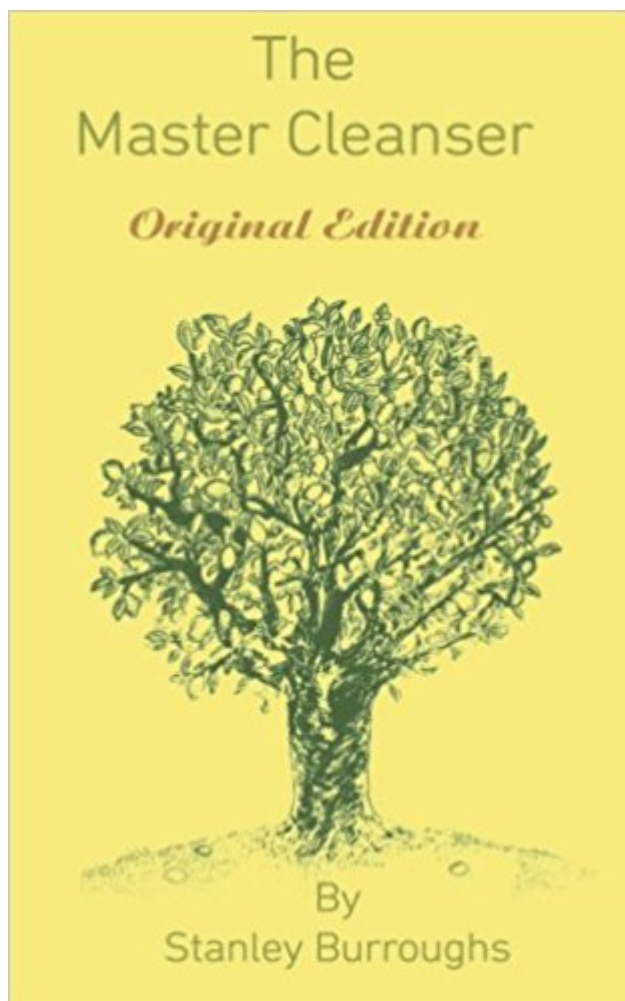


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The Master Cleanser



Synopsis

The Master Cleanser: Original Edition The Master Cleanser diet otherwise known as the lemonade diet has been around close to 50 years. It's the easiest, most delicious, effective cleansing and weight loss diet available. You can feel good and get rid of what ails you. This diet has been used for every health problem with great success.

Book Information

Paperback: 62 pages

Publisher: www.snowballpublishing.com (June 19, 2013)

Language: English

ISBN-10: 1607966077

ISBN-13: 978-1607966074

Product Dimensions: 5 x 0.2 x 8 inches

Shipping Weight: 4.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 593 customer reviews

Best Sellers Rank: #38,934 in Books (See Top 100 in Books) #38 in [Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies](#) #648 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

Customer Reviews

This book has been so very instrumental in me feeling the healthy benefits of cleansing. It is a very intensive natural liquid regimen that cleans out the system while minimizing the work the body usually has to perform in terms of digestion. You can actually FEEL the ease and comfort of a more relaxed, unencumbered system detoxifying. There is no (or, at least minimal) lack of energy during this cleansing process. And, whatever minimal lack of energy one may experience initially is very quickly replaced with a boost of energy and alertness and body rejuvenation. After the first few days there are no hunger pains or feeling of being deprived of food. I always feel like I don't "need" solid food after the first few days, and I certainly don't "want" solid foods. I notice clarity of vision, joint ease, even my breathing becomes more fluent and easy. The beauty of this cleanse is that it doesn't require any major purchase, concoction, recipe, or equipment (e.g., a juicer). The ingredients are basic and found in any supermarket. After the first 2 or 3 times of thoroughly implementing this cleanser one begins to look forward to instituting it as a standard periodic regimen bi-annually or quarterly. It allows one to FEEL the healthy benefits and another fortunate byproduct is that it maintains a healthy weight level after the first year of using it. I wouldn't suggest using this

strictly for weight loss purposes because that as an incentive may provoke a psychological sense of deprivation and result in the "yo-yo" weight loss syndrome. But, when "health" is the incentive then psychologically one is more inclined to be aligned with a more substantive process with a more significant appreciation for the results looking forward to making this a part of a permanent regimen at whatever frequency is comfortable.

This book works! I do this cleanse every 6 months to a year for 10 days. It really resets your system and gets you back onto a healthy regimen. I suffer from chronic acid reflux and heartburn. Every time I do this I am symptom free and healthy until my diet goes off the rails and then I do it again and remember how great it feels to eat healthy and stay away from dairy and certain other foods.

I had good intentions starting out the New Year. Out with the old and in with the new is what I said to myself. I knew it would be difficult and I'm not the most disciplined person, so I knew it was going to be a challenge, but I was ready for it. I followed the book to a tee. I would go back and refer to it several times through out the process too, it helped keep me focused. I started off planning on doing the 10 days, but I felt so good and full of energy I just kept going. On day 19 I weighed myself and was very disappointed, only losing 7 pounds, but after all I didn't have a lot to lose and the cleansing and renewal of my body, like a baptism of sorts, was what was important (I'm not gonna lie, I wanted to drop some weight too, I'm a woman after all ;-). Not long after that 19th day my food cravings started, but I would just have another lemonade drink. Some days were easier than others with the cravings (especially when I stopped going to restaurants with my husband, I don't suggest that, why tempt yourself). The laxative tea was fine, I liked Gaia Natural Laxative (Rapid Relief Herbal Tea) from Whole Foods. Please don't be afraid or give up on the Sea Salt water drink every morning, just give yourself a couple hours to dispose of it before you try and leave the house, (trust me, you will not make it to a bathroom in time). This flush works perfectly. And whether or not you think you have anything left in your body to flush, continue to do it, your body knows what to do and will not hurt you. I am on my 28th day and I'm 2 days away from my goal, 30 days ! I'm so proud of myself and in the past week the weight has been melting away. I'm not weighing til the morning of the 31st day, but the mirror and the way my clothes fit don't lie, I highly recommend this cleanse and reading the book thoroughly several times. Already being a vegetarian, the menu the book suggests is easy. I will be following the book's recommendations for starting back on food. I have my fresh squeezed oj ready and have plans to make a homemade vegetarian vegetable soup for my first meals. Good luck ! From, Out with the Old and in with the New ;-)

This diet has to be adhered to CORRECTLY in order for you to feel and experience the health benefits. I am waking up at 4 am no issues now! I also do a 45 min cardio and weight workout with no problem on this cleanse. I am excited to continue being healthy after this. I am also looking forward to appreciating and enjoying vegetables and healthy meals when it's time. Not to mention day 4 I went from 207 to 198 I plan on doing 14 days. Not hungry at all doing this cleanse.

I have done the cleanse twice and WOW what solid results I got. I have tried so many other things in the past 5 years of illness and nothing compares to this. I felt so much better even during but especially after, it's like hitting the reset button. Yes it takes an element of self discipline but the results are worth it.

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