MASTER CLEANSE

DISCLAIMER: This is for informational purposes only. New Dharma Center and Urban Peace, Inc. cannot be held responsible or liable for any course of action you take. This is in no way a diagnosis, a recommendation or medical advice. Please research anything and everything before you do it. As with any program of caloric restriction it is strongly recommended that you consult with your health care professional before undertaking any extended fast or cleanse.

The Master Cleanse is not a fast, but a cleansing program. A true fast consists only of water, while the Master Cleanse incorporates a mixture of lemon juice, maple syrup, and cayenne pepper that is consumed throughout the day as a source of calories, vitamins, and minerals. 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. The Master Cleanse is ideal for anyone who is not diabetic and can safely cleanse for at least 3 to 7 days. The ideal duration of a cleanse can extend from 1 to 3 weeks.

When to Use The Master Cleanse:

- 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.

MASTER CLEANSE RECIPE:

INDIVIDUAL SERVING

- 2 Tablespoons lemon or lime juice (about 1/2 lemon)
- 2 Tablespoons genuine pure maple syrup
- 1/10 Teaspoon cayenne pepper (red) or to taste

[Minimum 100,000 H.U., increase gradually)

• Purified Water, medium hot(red -

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.

BATCH SERVING

- Two 1 liter bottles
- Juice of 3 lemons, divided equally between the two bottles (about 3 oz each)
- Equal quantity of grade B or C maple syrup in each bottle
- •A pinch of cayenne in each bottle Spring or purified water (fill bottles to the top)

Never canned or frozen lemon juice. Use organic and vine ripened when possible. Also, mix your lemonade fresh just before drinking. Don't mix it up in the morning for the whole day. You can, however, squeeze your lemons in the morning and measure out the 2 tablespoons when needed.

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."

SALT WATER FLUSH:

Start each morning with 1 quart of water and 2 tsp. natural unrefined sea salt (NOT iodized or refined salt). Mix well and chug down. It's nice to massage the colon as well. This will clean your colon well. Or get an enema every day. Coffee enema also works wonders!

Or drink a laxative herbal tea the night before, such as Senna (if you know you can't do the salt water the next morning). Don't take any supplements until the salt water is out of your stomach - about 1 1/2 hours. 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.

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Risks: vomiting, nausea, diarrhea, weight loss, dehydration. 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.

Drink as many 8-10 oz glasses as required according to your body weight per day. Drink as much as you like, but a minimum of 8 glasses.

MAPLE SYRUP

Grade B maple syrup is one of the most balanced of all sugars containing a balance of positive and negative ions. Grade B does not enter the bloodstream as rapidly as honey or sugar which is better for people who react adversely to sugars, (becoming restless sleepless, and energetic after consuming sugar), or may be borderline or pre-diabetic. Diabetics should substitute blackstrap molasses for maple syrup using up to 1/4 tsp. Don't use Grade A maple syrup or maple-flavored syrup. They are over-refined, which means that they are mostly refined sugars and lack essential minerals.)

LEMON/LIME JUICE

Contrary to popular belief, lemon is not acidic in the body. It turns alkaline in the mouth. If an acid-like reaction is observed when using lemon with water, it is due of the mineral content of the water. pure (natural spring, distilled) water will not react in this manner.

CAYENNE PEPPER

Cayenne pepper is a blood vessel dilator, thermal warmer and provides Vitamin A. People who have type O Blood tend to have poor circulation. As a result, their body temperature may drop during a cleanse. Because cayenne is an herb known for its ability to warm and restore circulation it may be taken internally and used topically (especially on the feet).

For the deepest cleanse, cleanse for at least 2 to 3 weeks. Exercise enhances the cleansing action of the program.

During the middle and later phases of the cleanse, the body chemistry changes and energy levels may begin to increase. One may experience minor discomforts such as headaches, upset stomach or low energy as toxins and parasites are released from the body. These symptoms will be short-lived.

ATTITUDE

It is important to have a positive attitude during cleansing or fasting. If you are unaccustomed to the cleansing, you can prepare yourself by fasting one day a week. Sunday or your Sabbath day, is a wonderful day for this purpose. The biggest obstacle to successful cleansing is fear of failure and not knowing what to expect.

