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Welcome! Here you'll find the famous master of cleanse of the frequently asked questions of 2019 - 36 common questions and answers to your most burning questions about he's a master of cleanse diet. But first, people want to know if Master Cleanse is safe and if it has enough calories and nutrition (more below). And, one thing you should know is that it is a good idea to consult your doctor before performing a cleanse. Is the master of cleaning the diet safe? Is it safe? Yes, if you do it right. Just follow the instructions on this site and you'll be fine. The lemon juice and maple syrup used in making the Master Cleanse elixir gives you the necessary nutrients that your body needs to get you through the day. This is an extremely low-calorie diet that helps your body burn extra calories and give you extra energy... which leads to weight loss. With this cleanse the metabolic rate slows down and you may feel a little cold at times. There is cayenne pepper out there to help speed up your metabolism, which burns more calories as well. It is highly recommended to follow the direction and not to deviate from your Master Cleanse diet. You should not cheat and eat foods that are out of the diet. You may find some alternatives to some of the ingredients associated with the diet. They are listed on this site. How about prescription drugs and master cleanse? Some people wonder if their prescription drugs will prevent them from being cleaned up. The best advice for this is to consult your doctor before doing the cleanse. We do not recommend taking any medications during cleansing because your system will be very sensitive. Your body will have no way of diluting or absorbing the drug and you may experience abdominal pain. Your prescription medication can be a little difficult for your body to deal with. One person took heart pressure medication and did a cleanse. A few days later he took his normal dosage and actually passed out. His body was so corrected that his medication had an adverse effect. As a result, he claimed that he did not even need these medications after he had done the cleansing. Should I talk to my doctor before performing a cleanse? Yes, that's a good idea. This is especially important if you are experiencing any health problems or taking medication. Should women do a master cleanse while menstruating? Again, each person's body is different and will react in its own unique way to master cleanse. If you are someone who has complications during your menstrual cycle or if you are anemic, talk to your doctor before you do it. Can I work while I do the master cleanse? Absolutely! I found that I had a lot of energy, especially around the third day of my cleansing. I rode my bike and worked to help burn some of that energy. Just listen to your own body, it will really lead you. Just Just to what he's telling you. Can children join the Master Cleanse? No. You can't let the kids do this. They are still in the development stage of their lives. It's just for adults. How can I endure a complete cleansing diet even when I feel terrible? You can get to the point where you ask yourself: How will I continue when I feel so awful?. It's a legitimate question. What you have to do is take it for a minute at a time. It depends on how your body handles it and your past diets. This is what determines the amount of toxins you have in your body. Toxins accumulate over the years. Once you start your master cleanse you will see your body starts to clear the toxins out. Testing this process can be painful. Some people are more toxic than other people and they may take longer to get these toxins cleaned. On the first day of my cleansing, it wasn't that bad. However, the next two days were pretty rough. I felt like quitting smoking, but I was thinking about my wife and how serious it was and how she had already done it, so I hung in there. I remembered her going through rough spots and after I did it through the second day I felt better. There are highs and lows as you go through this process. I was inspired by my wife, although there were times when I wanted to give up. It helps if you can find something that gives you a bit of inspiration, something that keeps telling you it's a temporary thing and it loads with benefits if you just go through it. Every day of purification you gain mental strength. You will soon realize that Master Cleanse actually reboots your system back to your optimal health along with your mental state. If I have vices, how smoking or drinking alcohol will matter? Me and my wife love our coffee, but don't think it's a good idea doing a Master Cleanse. If you need a caffeine fix it is best to get it from something like mint tea. Look at it this way - if you fail to pull yourself away from these vices you are only fooling yourself. You have to be strong for 10 days of cleansing, and then you probably don't even want these things anymore. Can I do a master cleanse diet for 5 days instead of 10? Some people want to know if they can make half a day that is 5, and still get some benefits. The answer is YES! However, your body will not receive the maximum benefit as it would if you went all ten days. Be tough, hang in there, and reap the rewards! Can we do the cleanse for longer than 10 days? The answer is yes. You have to let your body guide you. Some people go 15 days, others 20, and some 25 or 30. It's really up to every single person. believe that a 10-day system works for us. Just listen to your body and make that decision yourself. How will I know when I'm done? If you have completed the full 10 days, then CONGRATULATIONS to you! You'll see some signs that immediately tell you that it was a success as more energy, pink tongue, craving for healthy food, and disease disappeared. You always have the option to do it again, but you have to give your body enough time to recover before deciding it again. How often does someone have to do a cleansing? Me and my wife do a cleanse once a year. We know other people who prefer twice a year, and there are even those who do it quarterly. Some people who do this once a year exceed the recommended 10 days and go as long as 30 days. It's very extreme and we're just saying it's up to you. Everyone should listen to their body and cleanse