

10 Day Master Cleanse

This cleanse has been around for over 50 years. It has been proven effective in clearing your body of toxins, making you look and feel younger. Many people who use the Master Cleanse also lose weight. Completing the Master Cleanse before beginning a diet plan, such the EZ-Lite® Method, may enhance your weight loss experience.

The Master Cleanse:

- 2 tbsp of fresh squeezed lemon juice.
- 2 tbsp of Grade B maple syrup.
- 1/10 tsp ground cayenne pepper.
- 8 oz. Alkaline water. IonPod® or Ion-AnyWater®

Drink 6-12 glasses of this mixture daily for 10 days.

Drink This Mixture Fresh! Do not pre-mix enough for the day. The key to The Master Cleanse is the fresh lemon juice, and the living enzymes that it contains. The other ingredients are important as well, but the fresh lemon juice is irreplaceable.

Salt water flush to accompany the Master Cleanse:

- 1 liter of room temperature water
- 1-2 tbsp sea salt (Don't use iodized table salt.)

Drink the entire liter of the salt solution at least 2-3x per week.

Within 1 hour you will have an intense bowel movement with the possibility of multiple additional movements within the hour.

Along with the sea salt, you will be expelling waste. During the first 2 days you will be moving out the remaining solid matter in the digestive tract from the days prior to the Master Cleanse. You really begin to understand the value of this process when you recognize the elimination of waste that has been stored in your body for months, even decades.

When you stop the Master Cleanse:

Drink a lot of water and start your food intake with juices. From there, add blended drinks like smoothies and greens drinks. Soups and broths are next and then solid food. This "ease out" process should take about 3 days.

This is the time to either start your EZ-Lite® Method diet or adopt different eating habits. Eating a "Living Food" diet consisting of Fruits and vegetables is encouraged. Avoiding processed foods, meat and dairy are suggested by the author of the Master Cleanse.

Whether you adopt a "Living Food Diet", begin the EZ-Lite® Method, or simply change your eating habits, the Master Cleanse has been proven effective for just about everyone who has completed the program.