
Drinking Your Sustenance

The Master Cleanse is Not Just For 'Weight Loss Programs'

Many have heard of the 'Master Cleanse' drink, usually utilized when cleansing the body, however there are many who drink it all the time, as it has all the nutrients the body needs to sustain itself. All solid foods are broken down into liquids before the body can utilize any nutrients or anything of value from it. Thus, it is logical to simply put sustenance inside your body in the form of liquid in the first place. By doing so, it is less taxing on the digestive organs, as 35% of the bodies energy is utilized when digesting solid foods. This is why it is advised NOT to swim after eating. Drinking your sustenance does not deplete the body of its energy. In fact it offers instantaneous nutrients and instantaneous energy. The drink commonly called the 'Master Cleanse' has important, life sustaining ingredients. In the below article we will share those ingredients and their benefits and instructions to make the 'Master Cleanse' yourself. The following report is done by *Hamatiel*.



THE LEMONADE DIET/MASTER CLEANSE

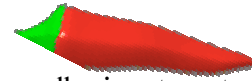
The healing benefit of the elements in the lemon, cayenne pepper and the maple syrup working together are as follows:

- It contains 49% potassium, which strengthens and energizes the heart, stimulates and builds the kidneys and adrenal glands.
- Oxygen, which builds vitality.
- Carbon acts as a motor stimulant.
- Hydrogen activates the sensory nervous system.
- Calcium strengthens and builds the lungs.
- Phosphorus knits the bones, stimulates and builds the brain for clearer thinking.
- Sodium encourages tissue building.
- Magnesium acts as a blood alkalizer.
- Iron builds the red corpuscles to rapidly correct the most common forms of anemia.
- Chlorine cleanses the blood plasma.
- Silicon aids the thyroid for deeper breathing.

The Lemon is the natural cleansing agent for the body and the natural iron, copper, calcium, carbon, and hydrogen found in the Grade B Maple Syrup, which acts as a natural sweetener, supplies more building and cleansing material. It truly is a perfect combination for cleansing, eliminating, healing, and building. The Cayenne pepper has an expanded list of cross benefits to the body and is nicknamed the 'prince' amongst all other herbs. The following is a complete nutritional breakdown of **one tablespoon of Cayenne pepper**. DV = Daily Value:

Calories	17 kcal
Vitamin A	2185 IU (44% DV)
Vitamin C	4.0 mg (7% DV)
Vitamin E	1.6 mg (8% DV)
Niacin	0.5 mg (2% DV)
Vitamin B6	0.1 mg (6% DV)
Calcium, Ca	7.8 mg (1% DV)
Iron, Fe	0.4 mg (2% DV)
Magnesium, Mg	8.0 mg (2% DV)
Phosphorus, P	15.4 mg (2% DV)
Potassium, K	106 mg (3% DV)
Sodium, Na	1.6 mg (1% DV)
Zinc, Zn	0.1 mg (1% DV)
Copper	0.0 mg (1% DV)
Manganese	0.1 mg (5% DV)
Selenium	0.5 mcg (1% DV)

Health Benefits of Cayenne Pepper



1. Cayenne Pepper and the Heart

Cayenne pepper removes the plaque adhering to arteries and cleans them. You can help a person from suffering from a heart attack by giving him cayenne pepper in a cup of water. It supplies vital nutrients to the heart, raises the body temperature, improves blood circulation by thinning the blood, removes toxins from the blood and rebuilds blood cells.

2. Cayenne Pepper and Hypertension

Cayenne pepper helps to make blood pressure levels normal. It regulates the flow of blood from the head to the foot and equalizes blood pressure. It also equalizes blood pressure in the arteries and veins instantly. It removes blockages present in the arteries and thus, improves the flow of blood. Since cayenne pepper reduces the risk of atherosclerosis, it simultaneously lowers the risk of hypertension.

3. Cayenne Pepper and Cancer

The capsaicin in cayenne pepper has the ability to kill cancer cells. Cayenne pepper can therefore help in the treatment of leukemia and cancers of the lungs, pancreas and prostate gland. Research shows that capsaicin causes cancer cells to kill themselves in a process known as apoptosis.

4. Cholesterol Levels and Cayenne Pepper

Cayenne pepper rids the body of LDL (bad) cholesterol.

5. Digestive Problems and Cayenne Pepper

Although cayenne pepper is spicy, it heals stomach and intestinal ulcers. It improves digestion by stimulating the peristaltic movement of the intestines. It heals digestive problems such as abdominal cramps, acidity and gas. It also helps in the excretion of urine and feces.

6. Relief from Arthritic Pain

The capsaicin present in cayenne pepper works on the sensory nerves and relieves pain caused by rheumatism and arthritis.

7. Cayenne Pepper and Infections

Cayenne pepper has anti-fungal properties and can help you fight fungal infections. It's useful in treating respiratory infections such as sore throats.

