

THE MASTER CLEANSER OR LEMONADE DIET

PURPOSE:

- To dissolve & eliminate toxins & congestion that have formed in any part of the body
- To cleanse the kidney & the digestive system
- To purify the glands & cells throughout the entire body
- To eliminate unusable waste & hardened material in the joints & muscles
- To relieve pressure & irritation in the nerves, arteries, & blood vessels
- To build a healthy blood stream
- To keep youth & elasticity regardless of our years

WHEN TO USE IT:

- When imbalance has developed – for all acute & chronic conditions
- When the digestive system needs a rest & a cleaning
- When overweight has become a problem
- When better assimilation & building of body tissue is needed

WHAT YOU NEED:

1. Herbal Laxative (Shaklee: one bottle)
2. Shaklee Flax Fiber Concentrate (Canada) OR Shaklee Fiber Plan (U.S.) OR Shaklee Fiber Plan tablets
3. 1/3 cup sea salt + Purified water for 3 Internal Salt Water Baths
 - How to prepare on the mornings of Day 1, 4 and 8
Prepare a full quart of lukewarm water & add two rounded teaspoons of sea salt. Drink the entire quart of salt & water first thing in the morning – this must be taken on an empty stomach.
4. Lemonade Drink made fresh daily
 - What you will need: (The Cleanse will last 10 days)
 - Fresh Lemons or Limes (3 to 6 per day) – squeeze them fresh each morning
 - Maple syrup (genuine-not maple flavored sugar syrup) (3/4 to 1-1/2 cups per day)
 - Cayenne Pepper (1 teaspoon per day)
 - Purified Water (60 to 120 oz. Per day)
 - How to make it:
 - 2 tablespoons of lemon or lime juice
 - 2 tablespoons of maple syrup
 - 1/10 teaspoon cayenne pepper
 - 8 ounces of medium hot purified water (cold water may be used if preferred)Combine the juice, maple syrup, & cayenne pepper in a 10 oz. Glass & fill with water.

GENERAL INSTRUCTIONS + HOW OFTEN & HOW LONG SHOULD YOU FOLLOW THIS CLEANSE?

1. Do the Master Cleanser for a minimum of 10 days (that means liquids only for at least 10 days). Up to 20 days may be safely followed for extremely serious cases.
2. Take 6 to 23 glasses of lemonade daily during the waking period. As you get hungry just have another glass of lemonade.
 - For those who are overweight use only 1 tablespoon of maple syrup per glass
 - For those who are underweight & worried about losing more weight, REMEMBER, the only things you will lose are mucus, waste & disease. Healthy tissue will not be eliminated. Many people who need to gain weight actually do so near the end of the diet period.
 - Never vary the amount of lemon juice per glass
3. Two to four times a year will do wonders for keeping the body in a much healthier condition.
4. Lemons & Limes contain substances that contain tremendous cleansing agents & building factors.
5. Maple syrup has a large variety of minerals & vitamins & helps to keep you feel satisfied during the 10 day cleanse.

6. The cayenne pepper is necessary as it breaks up mucus & increases circulation.
7. Mint or alfalfa tea may be used occasionally during the 10 days' period as a pleasant change & to assist further in the cleansing. Its chlorophyll helps as a purifier, neutralizing many mouth & body odors that release during the cleaning period.
8. Do not use vitamin & mineral supplements during the 10 day cleanse.
9. When you do the Internal Salt Water Bath on Days 1, 4 & 8, do not be afraid of the salt affecting blood pressure provided it is consumed first thing in the morning on an empty stomach. The salt water has the same specific gravity as the blood – hence the kidneys cannot pick up the water & the blood cannot pick up the salt. The salt & water will quickly & thoroughly wash the entire digestive tract in about one hour.
10. NO FOOD should be taken during the full period of the Master Cleanser.

DAY 1, 4, 8

- Do an Internal Salt Water Bath first thing each morning (see #3 under “What you Need” above). You will need to be home for approximately 2 hours after you drink this water because your bowels will move frequently in the second hour.
- Drink 6 to 12 glasses of Master Cleanser Lemonade Drink throughout the day.
- Take 2 Herbal Laxative tablets & 4 tablespoons of Flax Fiber Concentrate OR 2 tablespoons of Fiber Plan from Shaklee U.S., OR 8 Fiber Plan tablets in the evening

NOTE: You get the best results from this total cleanse if you do the Internal Salt Water Bath at least three times during the 10 days. If you do not feel comfortable doing the Salt Water Bath, follow the instructions below for Day 2,3,5,6,7,9,10 For ALL 10 days.

DAY 2, 3, 5, 6, 7, 9, 10

- Take 2 Herbal Laxative tablets morning and evening, along with & 4 tablespoons of Flax Fiber Concentrate OR 2 tablespoons of Fiber Plan OR 8 Fiber Plan tablets in both morning and evening
- Drink 6 to 12 glasses of Master Cleanser Lemonade throughout the day.

HOW TO BREAK THE MASTER CLEANSER LEMONADE DIET?

Coming off the Master Cleanser diet properly is HIGHLY IMPORTANT. Please follow the directions very carefully.

- FIRST AND SECOND DAY AFTER DIET: Several 8 oz. glasses of fresh juices as desired during the day. The juices prepare the digestive system to properly digest & assimilate regular food. Maintain 2 Herbal Laxative & Fiber morning & evening.
- THIRD AND FOURTH DAY: Add raw fruits & vegetables to regime. Maintain 2 Herbal Laxative and Fiber morning & evening.
- FIFTH DAY: You are now ready to eat a more normal healthy diet. Resume taking any vitamin & mineral & herbal tablets that you would normally take.

HOW WILL I FEEL DURING THE MASTER CLEANSE?

Rest & take it a little easier if you have to, although most people can go on about their regular business without difficulty. In the cleansing process, some people experience a tremendous stirring up & may even feel worse for several days. This is an indication that your system was very toxic. One can experience flu-like symptoms, achy muscles, dizziness & nausea. Do not plan to do any STRENUOUS WORK during at least the first three or four days. If weakness develops at any time, it is the result of poisons circulating through the blood stream.

Alcoholics, smokers, coffee addicts & other drug addicts will receive untold benefits from this diet. The chemical changes & the cleansing have a way of removing the craving. The usual craving experienced & suffered in breaking away from drugs, alcohol & tobacco no longer present themselves during & after this diet.

People with allergies usually notice a dramatic change, & often many allergies seem to disappear.

Many people with inflammatory bowel syndrome find the inflammation totally disappears.

Many people with high blood pressure & high cholesterol problems experience dramatic drops.

It is truly a wonderful feeling to experience the benefits of being disciplined for a 10 days' period two to four times per year!

Who should NOT do this cleanse

- Diabetics ... their blood sugar would drop too low
- People with Cancer ... should not do this cleanse initially ... timing is everything. As they progress to a better level of health and their immune system is stronger, then they may be able to do this cleanse.
- People on medications should consult with the doctor/pharmacist ... this is a fast, and many medications must be taken with food.