24 HOUR FASTING

To fast for 24 hours, it is easier if you begin at noon of one day and finish at noon of the next day or from one dinner to the next. Again, drink plenty of water.

As you begin to fast, you may experience some unpleasant side effects of cleansing such as a headache, nausea, bloating or irritability. These symptoms are part of the cleansing response and are often a result of toxins and waste matter being purged from the body which usually takes place within 12 to 36 hours. In any case, you may want to consult your health care professional.

You may have an unexpected emotional clearing. There are various essential oil blends designed to help control your emotions and modulate and facilitate the emotional release. Herbs like St. John's Wort, Kava Kava and Hops Extract are excellent for managing stress and negative emotion. Ideally these herbs should be take using oral infusion therapy (sprayed into the inside of the mouth where they can be most efficiently delivered in to the blood).

The first 2 to 4 days of the cleanse are often the most difficult, since you will be over coming the powerful psychological need to eat. As your body is cleansed of parasite and putrefying toxins, you will experience a sudden surge in energy and well being. Tapeworms, pinworms and round worms often start to appear in your stools (after 4 to 6 days), physical hunger will fade away. As the cleansing progresses, your mind will become sharper, your memory will improve and your spirit will become more buoyant.

Remember: It is crucial to drink plenty of pure (natural spring, distilled) water thought out the day at least 8 to 10 eight ounce glasses. Water is crucial for not only flushing out toxins, but maintaining the metabolic machinery of your cells and tissues in proper working conditions.

Herbal Laxative:

Each evening you can drink an herbal laxative tea to help with elimination, do this right before bed time.

GOING OFF LEMONADE FAST

Creator of the Master Cleanse Burroughs recommends a minimum of 10 days on this. You can safely do 40 days or more.

3 DAYS OR LESS

To conclude your fast, drink fresh orange or apple juice. When you are ready, add organic brown rice slowly into your diet.

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7-10 DAYS

Second Day: Drink several 8 oz. [1/4 liter] glasses of orange juice during the day -- with extra water, if needed. In the evening make a vegetable broth (no canned soup). Use seasonal leafy and root vegetables such as: beets and beet tops, turnips and turnip greens, kale, carrots, onions, parsley, celery, potatoes, okra, one or two kinds of legumes, squash, beans, a little salt, cayenne pepper and dehydrated vegetables or veg. powder may be added for flavor (no MSG or hydrolyzed protein). Cook lightly. Drink the broth, eating only a few bites of the vegetables.

Third Day: Orange juice in the morning. At noon have some more soup with some of the vegetables. No meat, fish, eggs, bread, pastries, tea, milk, or coffee. For Dinner, have the vegetables in the soup. When you are ready, add organic brown rice slowly into your diet.

10 DAYS or more

First Day: Start with 4 oz. [1/8 liter] fresh squeezed orange juice mixed with 4 oz. water. If it goes well, drink several more 8 oz. [1/4 liter] glasses of fresh orange juice during the day. Sip slowly. Dilute with water if needed.

Second Day: Drink several 8 oz. [1/4 liter] glasses of orange juice during the day -- with extra water, if needed. In the evening make a vegetable broth (no canned soup). Use seasonal leafy and root vegetables such as: beets and beet tops, turnips and turnip greens, kale, carrots, onions, parsley, celery, potatoes, okra, one or two kinds of legumes, squash, beans, a little salt, cayenne pepper and dehydrated vegetables or veg. powder may be added for flavor (no MSG or hydrolyzed protein). Cook lightly. Drink the broth, eating only a few bites of the vegetables.

Third Day: Orange juice in the morning. At noon have some more soup with some of the vegetables. No meat, fish, eggs, bread, pastries, tea, milk, or coffee. For Dinner, have the vegetables in the soup.

Fourth Day: Orange juice or lemon and maple syrup in the morning. Fruits, vegetables, seeds, nuts for lunch. Salad or fruit for dinner.

Fifth Day: Eat normally but no junk food, dairy, tea, coffee, white flour or white rice, heavy animal proteins. If, after eating is resumed, distress or gas occurs, go back to the lemonade diet for a few days until the system is ready for food.