8. Other Benefits

Cayenne pepper has thermo-genic properties and putting it in shoes and socks is effective in preventing frost-bite in extremely cold weather. Putting cayenne pepper powder directly into a bleeding wound can stop it from bleeding and will help the wound to heal without a scar or with a minimal scar formation. Cayenne pepper helps in controlling allergic reactions, cures heartburn, headaches and colds, and sore throats caused by scarlet fever. It provides relief from toothache, treats snake bites, reduces fever and migraines, prevents and treats blood clots and stimulates the appetite. It also helps you to lose weight.

HOW TO MAKE THE LEMONADE DIET?

2 Table spoons lemon or limejuice (approx. ½ lemon)
2 Tablespoons genuine maple syrup (Not maple flavored sugar syrup)
1/10 Teaspoon cayenne pepper (red pepper) or to taste
8 oz water, room temperature
Combine the juice, maple syrup, and cayenne pepper in a 10 oz glass jar w/lid and fill with the water.
Shake it up and drink. (Cold water may be used if preferred.)
Use fresh (organic) lemons or limes only, never canned lemon or limejuice nor frozen lemonade or frozen juice.



Suggestion:

Use an 8oz measuring cup.
8 ounces of lemon juice
8 ounces of maple syrup
64 ounces of purified water
2 or 3 cayenne pepper capsules or tablespoons.
A pitcher that can hold at least 80 ounces

The following instructions are how to begin the cleanse and end the cleanse for those who wish to only utilize it for periodic cleansing, which we suggest you do at least 4 times a year:

Original Text By: Stanley Burroughs

THE MASTER CLEANSE OR LEMONADE DIET

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 condition. The diet may be undertaken more frequently for serious conditions.

HOW MUCH DOES ONE DRINK?

Take from six to twelve glasses of the lemonade daily during the waking period. As you get hungry just have another glass of lemonade. **NO OTHER FOOD SHOULD BE TAKEN DURING THE FULL PERIOD OF THE DIET.** As this is a complete balance of minerals and vitamins, one does not suffer the pangs of hunger. Do not use vitamin pills.

A LAXATIVE HERB TEA is found to be the best helper for most persons. It is a good practice to take a good laxative herb tea right from the beginning- the last thing at night and first thing in the morning. There are several good laxative teas. They are best taken in a liquid form. Buy them in your health food store.

ANOTHER CLEANSING AID: INTERNAL SALT WATER BATHING. As it is necessary to bathe the outside of our bodies, so it is with the inside. Do not take enemas or colonics at any time during the cleansing diet or afterwards. They are unnecessary and can be extremely harmful. There is a much superior method of cleansing the colonic tract without the harmful effects of customary colonics and enemas. This method will cleanse the entire digestive tract while the colonics and enemas will only reach the colon or a small part of it. Colonics can be expensive while our salt-water method is not.

HOW TO BREAK THE LEMONADE DIET

Coming off the lemonade diet properly is highly important- please follow the directions very carefully. After living in a semi-tropical and tropical climate for many years, I find that people have increasingly turned to a raw fruit, nut, and vegetable diet. Following is the schedule for people who normally follow such a natural vegetarian diet:

FIRST AND SECOND DAY AFTER DIET:

Several 8 oz. Glasses of fresh orange juice as desired during the day. The orange juice prepares the digestive system to properly digest and assimilate regular food. Drink it slowly. If there has been any digestive difficulty prior to or during the change over, extra water may be taken with the orange juice.

THIRD DAY:

Orange juice in the morning. Raw fruit for lunch. Fruit or raw vegetable salad at night. You are now ready to eat normally.

For those who have characteristically lived the unnatural way of meat, milk, refined and devitalized food, it may be best to change over as follows, gradually adopting the raw fruit, nut, and vegetable diet:

FIRST DAY:

Several 8 oz. Glasses of fresh orange juice as desired during the day. Drink it slowly.

SECOND DAY:

Drink several 8 oz. Glasses of orange juice during the day- with extra water, if needed. Some time during the afternoon, prepare a vegetable soup (no canned soup) as follows:

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. Have this soup for the evening meal using the broth mostly, although some of the vegetables may be eaten. Rye wafers may be eaten sparingly with the soup, but no bread or crackers.

THIRD DAY:

Drink orange juice in the morning. At noon have more soup: enough may be made the night before and put in the refrigerator. For the evening meal eat whatever is desired in the form of vegetables, salads, or fruit. No meat, fish, or eggs; no bread, pastries, tea coffee, or milk. Milk is highly mucus forming and tends to develop toxins throughout the body. (Milk, being a predigested food, has been known to cause various complications in the stomach and colon, such as cramps and convulsions. The calcium in milk is difficult to assimilate and may cause toxins in the form of rheumatic fever, arthritis, neuritis, and bursitis. The resulting lack of proper digestion and assimilation of the calcium allows it to go into the blood stream in a free form and it is deposited in the tissues, cells, and joints where it can cause intense pain and suffering).

FOURTH DAY:

Normal eating may be resumed, but best health will be retained if the morning meal consists of our type of lemonade or fruit juice: and, of course, if a strictly fruit, vegetable, seed and berry diet is followed. If, after eating is resumed, distress or gas occurs, it is suggested that the lemonade diet be continued for several more days until the system is ready for food.