

The Master Cleanse

(10 - 40 days)

Ingredients:	8 oz of filtered water 2 Tbsp juiced organic lemon and lime 1 Tbsp organic maple syrup 1/10 Tsp organic cayenne pepper
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Master Cleanse	6 to 12 glasses of the cleanse per day. Drink filtered water as needed.
Echinacea	2 tbsp - full mug of boiling water - wait until it cools
LB # 1	As many LB 1 as needed every night.

Breaking the Cleanse

Day 1	Several 8oz glasses of fresh juiced oranges. Drink slowly throughout the day.
Day 2	Several 8 oz glasses of fresh juiced orange during the day. Vegetable soup for evening meal. Mostly broth.
Day 3	Drink orange juice in the morning. Soup for lunch. Dinner can be any vegetables (no dairy, grains, meats, or processed foods).
Day 4	Normal eating can resume.