accordingly. How much weight can I lose? All are different, so the results of the master's purification can vary from person to person. Each body will react differently than the other. Me and my wife lost quite a bit of weight when we went through cleansing. Once we finished, we found that we only craved foods that were natural and healthy, which helped continue our new weight. In the end we gained a bit of weight, but he wasn't fat. Will the weight I lose come back? It depends on you and your body type. If you have dropped a significant amount of weight you will be able to maintain it by eating healthy and exercising. No matter how much weight you gain back most often will increase the water. It's not much and the people who went through the cleanse are still pretty thin and have lost the desire to eat processed foods. The answer is YES. It will slow down while your do master cleanse and your hands may feel cold or you may feel cold yourself. This is normal, however, and Cayenne pepper will counteract slowing your metabolism while it boosts its backup and burns the calories that are available. Cayenne targets stored fat calories, and when it burns them you lose weight. Will the master clean up the care with diabetes? We can't stand by this, but there have been reports of people being cured of diabetes after a master cleanse. The main thing if you have diabetes is to consult your doctor first before going through a cleanse. Master cleanse greatly affects the way sugars in the body are processed. You should have your doctor nearby in case any adverse reactions happen during the cleansing. Will it clear Cure Headaches? It's hard to say. Everyone reacts differently and depends in their own unique way. As for our experience, the answer is YES. We used to suffer from migraines, but they stopped after we did Master Cleanse. We also know other people who have experienced the same thing, and have even received relief from things like arthritis and other diseases. What should my bowel movements look like during cleansing? The theme is a bit gross, but very necessary. You can find clues that let you know if your your Cleansing goes right. When you first start you may notice small chunky things in the chair. Don't worry, that's fine. Over time and you continue to clean the chair will take a lighter color and there will be less body to it. It's actually an indicator that your gut is cleared. A clean colon is paramount to good health. Some people know that and some don't. a lot of people just don't eat right. Diets high in processed and refined foods are much more likely to get their intestinal cake walls up and block the absorption of essential nutrients. Your bowel walls can cake and foul materials will be poisoning your system. Many diseases are the result of this accumulation in the intestines. You can minimize the risk of disease by ridding yourself of these build-ups with a master cleanse. Does the kind of laxative I use matter? Yes, it is. You should really use the laxative that the master cleanse offers. This will give you the most benefits. Some of the alternative laxatives can cause some adverse reactions. Is there a kit n can buy that has everything I need? Yes. In fact, there are many of them. Just make sure that the one you get is organic, it will be much better for your body. You can find many good and complete kits on Amazon, make sure to read the reviews before you buy a master cleanse kit. Does my kit matter to be organic or inorganic? Yes, it's important. You want to have maple syrup, lemons and cayenne in the mixture. They should not be contaminated with any form of chemicals. Using organic ingredients is the best thing for your body and cleanse. How many lemons should I use every day? This number can vary. It depends on what kind of lemons you use. We like to use small lemons 'Meyers' and it takes about three to four a day. If you use a larger kind of lemon it can only take a couple a day. The goal is to get 12 tablespoons a day if you use a 60 ounce elixir recipe. One serving requires only 2 tablespoons. Fresh ingredients or juice from concentrate? Stay away from everything that is processed or improved. No concentrate. Use only fresh ingredients for your cleansing. Organic is always better. How to find the best lemons for my cleansing? Having good lemons is important. You don't want to have lemons that contain too much acidity. You also don't want them to be more bitter than they should be. It depends on your preferences, but most people prefer lemon, which is mild and has low acidity. That's why a lot of people like Meyer lemons. They have a sweet and carry low acidity. Meyer lemons are hybrids and consist of tangerine oranges. That's why they are much more attractive to many people. What kind of maple syrup should I get? What type of maple syrup should be used to master the cleanse? Grade A or Class B B As enough for a master cleanse. Both work very well. Recommended Class B. There are maple syrup sammers you can use to find what you like. You are going to be tasting it for 10 full days, so make sure this is what you like. Below is some information about the class system, color, taste and more. This information is aimed at helping anyone who is considering a Master Cleanse and should know what class and color of maple syrup to use. Maple syrup varieties. Where can you get a grade or Grade B maple syrup? You can find them in most of any health food stores. You can also find them on Amazon. A simple internet search will put you on the right track. What alternative should I need maple syrup? Well, there are a few, but Class A and Class B maple syrup work best. They give you the calories and nutrients you need as you go through the cleansing process. If you really need an alternative, then can juice and molasses are a good choice. Why is cayenne pepper used? Cayenne is a crucial element of Master Cleanse. This speeds up the metabolism in your body and give you the nutrients you need for your body as it goes through cleansing. It suppresses your hunger as well. How to make the salt water flush you want to start your day by drinking a salt water flush when you get up. Just follow these directions - 1 quart of warm water (good luck warm) 2 teaspoons of un-iodized sea salt Drink one quart of this salty-water flush in the