

## The Master Cleanse

Lemonade Diet - Lemonade Fast - Lemon flush - Lemon Cleanse



### Introduction to the Lemonade Diet

The world famous Master Cleanser Lemonade Diet is a five star rated ten plus day fast where one blasts through disease causing blockage in the body with cayenne, detoxifies the body with fresh squeezed lemonade, and washes the colon with intestinal salt water bathing. One makes a spicy lemonade drink, consuming six to twelve glasses of homemade lemonade & hot cayenne pepper a day. The acclaimed Master Cleanse Lemonade Diet consistently demonstrates extremely powerful detoxification success stories with an apparent complete safety for every known type of disease. The lemonade fast is known to have helped thousands permanently resolve their health conditions by scrubbing & cleansing the body with citric acid detoxification, even Dr. Schulze notes the greatness of the cleanse, basing his 5-Day Kidney Cleanse & detoxification program in part on the Stanley Burroughs, Master Cleanser.

For the HIV+, lemons have now been scientifically proven to kill the HIV virus in vitro. The Master Cleanser is the most powerful citric acid cleanse with lemons, brining the citric acid HIV killing power

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of lemons in vivo.

The Master Cleanser with Special Needs and Problems by Stanley Burroughs presents the following famous **Lemonade Diet** health proposals:

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



Apparently a lemonade fast quickly dissolves and eliminates *all* **mucus** diseases such as colds, flu, asthma, hay fever, sinus and bronchial troubles. Diseases resulting from calcium deposits in joints, muscles, cells, and glands are claimed readily dissolved and removed from the body as are cholesterol deposits in arteries and veins. The cleanse proposes to cure most ulcers in 10 days as well as clear up skin disorders. Additionally, apparently cleansing the body with lemons has a way of removing desires for unnatural types of stimulants and depressants, thus providing exceptional benefits to drug addicts, alcoholics and smokers who want a change. Many disorders are claimed corrected during the ten-day fast making this simple and easy lemonade diet one of the finest in the healing and cleansing field.

## Cayenne Pepper: #1 Healing Herb in the World!

Dr. Schulze's *Top Ten Herb List* places Cayenne Pepper as the #1 most important healing herb in the world. According to Dr. Schulze Cayenne Pepper is the greatest First Aid herb stimulating circulation and blowing through blockages that is the underlying cause behind every disease, enabling the body to send waves of fresh blood into sick areas of the body for accelerated healing. The hotter the Cayenne the better where 100,000 heat units (H.U.) is minimum for medicinal effects. Many commercial products may claim to be 100,000 H.U. but really are not. Know your quality of Cayenne, often claimed to make all other herbs more powerful. See also WarOnAids.com Herb Pages for additional information.

## Potential Side Effects of the Lemonade Diet

During the cleansing some people have experienced a tremendous stirring up of things in their body. Some may even feel worse for several days. Note that it is not the lemonade that causes the trouble, but what the lemonade stirs up in the system that causes these disturbances. Vomiting can occur in rare instances, increased joint pain, as well as dizziness, can develop on certain days. If weakness develops, it apparently results from poisons circulating through the blood stream. Most people can go about their regular schedules on the lemonade diet without difficulty as the diet itself apparently provides vitamins, food and energy necessary for the full ten day cleanse (and even longer) in a liquid form. Remember that thousands and thousands of people have done this particular master cleanse for a variety of reasons including disease conditions discovering that many diseases and adverse conditions actually do respond and may disappear. Sometimes when people fast they find it necessary to take it easy by resting or staying in bed. With the lemonade diet it's claimed you may live an active normal life. Interestingly enough, people who have done it claim their energy soars, but of course, if you need to, you can rest and take it a little easier.

"First things FIRST! This is worth repeating. The first step in any health program, especially BEFORE any blood and lymphatic cleansing or detoxification program, is to cleanse and detoxify the bowel. You must make sure it is working frequently and effectively and also make sure all of the old, toxic fecal material is out of the colon. Then you will enjoy an effective detoxification program, feel great while you're doing it and get the most out of it." [Schulze]

WarOnAids.com provides in depth detailed informational reports on foundational body cleansing: **Intestinal Cleansing & Detoxification, Liver Cleansing and Kidney Cleansing.**

WarOnAids.com: Intestinal Cleansing (under development)



WarOnAids.com: Liver Cleansing. An in depth report of simple methods liver cleansing, healing and why we all have to do it. Don't miss this page it's one of my best reports!



