

Healing Lemonade - Master Cleanse

(Information from Stanley Burroughs' book - "The Master Cleanser")

PURPOSE:

- dissolve and eliminate toxins and congestion in your body
- cleanse the kidneys and the digestive system
- purify the glands and cells throughout the entire body
- eliminate waste and hardened material in the joints and muscles
- relieve pressure and irritation in the nerves, arteries, and veins
- build a healthy bloodstream
- keep youth and elasticity regardless of our years

USE WHEN:

- sickness has developed - for all acute and chronic conditions
- the digestive system needs a rest and cleansing
- becoming overweight is a health problem
- better assimilation and building of body tissue are needed



HOW LONG TO FAST:

Start with 3 days . . . Remember, you can always break the fast. However, if you start eating smaller, lighter meals for a week and then go on the master cleanse for 3 days you are doing your body a great service. You may follow the cleanse for 10 days or more (up to 40 days). This may be safely followed for extremely serious cases. The diet has all the nutrition needed during this time of digestive rest. Three to four times a year will do wonders for keeping the body in a normal healthy condition. The diet may be undertaken more frequently for serious conditions. Remember to reintroduce foods slowly, start with green smoothies and salads after the fast.

HOW TO MAKE IT:

- 1 glass quart jar
- 2 organic lemons or limes, juice of
- 4 Tbsp. genuine organic maple syrup (not maple flavored sugar syrup)
- 2 pinches cayenne pepper (red pepper) or to taste
- water, medium temperature (spring or purified)

Combine the freshly squeezed juice, maple syrup, and cayenne pepper in a quart glass jar and fill with medium temperature water (cold water may be used if preferred). Use fresh lemons or limes only, never canned lemon or lime juice, nor frozen lemonade or frozen juice. Use organic lemons when possible.

Drink 6-8 oz. whenever you get hungry, follow with distilled water.

Maple syrup is a balanced form of positive and negative sugars, do not substitute. There are four U.S.D.A. approved grades of maple syrup. All grades can be used in the diet, but the darker grades are the most desirable. Maple syrup has a large variety of vitamins and minerals, naturally, the content will vary according to the area where the trees were grown and the mineral content of the soil. The following minerals are found in the average samples of pure maple syrup: Sodium, Potassium, Calcium, Magnesium, Manganese, Iron, Copper, Phosphorus, Sulfur, and Silicon. Vitamins A, B1, B2, B6, C and Pantothenic Acid (B5) are also present in the syrup.



I encourage you to also drink mild herbal teas. “Throat Coat” is one of my favorites. Several patients have also diluted sour cherry juice. Although this is not the original recipe, if it helps you stay on the fast, that is a good thing!

