

Lemon Juice Diet Please Get the Book "Master Cleanser" By Stan Buroughs

Drink the following daily, do not take supplements while on fast.

Follow fast for 10 day or as long as you can.

This can also be done as a one day fast, 2 times a month, for a kidney cleanse.

Drink the following mixture will curb your hunger, this is a type of fast for cleansing the body, and will clean out system.

- 12oz fresh organic lemon juice about (6 lemons and or limes)
- 3/4 cup organic maple syrup (grade B, C or D)
- Cayenne pepper (dry or 30 drop tincture)
- 1 gallon of pure water (not tap water)
- Mix all above together and drink 1 gallon daily.
- Drink water between drinking lemon formula.
- Drink 1 cup laxative tea before bedtime.

(smooth move, alvita laxative, health mate or other. Caps can be used if you have a candida problem use yeast defense. Grape seed extract wild oregano oil by American herb and spice or other anti yeast product. This may be helpful.)

In the morning give yourself 90 minutes

mix 2 tsp sea salt in a quart of pure warm water, drink all at once on an empty stomach.

you will have watery stool for 90 minutes. **STAY HOME.** This is a very important part of the program. (You may take laxative tea in the morning instead.)

On the 11th and 12th day drink as much orange juice as you want. The next day drink orange juice in the morning eat fruits for lunch, and vegetables for dinner. After this you are on your own. Start to eat normal healthy meals, eat more vegetarian, eat lightly for dinner, do not eat before bedtime. Do not eat bread. But you can eat whole grains– not turned into flour.

If you drink this mixture it will clean out your kidney's, but if you eat during this time you will alter the way the cleansing will work. Eating will not clean out mucus, your sinuses, or clean your arteries.

Special requirements for diabetics and persons under a doctor's care or medications.

You can use unsulphured molasses.

Use less maple syrup if you want to lose weight.

Used more maple syrup to gain weight.

Make sure you get trace minerals after fast.

