall Session I was fortunate.. my work was sitting at the desk working on the computer quietly... and my breaks were space out... but now my job is income tax so its customer service and we always so busy I don't even get breaks... I'm worried about Friday, Sat, Sun, Mon... when I work 12hr days and need to be committed... any suggestions on how to balance it?"

## Lemonade Diet - Day 3

Both yesterday and today I woke up feeling LIGHTER & LIGHTER...

Light as a Feather!!!!..... lol (laugh out loud)

my tummy bloat is shrinking SIGNIFICANTLY...

I have made a declaration to myself that I'm not going to get on the scale everyday... I will just get on the scale every time I am at the doctor's office. Currently I see my doctor every week, or every other week, for (1) weight management matters (2) other health issues... both of these will DISSOLVE the longer I stay committed to my optimal health goals.. and that's why I must stay on track! stay on course!

Tomorrow, Jan 16th, is weigh in day.

This feeling of buoyancy helps me feel like I can fly!!!..... I'm extremely overweight, but I don't feel like gravity is hankering down a very large boulder to the surface of the earth.... I feel there is no gravity below me, and I feel like I can fly!!!!

I feel light! My bloat is shrinking!

Lightness in my body

Lightness in my brain

Lightness in my spirit

Lightness with my pain

How's that for a lovely little up-Lifting poem on LIGHT-NESS (both physically and spiritually)!"

"REPLY TO KENDRA....

Kendra... Thank you so very much for your reply to my questions!!!! I really like your idea of drinking plain water between lemonsade drinks and I had NOT thought of that... I either drink the lemonsade or drink the herbal teas... so I'm going to try your suggestion... so tomorrow is my big day where I start a 4 day stretch being far from home... but you have the situation of being FAR FROM THE GROUND... would be too hard to parachute down to get your lemons, syrup, and cayenne wouldn't it????... so you are absolutely right.. if you can do it, anyone can... thanks for your support... but mostly for your INSPIRATION...

~rebecca~"

"REPLY TO ALISA...

Hi Alisa... I really don't like shopping in large stores, esp hardware stores or large kitchen supply stores... it just seems like lots of clutter and gobbly-gook that I do not understand... I'm not a "gadget" kind of person...

This morning at my local grocery they had another Gemco hand juicer with the orange top... i like the orange color best for some reason... anyway... I will feel better having one Gemco juicer in my car for traveling around, and one at home...

nervous about tomorrow and 4 day stretch of insanity and long hours at work... but its all good... gonna do it!"

## **Lemonade Diet - Day 4**

ok, just call me a renegade... or you can call me a typical hillbilly... I was born in the part of the country called the STYX... I prefer being bare-foot and I prefer being natural... I don't wear make up... as a little girl, I was a tomboy... and you could find me in the TREES more than you could find me on the ground... I loved climbing trees... and I also loved watching my grandmother in the kitchen... she was a wiz and wonderful at everything she made... and it was cooked food... but one habit of my grandmother's that I have possessed is NOT measuring things... I don't know why... but I just toss things together and it tastes good...

Well in the Fall Session of Master Cleanse, and the past 3 days of this Winter Session, I have been just tossing in the fresh squeezed lemon juice, and the maple syrup (but being chintzy with syrup), and scant amount of cayenne...

This morning I did wake up telling myself DO THIS RIGHT!!!! I even started re-reading Stanley Burroughs book again... and followed the recipe exactly as I should for 60 ounces of water (64 ounces is half a gallon of water)... MY OH MY the flavor was just wonderful!!!! I enjoyed it so much!!!! ... all my prior batches were too much lemon juice and not enough cayenne or not enough maple syrup.... so today I learned a valuable lesson that following the recipe "according to Hoyle" does make a difference!!! I enjoyed the lemonade mixture so much more today and I drank those 60 ounces in just two hours time! wonderful!"

## **Lemonade Diet - Day 5**

1st Big Day away from home for total of 13 hours...

Set-up Lemonade Ops in the back seat of my vehicle: cutting board, knife, bag of lemons, syrup, cayenne, knife, cutting board, measuring spoons, kitchen towel, hand sanitizer, gallon jug of water, bottled water, peppermint tea, hand sanitizer, (wanted to bring sani-wipes, but out of them), hot pot for more tea if wanted, herbal tea, gemco hand juicers, box of oranges (in case I get WEAK, so I can juice them), drink tumbler, cups with lids,

drinking containers with lids, toothbrush, toothpaste, towel to cover surface area of vehicle

Took BOX of TISSUES to work for my sinus drain... the mucus just keeps coming out

No refrigeration or break room at work. So I came up with the idea of Kitchen Ops in the back seat of my vehicle.