WarOnAids.com Kidney Cleansing: premise "ALL diseases and imbalances that cause the destruction of the Kidneys can be totally REVERSED."



The lemonade diet is a reducing diet in that it dissolves and eliminates all types of fatty tissues that melt away at a rate of about two pounds a day without harmful side effects. For those overweight less maple syrup may be taken and for those underweight more maple syrup. For those that are underweight the author points out that the only things one loses are **mucus**, waste and disease, not healthy tissue. Further, many people who need to gain weight actually do so at the end of the diet period.

Natural real maple syrup must be used providing a balanced form of positive and negative sugars. There are three grades of maple syrup: grade A, B and C. Grade A is first run maple syrup that is mild and sweet with less minerals than grades B and C. Grade B maple syrup is second run having more minerals and maple taste; while grade C is third run with the most minerals and maple taste although considered less pleasant for many. Grade C maple syrup is no longer an official USDA graded syrup, so grades B and C are now the same. All grades of real maple syrup are suitable for this cleanse, the preferred being the syrup with the most mineral content. Apparently the only concern with real maple syrup is the use of formaldehyde pellets associated with the sugaring of maple syrup running

### When to Use The Lemonade Diet:

- When sickness has developed— for all acute and chronic conditions.
- When the digestive system needs a rest and a cleansing.
- When being overweight has become a problem.
- When better assimilation and building of body tissue is needed.

[Quoted Information from the Book]

### How Often:

Follow the diet for a minimum of 10 days or more - up to 40 days and beyond may be safely followed for extremely serious cases. The diet has all the nutrition needed during this time. Three to four times a year will do wonders for keeping the body in a normal healthy conditions. The diet may be undertaken more frequently for serious conditions.

[Quoted Information from the Book]

through the polyethylene tubing. Many maple syrup producers don't use these formaldehyde pellets and if you are concerned about this you can just ask when buying.

Breaking away from the lemonade fast properly as in any fast is very important so follow the directions carefully. Serious nausea problems can occur if detailed directions are not followed when coming off fast type cleanses. For those who drink milk, eat meat and refined foods it may be best to follow the diet on the right below.



### How to Make it:

- 2 Tablespoons lemon or lime juice (about 1/2 lemon)
- 2 Tablespoons genuine pure maple syrup
- 1/10 Teaspoon cayenne pepper (red pepper) or to taste [Minimum 100,000 H.U.]
- Purified Water, medium hot

Combine the juice, maple syrup, and cayenne pepper in a 10 oz glass and fill with medium hot water (Cold water may be used if preferred). Be sure to use fresh (organic) lemons or limes never canned or frozen.

[Quoted Information from the Book]

## Breaking the Lemonade Diet: Two Approaches

### FIRST AND SECOND DAY AFTER DIET:

- Drink several 8 ounce glasses of fresh orange juice as desired throughout the day.
- This prepares the digestive system to properly digest and assimilate regular food.
- Drink the orange juice slowly.
- If you encounter any digestive difficulty prior to or during the change over extra water may be taken with the orange juice.

### FIRST DAY:

- Slowly drink several 8 ounce glasses of fresh orange juice as desired throughout the first day.

### SECOND DAY:

- Drink several 8 ounce glasses of orange juice throughout the day with extra water if you need it.
- During the afternoon prepare a vegetable soup using the recipe below making extra for the third day (no canned soup).
- Have this soup for the evening meal

### THIRD DAY:

- Drink orange juice in the morning
- Eat raw fruit for lunch
- Have fruit or a raw vegetable salad at night.
- You are now ready to eat normally.

### RECIPE FOR VEGETABLE SOUP

"Use several kinds of vegetables, perhaps one or two kinds of legumes, potatoes, celery, carrots, green vegetable tops, onion, etc. Dehydrated vegetables or vegetable soup powders may be added for extra flavor. Okra or okra powder, chili, curry, cayenne (red pepper), tomatoes, green peppers, and zucchini squash may be included to good advantage. Brown rice may be used, but no meat or meat stock. Other spices may be added (delicately) for flavor. Use salt delicately as a limited amount of salt is necessary. Learn to enjoy the natural flavor of the vegetables. The less cooking the better."

