

THE LEMON MAPLE APPLE 7 - 10 DAY CLEANSING DIET

This is a very powerful internal cleansing regime, producing rapid and easy weight loss with very little reduction of energy and strength. There is also minimal hunger as the diet is both energising and filling.

1) LEMON DRINK

For your Master Cleanse make the following cleansing drink:

In a 10-ounce glass add 2 tablespoons fresh (and organic, if possible) lemon or lime juice (absolutely no canned or frozen juice).

2 tablespoons real (and organic, if possible) grade B or C maple syrup. (Don't use regular supermarket Grade A maple syrup or maple-flavored syrup. They are over-refined, meaning that they are mostly refined sugars and lack essential minerals.) NB. If you cannot get good grade maple syrup then buy unrefined Coconut Sugar from your health shop and use one desertspoon of it.. you may use a little Stevia (leaf extract sweetener if too sour)

Add a small pinch of cayenne pepper (to taste). Increase the cayenne to half a teaspoon slowly if you wish. It is very good for circulation and digestion.

Fill up the remainder of the glass with spring or purified water, between room temperature and medium hot (but not cold).

Mix all the ingredients by thoroughly stirring or shaking, and drink every 2 to 3 hours throughout the day (6 to 8 glassfuls)

It may be more efficient for you to make up the drink in two 1 liter glass bottles:

use 4 tablespoons of lemon juice in each litre bottle.

Add 3 tablespoons of grade B or C maple syrup to each bottle or two level tablespoons of unrefined coconut sugar

Finally add 2 pinches of cayenne in each bottle Spring or purified water (fill bottles to the top) Mix all the ingredients by thoroughly shaking; then drink throughout the day.

Use fresh lemons or limes only, never canned or frozen lemon juice. Use organic and vine ripened when possible.

Drink the lemonade mix every 2-3 hours. Take no other food at all except apples (see under) in between drinks to give some bulk and cellulose for the bowels to eliminate. You will have lots of energy and can continue working. Sometimes the 2nd and 3rd days may be a bit difficult with detox headaches and tiredness, but thereafter it becomes easier.

Be sure to drink plenty of purified water in addition to the lemonade drink. Drink as much of this lemonade as you want, but make sure that you drink at least twelve 1/4 liter (8 oz) glasses. The lemonade contains all the vitamins and minerals you need.

You don't have to start your fast on the morning of the first day. You can begin later in the day, even if you've already eaten.

It's also a good idea to read Stanley Burrough's book, The Master Cleanser. He does not include apples, which I do because they absorb toxins in the bowel and aid bowel motions.

Note: Diabetics, refer to the special instructions on page 19 of The Master Cleanser. (Diabetics I advise to use a pinch of Stevia powder or 2 tablets in the lemon juice with one teaspoon of Xylitol Birch Bark Sugar.)

ALTERNATIVE TO LEMON MAPLE

Some people dislike the sourness of lemons.

Instead of lemon, maple and cayenne you may prefer a mix of red grape juice, lemon and ginger. There is no need to add sweetening in the form of maple or birch sugar. The natural fruit sugar sustains energy levels through the day. 3 or 4 glasses may be drunk in a day

For each glassful of pure red grape juice, (no sugar or preservatives) add the juice of half a lemon, one teaspoon of apple cider vinegar, and a pinch of ginger powder. Best if you can get organic.

2) APPLES.

Along with the lemon aid (or grape juice) drink - also eat at least 3 apples a day. Apples contain soothing, detoxing pectin and also supply some cellulose (bulk) for the colon to work with. Eat them at least half an hour away from the lemon maple drink.

Choose organically grown apples where possible and only eat a 2 or 3 unpeeled apples per day. If they are not organic then peel them.

If you eat the peel then chew it well.

Do the lemon aid fast with apples for 3 or 7 days or 10 days

You will notice a far deeper and more exhilarating effect after doing a 7 day lemon-juice cleanse. Some people do two to three week fasts like this.

3) SALT WATER FLUSH (optional, recommended on the first 3 days):

Drink an oral salt water enema upon arising. To do this, add 2 level teaspoons of uniodized sea salt to a litre of lukewarm water

Add 1/3 of a teaspoon of Epsom salts and stir well to dissolve both the salts in the water

Then drink the entire quart. It's also good to massage the colon as well. Make sure you use uniodized sea salt; regular or iodized salt will not have the same beneficial effect.

This oral enema will flush out your entire digestive tract and colon from top to bottom, usually within an hour, prompting you to eliminate several times, clearing out the plaque and debris from the walls, and the parasites that have been living there.

4) BENTONITE CLAY

The above "colon flush" can be combined with supplements for colon cleansing such as Bentonite or Psyllium Seeds. You may add 1 level teaspoon of Bentonite clay to one glassful of the lemon maple drink per day (and you may also add a teaspoon of psyllium husks which swells up creating some bulk which is slightly rough and which has the effect of cleaning the intestines by sweeping and scouring. The husks work well with Bentonite clay to detox the bowel.

Note: Bentonite (and some other edible clays) are known to remove plaque from the walls of the intestine and colon. The plaque in your stool will look like egg shells on the outside of the bentonite "gel." Bentonite works most effectively when the colon is empty of food. It grabs the plaque which has been loosened by the lemon juice and the resting/fasting process.

The salt water enema pushes out the bentonite gel and the plaque and debris that is stuck to it and in it. The salt water further cleanses the walls as it passes through, resulting in shiny clean walls.

You may also do a warm salt water enema via the rectum if you wish.

5) BREAKING THE CLEANSING FAST

Having completed your fast which may be 3 or 7 or even 10 days, then begin to eat only two apples a day, and drink two glasses of maple/lemon or grape/lemon per day along with the following additions:

On waking in the morning have a glass of carrot and celery juice.

For lunch have a mixed salad with tofu or a little grilled or poached fish along with ryvita crackers or a thin slice of rye toast with a sprinkling of olive oil on it.

For dinner have steamed vegetables - you may include baby marrows, carrots and sweet potato (not regular potatoes) with a light sprinkling of olive oil and a little herbal salt.

Do the above for 3 days

Thereafter you may introduce fruit in the morning for breakfast with a little organic yoghurt added if you prefer. Some soaked or cooked oats or millet may also be eaten.

You may now go back to a fairly normal healthy diet but no junk foods, fried foods, sugar or coffee and no red meats.

You may drink some tea (preferably rooibos) with a little xylitol (birch bark sugar) or honey and a slice of lemon.