Made it thru my day successfully!!!!!!.... going to bed soon"

p.s. Ops = Operations!... like a military strategy!

## **Lemonade Diet - Day 6**

Early Morning Notes for this blog:

One time I read that if a person wants to LOSE WEIGHT with the Master Cleanse, then use LESS grade B maple syrup... is this correct?

a question I need to have answered soon...

Evening Notes for this blog:

so it is true!!!! "For those who are overweight, less maple syrup may be taken." but how much less???? gosh, days 1,2,3 I was using LESS maple syrup.. then I read the recipe more closely... days 4,5,6 I follow the recipe exact, and enjoy the flavor... then the eve-before-day 7 I am wondering if I should use less maple syrup again???... I like the flavor no matter what... just the flavor of the EXACT recipe is so smooth!... less syrup has flavor of more citrus zing!

minor mishap today... i did not put the lid on tight on my maple syrup so got some syrup spillage in my Kitchen Ops area in my car"

## Lemonade Diet - Day 7

Morning thoughts before work:

big syrup mess I cleaned up last night... all over everything... keeping syrup in ziplock baggie now

added 3 more tablespoons fresh squeezed organic lemon juice to my 1/2 gallon mixture and little more water... it was light and refreshing today... yet I had more hunger today... had to keep drinking

Evening thoughts:

like many of the blogs I have read... I am getting tired of drinking this lemonade right now... even I want the 40day program... but I'm going to ease out with everyone in Winter Session... then really think and reflect, while only eating raw vegan (only raw produce, and soaked seeds/nuts, nothing cooked)... then gear up for 40days!... geez with the changes in my body with detox and all the emotional stuff, and the work/job changes... I'm feeling being more grounded would be helpful... this is JANUARY, Capricorn season, and I ought to be grounded, but I'm not"

"Linda, just now read this post... its been long time since I re-read Stanley Burroughs MC book... I have re-read chapter one, but have not been reading much since work is so busy...

PSYLLIUM - Mainly used as dietary fiber. Although its main use has been as a laxative, it is more appropriately termed a true dietary fiber and as such can help reduce the symptoms of both constipation and mild diarrhea. Absorbing water is one of its properties

BENTONITE - Is used as an ABSORBENT substance. Bentonite is used in a variety of pet care items such as cat litter to absorb the odour and surround the feces. It is also used to absorb oils and grease.

So, I only researched the DEFINITIONS and properties... but they WHY to include in our MC program, I need to research further...

here are my guesses:

Psyllium - to absorb excess water to prevent the diarrhea.

Bentonite - to absorb the toxins, unnecessary gases, absorb toxic odors

but can Bentonite absorb un-necessary FAT CELLS??? that's my big question!

Linda, thank you for bringing this to our attention!"

Hi, Julia, your post has helped me, I resonate with your comments... with this Winter Session, I feel like a wobbly-weeble (do you remember those toys?)... next session I will be stronger (mentally and emotionally and knowledge-wise) when going into this program. You're doing great!

## Lemonade Diet - Day 8

Also, I am a person making my lemonade drink by the BATCH... but I make two batches (early morning, mid-afternoon)... so each batch is the 60 ounce recipe... so that I am drinking was in a work related business meeting from 11am-3pm... I drank 30 ounce of water during that time... but completely forgot about my lemonade by my feet... I have a brown Arizona Tea container that I keep my lemonade drink in when I don't want any questions... otherwise I just use a plain glass cup...but I forgot all about my lemonade on the floor near my feet... meeting finally over and I felt like I might pass out... then I gulped the lemonade like a Castaway on a deserted island who did not have water or any liquid for a week.. I'm sure I looked silly... then my tummy felt so tender and not happy... my work stress is upsetting me... I'd rather just have harmony and balance and better self care... not having any lemonade beverage for a 4 hours stretch was very upsetting... i was not hungry... just tired of not putting "me" first"

