

MASTER CLEANSE BASICS

Faith Hruska

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Master Cleanse Directions | The Lemonade Diet Guide

The Master Cleanse directions basics. This cleanse is recommended for approximately 10 to 14 days. Stanley Burroughs says that it can be done up to 40 days.

The Master Cleanse

The Lemonade Diet, also called the Master Cleanse, is a liquid-only diet consisting of three things: a lemonade-like beverage, salt-water drink, and herbal laxative tea. It all started with Stanley Burroughs's book, The Master Cleanser. You're only allowed a salt-water drink, a.

The Master Cleanse Diet

Stanley Burroughs' Master Cleanse Diet, also known as the Lemonade Diet, will help you in the recapture of lost energy and the creation of additional energy.

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The Green Beauty Juice recipe. Burroughs' Master Cleanse Basics Cleanse", also known as the Lemonade Diet, was originally intended as a new and more effective method to treat ulcers. Drink the herb laxative tea at night to loosen and the salt water each morning to wash it . TheMasterCleansecanalso beusedbeforebeginningaweightlossprogram. Preparing your body this way will make it easier to ease into this cleanse. What you eat before the cleanse is important. Alternate Procedure for making Three Whole Days or more and still Preserving the Enzymes There is a disadvantage to making more than a portion or two of lemonade at one Master Cleanse Basics - that is that the enzymes in the lemon juice oxidize: I'mVanessa,theJuicingMixologist.If your stomach feels upset it is probably because you are not eliminating properly.