

How to prepare for the Master Cleanse

“Easing in” to the master cleanse gives your body a chance to prepare for the fast. Most experts suggest a period of four to five days before you begin the actual lemonade diet. The following suggestions are intended to “ease” your body into the fast.

Day 1: Master Cleanse Preparation: Eliminate Unhealthy Foods

On the first day of easing in, begin to develop more awareness about the foods you choose and notice which are fresh and raw. Begin to focus on these types of food and eliminate all processed foods, meat, dairy, alcohol, caffeine, and sugar. Choose organic whole foods.

Day 2: Master Cleanse Preparation: Fruits and Vegetables

On Day 2, completely eliminate all processed foods, meat, dairy, alcohol, caffeine and processed sugars from your meals. Instead, opt for fresh, organic fruits and fresh, organic vegetables. Eat as much of your food raw as possible. Continue reading *The Master Cleanser*.

Day 3: Master Cleanse Preparation: Liquids Only

Switch to a liquid diet to prepare your body and mind for the days ahead. If you have a juicer or blender, then make fresh vegetable and fruit smoothies and juices from organic produce. You can also make light vegetable soups and broths for this day.

Day 4: Master Cleanse Preparation: Orange Juice Only

In *The Master Cleanser*, author Stanley Burroughs cautions readers to break their fast with a day of consuming only orange juice. Use this same strategy for the last day of the easing in period. Drink several glasses of fresh-squeezed, organic orange juice during the day. If you feel hungry, you can add a tablespoon or two of maple syrup to the juice.

Also, drink plenty of water. At night, in preparation for starting the lemonade diet, take the laxative tea.

Day 5: Start the Master Cleanse Lemonade Diet

Now your body is more prepared for the cleanse!

How to do The Master Cleanse * Lemonade Diet

The Master Cleanse consists of a strict daily regimen consisting of a morning salt water flush, **6 to 12** 10oz glasses of Master Cleanse lemonade mixture, and a nightly laxative tea.

During the fast, the calories and nutrients in your regular diet are replaced by those from the specially prepared lemonade, which must be taken a minimum of 6 times a day. As many glasses of lemonade as desired may be taken beyond the minimum required. Peppermint tea can be taken on occasion, and water can be taken as desired.

Following the daily regimen strictly for a minimum of 10 days will give the **best results**.

1. Start each morning with a “Salt Water Flush”

Burroughs emphasizes that the master cleanse eliminates toxins from the body, and he suggests helping the body along with laxative teas and salt-water cleansing.

Salt Water Flush Directions

- Add 2 level teaspoons of *non-iodized* sea salt to a full quart of lukewarm water. Drink the entire quart of salt and water first thing in the morning. **NOTE: This must be taken on an empty stomach.**

Several eliminations will likely occur during the next hour. If elimination does not occur, increase the amount of salt slightly; if it is too forceful, reduce the salt-to-water ratio until the proper balance is found.

2. Drink 6 or more glasses of the Master Cleanse organic lemonade mixture throughout the day.

(see sidebar for Master Cleanse recipe)

How to ease off the Master Cleanse Lemonade Diet

When you break a fast like the Master Cleanse, it is very important to slowly ease yourself back into your normal diet in order to avoid serious digestive problems. In *The Master Cleanser*, Stanley Burroughs recommends the following regimen at the end of your fast:

Day 1: Orange Juice Only

Drink several 8oz glasses of fresh-squeezed organic orange juice as desired during the day. Drink it slowly.

The orange juice prepares the digestive system to properly digest and assimilate regular food. If there has been any digestive difficulty prior to and during the change over, extra water may be taken with the orange juice.

Day 2: Orange Juice, Vegetable Soup

Drink several 8oz glasses of fresh-squeezed organic orange juice during the day – with extra water if needed. Some time during the afternoon, prepare an organic vegetable soup (no canned soup) as described below. Make enough for 2 meals. Have the soup for the evening meal using the broth mostly, although some of the vegetables may be eaten. Organic whole grain rye wafers may be eaten sparingly with the soup, but no bread or crackers. Store the remaining soup in the refrigerator.

Recipe for Vegetable Soup for Post-Cleanse Days 2 & 3

Use several kinds of organic vegetables: potato, celery, carrot, greens, onion, okra, tomato, squash, zucchini, green peppers. Use one or two kinds of organic legumes: beans, split peas, lentils. Organic dehydrated vegetables or organic vegetable powder may be added for extra flavor. Organic brown rice may be added. Do not add any meat or meat stock. Use sea salt delicately as a limited amount of salt is necessary. The less cooking the better. Learn to enjoy the natural flavor of the vegetables.

Day 3: OJ, Soup, Veggies, Salad, Fruit

Drink fresh-squeezed organic orange juice in the morning. At noon have some more of the organic vegetable soup.

For the evening meal have whatever is desired in the form of organic vegetables, salads or fruit only. Do not eat meat, fish, eggs, bread, pastries, caffeinated tea or coffee, alcohol, sugar or milk.

Day 4: Back to Normal, *Healthy* Eating

Normal eating may be resumed. However, if, after eating is resumed, digestive distress or gas occurs, it is suggested that the lemonade diet be continued for several more days until the system is ready for food.

A Fresh Start

Many people desire to change their eating habits, but have difficulty doing so. The Master Cleanse gives you an opportunity to make a change in your diet by giving you a break from your normal habits. Stanley Burroughs emphasizes that in order to obtain lasting benefits from the Master Cleanse Lemonade Diet, following the cleanse a healthful diet should be maintained.

If your goal is detoxification:

Follow the above recipe. If you are underweight and are worried about losing weight while detoxifying, increase the amount of syrup in the mixture.

If your goal is weight loss:

In the past, it was recommended to use less maple syrup – as little as 1 TBSP per 10 oz glass – to maximize weight loss on the lemonade diet. However, using more maple syrup provides sustaining energy that allows many dieters to maintain the cleanse. Thus, individuals may be more likely to meet their weight loss goals using the same lemonade diet recipe that is recommended for detoxification, including 2 TBSP of maple syrup per glass.

3. Optional: Drink an occasional cup of organic peppermint tea

(included in all [Master Cleanse Kits](#))

4. End each day with an herbal laxative tea.

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