## Lemonade Diet - Day 9

SIMPLICITY.... and CLEANLINESS... I really like how simple the process is... I make two batches of the 60ounce recipe (i.e. 1/2 a gallon)... I have my morning batch that takes me thru lunch time, then my afternoon batch taking me thru the evening... then I have my herbal tea.... I don't have to go the grocery store so much.. I don't have loads of different produce in the fridge... I don't have so many dishes... the past few days I have really noticed how this process has simplified my life, especially in the kitchen, and with shopping, and with work... and my kitchen has stayed so much cleaner... I only cook one meal a day for my children since I've been cleansing... were I usually made 3 meals a day for all 3 of us... so I thank you Master Cleanse for the SIMPLICITY... and the CLEANLINESS.. in my kitchen, and inside me"

## Lemonade Diet - Day 10

blogging early today b/c I work 8.45am - 10.15pm SOLID hours today... and the commute is 45min to 1hr to get there... and there is snow expected tonight 1"-4" so it might take me 1.5+ hours to get home... so want to make sure my blogs entered on Day 10"

This morning I feel nervous... yes, I've done this 9 days already, but today will be the longest day yet that I am far from home... I am scheduled to work 8.45am - 10.15pm (crazy? yes!)... but I have the 45min-1hr commute one-way... and its supposed to snow in the evening, so it will take even longer to get home... so much will happen during the work day with customer service demands... so I gotta stay strong and true to the program... no sense quitting on the last day... crowds and uncertainty lead me to feel anxious... so I have made up my mind that if I feel tempted, I will drink even more lemonade... might even make 3 batches of 60ounces, instead of my usual two batches"

the quick clean up!... yes!!!... I love the simplicity of it!

## Ease-Out - Day 1

Well, I saw the recipe for the OJ + syrup..... but that's not how I eased out.... I woke up 5.30am and had to hit the ground running with my day... which was in front of a computer from 5.30am-9.30am taking care of business... so I started my day with warm lemon water, we had 3" of snow on the ground so I felt like something warm... then I had one glass of lemonade drink... cuz I really did to have time to juice any fresh citrus... then I it

was around 10am when I was able to have fresh squeezed organic grapefruit juice... it really hit the spot and I felt my body feeling all tingly... I ate some grapes in the afternoon very slowly”

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

after sabotaging myself yesterday by eating cooked vegan food on Ease Out Day 1 and giving myself painful acid reflex and heartburn in the process, I realized that I don't want to fail, and I don't want pain in my body... planning to pay attention to my body more... so today I just felt like starting a Lemonade day.... 1st thing in am I had 24oz warm lemon water at 6am ... then I drank 3/4 gallon of Lemonade from 7.30am to 2pm. Then 2pm I was hungry for real food... I brought red grapes to work, but I did not eat them, I wanted salad... I only ate 1/3 of the bowl of raw vegan salad and I felt full... then 8pm I was hungry again, so I ate the other 2/3 of the salad... I paid attention to my body today... it was a different kind of Ease Out... not according to Hoyle, but it was self care for my body”

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

just got home from work after being gone 8am to 11pm... worked 13 hr shift + 2hr total commute is 15hrs away from home... woke up at 5.30am and started my day with 24 ounces of warm lemon water... then made 1/2 gallon of lemonade which I sipped on until NOON... 12pm-2pm was so busy at work that I could not even drink water or lemonade... so at 2pm I was feeling like I had low blood sugar.... so I took 15minute lunch break and had a raw vegan salad: spinach, yellow sunburst tomatoes, red tomatoes, cucumbers, red onion, black olives... extra virgin olive oil as my salad dressing... I really wanted to add minced garlic but was afraid my breath stink to much at work.. ate half the salad for lunch,

1/2 of it for dinner.. then had 1/2 Hail Merry's raw vegan coconut pie... well I was very rich... but my body handled it just fine and it tasted so good!!!”

## Ease-Out - Day 4

woke up at 8am, so I did sleep 8hrs from midnight to 8am.... wanted to go to bed earlier after long day at work... but so many other things I had to do before sleeping

no time for warm lemon water... made 60 ounce MC lemonade recipe... took a salad.... only MC lemonade til 1pm, then ate the small salad... at 5pm I was feeling peckish, so I went to the store and bought organic raw whole cashews.... its the only nut I eat without soaking/sprouting it first... only ate a handful of cashews.. .did NOT get enough water today... plan to drink lots of water tomorrow”