

Master Cleanse Report

The Step by Step Guide to Start Master Cleanse

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This report is © copyrighted by <http://www.edetoxify.com>. No part can be changed in any format, resold, or used in any way without express written or verbal consent of the Copyright holder. Before we start, we would like to recommend this 2 bestseller master cleanse book in the market if you are serious about detoxifying your body with the Master Cleanse.

[Master Cleanse Insider](#)



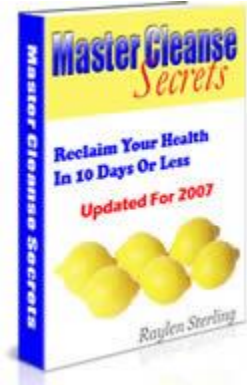
Ratings:

This is the current bestseller that has proven many master cleanse dieters to complete the diet easily. With only a few weeks of published, many dieters had already thanks **Katie Jones, author of [Master Cleanse Insider](#)**, in her website. We are impressed by the testimonial:

"My testimonial as of Day 9 of the Master Cleanse: I was on antibiotics and decongestants for six weeks for a sinus and ear infection which would not clear up. I could barely function and was so frustrated I would have agreed to surgery to find some relief! I finally realized conditions in my body and my current diet were contributing to the ongoing infection, so I decided to begin the Master Cleanse. It had been a long time since my last cleanse, so I looked around the internet for updates and found Joel Riley's site and Katie Jones' book.

To know more about this book, visit the official site of [Master Cleanse Insider](#)

[Master Cleanse Secrets](#)



Ratings:

The feedbacks from many readers of this book commented that this is a great book for someone who is serious about completing the Master Cleanse. It also tells you the little things you should do, so that you have no problem in completing 10 day diet.

To know more about this book, simply go to the official site of [Master Cleanse Secrets](#)

[The Original Master Cleanse Book](#)



Listen to the Lemonade Diet CD and learn how to lose weight, have more energy and be happier in only 10 days - 100,000's have already done it!



Ratings:

This is one of the original or official master cleanse book. You can read many details in this book like the history of the diet, how to do it, what's the do and don't.

To know more about this book, simply go to the official site of [The Original Master Cleanse Book](#)

7 Common Mistakes When People Embark on the Master Cleanse

Master Cleanse diet is one of the most unique types of cleansing systems. The Master Cleanse was created several years ago by Stanley Burroughs and has become popular among Hollywood celebrities and general people who are seeking an effective diet. There have been thousands of people who have testified to the success of the Master Cleanse.

There is a salt-water flush made from sea salts, and is crucial in the Master Cleanse program to help cleanse you inside and out. The lemonade recipe is the most popular drink associated with the diet. It contains fresh lemon juice and other natural ingredients that help make it tasty yet effective.

The Master Cleanse diet not only gives your body a full cleanse and detox, but you will immediately start to feel more energized and brighter about life. The whole concept behind the program was designed to help users be healthier and look after your well being. There is really no other diet program like this one, and you truly have to try it to believe it.

If you are going to try this great diet program, there are specific details that make it successful. The smallest mistake with the Master Cleanse, and you will not receive the same amazing results that other users have noticed. In order to make sure that all of your hard work is paid off, follow the next 7 steps during the diet program:

1. While the thought of **flushing out your body each day** might sound scary, it is crucial to the overall Master Cleanse diet. It is important to the success of your diet that you flush your body of any toxins or other harmful materials on a daily basis. This is where the sea-salt mixture is used as mentioned earlier in the article. It is not harmful to your body and it will only do you more good than harm.
2. Each lemonade drink that you make, no matter which mixture you use, should be **made with fresh lemon juice** each time. Using a lemonade substance that is premixed powder or other type of premixed substance will not be as effective to the overall diet process.
3. **Using low grade maple syrup.** The drink mixtures call for a maple syrup. Just as the same with the lemon juice, you should also buy the best type of maple syrup. Lower grade types will not be successful as most are used for different purpose.
4. **Insufficient ingredients.** Make sure that you have all of your supplies for the entire week. If you run out of lemons or maple syrup, you will not be able to make the drinks and you will not have the adequate ingredients for the diet. Even one day without the normal drinks could throw your diet off balance.
5. **Temptations set in. This is one of the most common obstacles that have hindered most dieters to complete the master cleanse.** Keep tempting foods away from your eye sight, and out of your house, so that you are not subjected to them. Visit [Master Cleanse Insider](#) and they will give you some tips on how to overcome the hunger.

Get the full [Master Cleanse Insider](#) program while stock lasts.