See also the WarOnAids.com [Kidney Cleansing Page](#) for Dr. Schulze's method of breaking a fast and Dr. Richard Schulze's [Kidney Flush & 5 Day Detoxification Program](#) that is based on Burroughs's [Master Cleanser](#).



eating mostly the broth. Some of the vegetables may be eaten as well as rye wafers (sparingly), but no bread or crackers.

### THIRD DAY:

- Orange juice in the morning.
- More soup for lunch
- For dinner have what ever vegetables, salads or fruits you want. No meat, fish, eggs, bread, pastries, tea, coffee or milk.

### FOURTH DAY:

- Normal eating may be resumed
- After you have started regular eating and distress or gas occurs, it is suggested that you continue the lemonade diet for several more days until the system is ready for food.

### Internal Salt Water Bathing:

During the lemonade cleanse it is recommended to do internal cleansing both by using laxative tea morning and night and by preparing a salt water bathing concoction, mixing two teaspoons of sea salt with a full quart of lukewarm water. Drinking the entire quart of sea salt water first thing in the morning on an empty stomach will quickly and thoroughly wash the entire digestive tract in about an hour, but you must use non-iodized salt! Several eliminations will likely occur as the salt water has the same gravity as blood preventing both the kidneys from picking up the water and the blood the salt; hence the salt water won't separate. You can take this salt mixture as often as needed to wash out the digestive system during the lemonade cleanse. It is recommended that you do either the salt water cleanse or

use a laxative tea morning and night on the program. One person who regularly does the program claims the salt water internal cleanse to be uncomfortable preferring to use quality herbal laxative teas, however it might be hard to dispute the effectiveness of blowing a bunch of unrefined sea salt water through your intestines to cleanse them! If diarrhea develops you can discontinue the salt water cleanse or laxative tea until it stops, or you can go ahead and have some diarrhea..

- **Internal Salt Water Bathing Solution:** Mixing two teaspoons of non iodized salt in a quart of lukewarm water prepares the intestinal bathing concoction.

## HIV & Lemons: Scientific Proof Citric Acid Kills the HIV Virus.

On Thursday, October 12, 2002 a story broke on the ABC radio station "The World Today" dropping another scientific bomb claiming scientific proof that lemons diluted 5:1 kill HIV within five seconds of contact suggesting lemons may become a frontline HIV treatment and HIV prevention. [[The World Today](#)] [[All Africa.com](#)] Apparently it has been known for a long time that citric acid kills off HIV, but such leading information has extreme value when presented to an HIV+ individual along with the Master Cleanser. If HIV were really a retrovirus, the possibility of fully eradicating HIV from the body entirely with lemons as used in a *master cleanse* would be very real. *In the End*, we will eventually know that HIV is not really a retrovirus and *master cleansing* with lemons, lemonade & cayenne pepper will still have very real & powerful effects on viral load of crap tests, and *master cleansing* with lemons and lemonade will have real & powerful healing power to aid in permanently resolve all sorts of disease and maintain great health.

## Adjusting A Lemonade Fast to Fit Your Personal Needs.

The Master Cleanser makes a hard line approach to use only lemons, cayenne pepper and maple syrup while on the cleanse. One can adjust the program to fill personal needs such as using Dr. Schulze's Superfood as a super nutritional supplement, combining a blood and lymph detoxification program with a *Master Cleanse* with herbal teas & tonics/tinctures or add some kidney cleansing methods to the program. The Cayenne pepper blast provides a very real opportunity to really get some powerful herbal products throughout the body. Do your research where this website has all sorts of supportive information for you to create a program that is just right for you.

## Purchasing a Copy of the Master Cleanser by Stanley Burroughs



### The Master Cleanser By Stanley Burroughs

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You can always choose to make a small sponsorships to WarOnAids.com when purchasing The Master Cleanser and other books from either the Amazon or Barnes & Noble booksellers. Last I checked the book costs under \$7.00. At the time, Amazon maintained 23 insightful reviews while Barnes & Noble had five. Separate reviews from both Barnes & Noble and Amazon claim it an "awesome book, a cure for sinus problems, outstanding results, irreplaceable tool for a healthy lifestyle, the best "diet" I have ever been on!, it works, and changed my life."

