



# The Master Cleanse.org

## Roadmap



### After The Master Cleanse

- ✓ Day 1 - Bingeing Mentality
- ✓ Week 1 - Avoiding The Retox Diet
- ✓ Month 1 - Developing Long Term Eating Habits
- ✓ Year 1 - Cleanse Cycles

EASE-OUT  
1 2 3

The End?

10

### Master Cleanse Myths

**You Don't Eat:**  
Of course you eat. You take in calories (over 1,000), it's just all liquid (with plenty of nutrients)

### Master Cleanse Mistakes

Not using FRESH Lemon Juice  
Not starting early in morning  
Going to Social Events  
Panic at Healing Events

Cleansers High

The Corner

The Wall

The Pitfalls

Humpday

4 Breakthrough

Healing Events 3

Healing Crisis 2

The Bandwagon 1

## The Lemonade Diet

- B** Drink Lemonade 6 - 8 Glasses Daily  
2 Tablespoons Fresh Lemon or Lime Juice  
2 Tablespoons Pure Maple Syrup  
1/8 Teaspoon Organic Cayenne Pepper  
8 Oz of Pure Water

### A Salt Water Flush

2 Teaspoons Sea Salt  
1 Litre of Pure Water

Mix well and drink within 5 minutes on an empty stomach. The Salt must be Non-Iodized. The Water can be any temperature. Mix well and drink within 5 minutes on an empty stomach.

### C Nightly Laxative

The Nightly Laxative is not optional. You must produce a bowel movement to clear your body of the matter being detoxed (removed). Take immediately before sleeping. Use teas, or tablets. Start with smaller doses and increase as needed. Smoothe Move.

### D Daily Detox Regimine

Exercise is great. Scrub your skin, Brush your tongue. Do yoga. Take Steams or Saunas to help detox

amazon.com

WHOLE FOODS MARKET

EASE-IN DAY 1  
LIVING FOOD DIET

EASE-IN DAY 2  
JUICING, BLENDING, SOUPS AND BROTHS

EASE-IN DAY 3  
ORANGE JUICE  
ENTER ONLY

### Before The Master Cleanse

- ✓ Know What You Want to Accomplish
- ✓ Understand What to Expect
- ✓ Choosing a Time to Start The Master Cleanse
- ✓ Preparation for The Master Cleanse
- ✓ Gathering Your Kit

## The Master Cleanse

What is The Master Cleanse? Is it Right for You?

The Master Cleanse is such a simple program. First, squeeze Fresh Lemon Juice, then add Rich Maple Syrup, and Cayenne Pepper into Pure Water. Drink a minimum of six to twelve glasses throughout the day whenever one is hungry. Take a laxative, morning and evening; or 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. The Master Cleanse is by far my favorite of the Detox Diet Recipes.