6. Taking vitamins and supplements. The lemonade syrup has provided you with the necessary nutrients for your body. If you take additional vitamins and supplements, it will hinder your detox process and would be a burden to your body.

7. Does not know your body. Do not push yourself too far. If you sense that you are having trouble with the diet program, do not try to continue. This could harm your body. Listen to your body and decide if you are ready for the Master Cleanse program.

With so many mistakes that people made, it is the reason why it is so important to know the right instructions when you first embark on the Master Cleanse. This book below gives you all the necessary information and secrets to help you do Master Cleanse with success and ease. You can go to the **Official Site of Master Cleanse Secrets and read some of the related information about this book.**

7 Most Important Reasons Why People Fail in Completing Master Cleanse

Cleansing has a bad reputation of failing to perform its stated purpose. Many people believe that cleansing is not serious business for their health and do not take the rules of the master cleansing program seriously. Quite the opposite is true. If people take the process of cleansing seriously and for the right reasons, with follow through and determination they can find efficacy at the end of the rainbow.

A person only needs to put the title of any cleansing system into a search engine to find a plethora of naysayers who tout that particular cleansing doesn't work. The simple truth is, nearly all of the approved and time tested methods work 100% of the time. The true reason for failure has to do more with the person who tried to embark on the cleansing program half prepared and for many of the wrong reasons. To make sure your chosen system works, then, there are seven points one should consider before looking up that cleanse recipe.

1. The Temptation of Food – Food is often stashed all over the house.

When embarking on a master cleanse many forget to purge their house and life of all the foods that got them there in the first place. So when they are feeling a little hungry, or by visual or scent cues, they give into temptation and eat the foods they shouldn't. The best method of avoiding this is to slowly remove the offending foods and food habits from your life before starting a cleanse program.

This would mean cutting out how often and how much a particular junk food is eaten and where it is eaten. Begin by confining all food sources except for the intake of water, in a designated eating area, such as a dining room. Then, over the course of a few weeks or months, reduce to elimination all the offending foods and slowly replace them with healthier alternatives such as unsweetened teas, fresh fruits and vegetables, or raw nuts.

2. Mental Preparation – Getting into the mindset first.

All too often people embark on a master cleanse less prepared than they do for work or school. They may buy right into a program or system, or even print a couple recipes from the internet without self evaluating their situation or ability for follow through. Many often otherwise determined individuals, also forget to do their research on the products or ingredients used in the cleanse.

Another misconception that involves the mindset is that of starvation. Although touched on above, a person also needs to know exactly what the master cleanse does. If the cleanse is a method of eating or drinking that is radically different from the persons current diet and nutritional intake before they embark on the master cleanse, that will put the body and mind into a starvation mode and defeat the goal of the cleanse. Some forget to ensure that adequate nutrients must be taken in while on a cleanse that are sufficient to carry on their daily activities.

3. Being uninformed and not advised about the Master Cleanse Process – Not reading the book, seeking answers, checking on the ingredients, and knowing what is allowed and disallowed.

Another huge reason why so many fail their goals or do not last on a master cleanse is that they failed to fully research the details of the chosen cleanse. Every cleanse system has a set of rules that need to be followed such as eating habits, supplementation, food intake, and what cheats are considered okay and which are not. Sometimes ingredients of the cleanse products may cause allergic reactions in some people, while others may not fully understand the dynamics of the cleanse process.

To avoid this potential pitfall it is wise to read the books, pour over the instructions, and seek the advice of experts in the field. Find out what foods to avoid, what food must be eaten, what the day to day goal is, and any potential draw backs of the cleanse systems under scrutiny. **We recommend you to read the Master Cleanse Secrets.**

4. Hunger Control – Starving to be healthy.

Before starting your cleanse you need to avoid the hunger pitfall. Many fail a master cleanse simply because they are not used to the reduction of foods. Seeking advice for methods of coping with the hunger issues both physiologically and physically can be of great benefit. If the issue is a purely physical one from a demanding lifestyle, seek ways to scale back on activities while on the master cleanse or find out ways to fill up and feel nourished without failing the program goals. If the reasons are psychological, finding support from someone who has experience with cleansing or dieting issues can help you by giving you someone to talk to about your concerns.

5. Fighting Boredom – When the routines get you down.

Quite a few fail because they become bored while on the master cleans program. While variety may be the spice of life, the purpose of the chosen cleanse is to give the body a break from the barrage and assault of many different compounds and toxins it must then find ways to eliminate. If the cleansing program allows for it, you can fight boredom by researching alterations that are allowed before starting the cleanse program. Other ways to fight the boredom cues are by finding new and stimulating activities that can take the mind off of its normal form of entertainment, food.