morning. Do I have any alternatives that salt water flush? At the moment we really don't know any. If you follow the suggested recipe you body is going to get a lot of great benefits and be able to get rid of the many toxins that your body keeps on the gastrointestinal tract. When we did it the first time my wife really struggled to drink it down and he actually came back. She finally ended up taking it through the day and overcame it. Now she is going through all 10 days of salt water flushing when we perform our annual Master Cleanse. Master Cleanse Instructions (Recipe, Ingredients and Directions) Here are daily and nightly instructions for your master cleanse. Start it with a salty water flush followed by consuming your master cleanse mixture. Drink plenty of water. Drink laxative tea at night. Here are the ingredients - In the morning drink: 1 quart of salt water Flush Laxative 1 quart of warm water 2 teaspoons un-iodized sea salt through the day to drink 60 ounces of lemonade concoction. You can find a master cleanse (60 ounce) lemonade mix recipe for the whole day below. You can drink all the water you want to help you feel full. Cayenne pepper will help Appetite and contains a modest amount of vitamins B and C. Use more if you like. Drink some herbal laxative tea at night. If he has a senna sheet he should work pretty pretty A smooth movement is recommended. Recipe Lemonade Sprinkle it (makes 6 servings) - 60 Ounces - Filtered water 12 tablespoons - Organic maple syrup 12 tablespoons - fresh compressed lemon 1/2 teaspoon - Cayenne Pepper Powder It can be a difficult process, but going through a master cleanse can change your life. Again, it is always best to consult your doctor before going through a cleanse. Get step by step, picture after picture master to clear the instructions here, which ingredients are the best? This recipe is pretty simple and it is the quality of your ingredients that should take precedence. There are things to consider like the acidity of lemons and the bitterness of the taste of your concoctions. You can learn a lot about different types of maple syrups and what their varieties mean and their nutrient content. Class A or B is strongly recommended for this cleanse because they contain the naked nutrients that are needed for successful cleansing. Does the kind of water I use matter? Will tap water work? It absolutely matters what kind of water you use. We would like to use spring water. It has all the minerals your body needs. Some people prefer light mineral water or alkaline water. It is better to stay away from tap water. The water that is distilled lacks the minerals you need, and can actually drain the minerals you have left. Always avoid tap water, it is loaded with chemicals and has a lot of contaminants. What alternative ingredients can I use? Well, there are some like - Lemons - If you don't like lemons you can try limes. The closer to the original recipe, the better. Maple syrup - You can replace molasses or canary juice for maple syrup. They give you the nutrients and calories you need. Molasses and Juice Cane have proven to be excellent replacements for getting through Master Cleanse. Do not try to use any other alternative sweeteners because they will not contain the necessary calories and nutrients to cleanse. Cayenne Pepper - Make sure you stick to Cayenne because it's the best. There are some alternative peppers you can use though that will still give you the necessary nutrients for your cleansing. You'll have to do some research on it to see what options you have, but if you can just stay with Cayenne. Salt - To cleanse should use either sea salt, or not iodized salt. Do not use iodized salt, should not be refined salt or table salts. Slacking - I want to stress strongly that you use what is offered, which is a salt water flush and a smooth stroke (senna leaf tea), a few alternatives that bentonite and psyllium. Psyllium is a hefty fiber that you grind into powder and mix with the drink. Bentonite is actually clay and it removes toxins from the intestines. Using a combination of both of them makes real real Laxative. You can also use them separately. I recommend following Master Cleanse's instructions to the letter. What should I expect as far as my body is concerned until I go through the master cleanse? As I said, everyone will have a different experience. In general, you will see your body go through waves of pain and euphoria. The first couple of days seem to be the most difficult for most people. Your body is going to expel a lot of dark materials when you have bowel movements and you can see your tongue over gray or whitish. Don't panic because it's normal. While your body continues the cleansing process you are defecating are going to get lighter in color. They will have a smaller body and your tongue is going to change to pink, which is an indicator that you have health and an updated system. What should I expect after I finish master Cleanse? Once you have reached the end of your 10-day cleansing you should feel completely rejuvenated. You have to find yourself cravings of natural and healthy food and be full of energy. If there used to be any ailments, you can see that they no longer exist. You had to lose weight and your tongue should be a nice shade of pink. You want your body to adapt to eating solid food slowly. Start by drinking tomato juice or orange juice and eating fresh vegetables. Don't start right away by eating a full meal, because your body will probably reject it. You have to lighten your body back into the swing of things. The final word when it comes to doing a Master cleanse of your best choice is to follow the instructions exactly as they are laid out. If you do this, you will get the best Master Cleanse experience has to offer and you will take the time glad you did it. This will help you lose weight, get more energy, and rid your body of all the toxins that are unhealthy and keep you from working at maximum power. Once you get through your first master cleanse you want to make it a regular part of your life. It can be an annual or semi-annual or quarterly event, depending on you and your body. -Christina If you have any questions about the master cleanse diet, you can contact me here. In here.

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