

Master Cleanse Recipe:

2 Tablespoons lemon or lime juice (approx. ½ lemon) Use fresh (organic) lemons or limes only, never canned lemon or lime juice nor frozen lemonade or frozen juice.

2 Tablespoons genuine maple syrup Grade B or C
(Not maple flavored sugar syrup)

1/10 Teaspoon cayenne pepper (red pepper) or to taste
(see below if you don't like cayenne)

Water, medium hot

Combine the juice, maple syrup, and cayenne pepper in a 10 ounce glass and fill with medium hot water. (Cold water may be used if preferred.) Sip until gone, repeat throughout the day. If time is an issue for you, you can make a larger batch of the Master Cleanse Recipe at one time. A gallon container will fit 10 glasses of the drink. Note that if you do make it in batches, the lemon juice may lose some of its enzyme properties.

You must also do something for your bowel movements. Fasting on liquids will, in most people, promote stagnation of feces in the large intestine. (you will lose the need to move bowel.) Be sure to use the Salt Water Flush.