6. Alterations Gone Awry – Quitting early and taking breaks.

Some people start a master cleanse without knowing how long the cleansing should last for full efficacy. Others think that it is just fine to take a break if desired, if only for a day or weekend. All too often that's where regular dieters fail on their new eating plans, why should it be any different on a cleanse. Finding out when and if breaks or days off should occur before we start cleansing will help us get into the mindset before we commit. Follow through means till the end, not "only on these days of the week, the rest I'll continue with an unhealthy lifestyle to treat myself."

By going back to the foods we are cleansing ourselves of or even eating worse than the pre-cleanse or diet negates any healthy effect the cleanse held for us. The time spent on the cleanse program is wasted. It is better to begin implementing healthy lifestyle changes before starting the cleansing process and then sticking to the master cleanse for the duration for the true effects to be measured.

7. I Want This Because - Embarking on master cleanse for the wrong reason.

The western mindset is becoming a plague on other cultures eating habits. The result is a worldwide boom on obesity and unhealthy eating habits. Many place emphasis on the outward appearance as a reason for cleansing. Or fall into the "everybody else is doing it" mindset.

We embarked on the Master Cleanse simply because we want to have super star bodies or because of peer pressure are self defeating reasons. The western philosophy that super model bodies equal health is misleading. The real reasons behind cleansing the body should be to protect it and promote health and wellness. These are reasons that will keep us on the right track well after we have shed unwanted pounds.

Master Cleanse Recipe

Here are the main ingredients of the Master Cleanse Diet.

- 1) **2 Tablespoons of Fresh Organic Lemons** – This is about half a lemon. Do note that it is important that the lemon juice used must be fresh and definitely not canned. It would be advisable to use organic lemons because it would defeat the purpose of detoxifying if the lemons contain pesticides and toxins would enter the body.
- 2) **2 Tablespoons genuine maple syrup Grade B** – Avoid the sugar syrup that you used on your breakfast table.
- 3) **1/10 Teaspoon cayenne pepper (red pepper)** – This can help to increase your blood flow. And blood flow is essential in removing waste material.

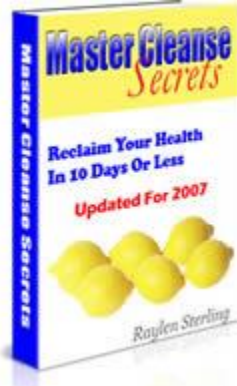
4) **Warm water.** You can use cold water if you really preferred it.

Optional ingredients

Sea salts – these salts acts as laxatives to help your body to eliminate waste or flushed your system faster. However, some people may feel that sea salts is too much and are unable to take it.

An alternative would be using **herbal laxative tea**. Do take note that you should use the decaffeinated teas as caffeine would hinder your blood flow.

Get the [Master Cleanse Secrets](#) now at Master Cleanse Official Site.



You should drink at least 60 oz of lemonade a day and have nothing else. As a result, many people have the trouble of finishing the Master Cleanse. But those who have finished the Master Cleanse have reaped positive health benefits and some of the side effects include weight loss.

Below is a break down on the basics of the Master Cleanse and how to do it. Be sure to check with a doctor before you start any type of cleanse. You need to be sure that the Master Cleanse will not affect any medications that you may be taking. You also want to have a doctor monitor you while you are on the Master Cleanse, so you can be sure to keep up with the nutrients and minerals that your body needs.

1st Step

You will need 1/10th of a teaspoon of cayenne pepper, 2 tbsp of lemon juice, and 2 tbsp of grade B maple syrup

2nd step

Mix all of the ingredients in approximately 8 ounces of water. You need to be sure to mix things as instructed without changing any of the ingredients. This will ensure that you get the most out of the Master cleanse as possible.

3rd Step

It is important to do the Master Cleanse as directed. It is recommended that the night before you should drink an herbal, laxative tea, then upon waking in the morning, you should have 1 quart of salt water. Then throughout the day, you need to drink 6 to 12 glasses of the lemonade each day. You can also drink as much of water as you want throughout the day or even some mint tea with no sugar. Keep in

mind that you are not to have any solid foods. The only thing you can have for the 10 days of the Master Cleanse program is the liquids mentioned above.

4th Step

Once you have completed the ten day cleanse, you cannot just jump back into your regular diet. You will need to gradually introduce foods back into your diet. The first 2 days off the diet, you should start with 8 to 10 glasses of orange juice and as much water as you want. Then start to add in fresh vegetables and fruits. You can then move to soups made out of fresh veggies. Keep up with the light meals until you are able to handle regular foods.

Visit <http://www.edetoxify.com> to receive more information about the various popular diets.