

The Master Cleanse

1) This liver cleanse is optional but recommended before starting:

In a blender mix:

One cup organic apple juice

A medium juiced organic lemon

Strain the liquid, then add $\frac{1}{4}$ cup extra virgin olive oil

Drink this, then follow with:

2) 16oz pure water with 1 tsp sea salt and 1 tsp magnesium powder

3) Then drink one glass of the following every 1 $\frac{1}{2}$ hours for the rest of the day:

60oz filtered or bottled water (or 10oz water)

12 Tbs (3/4 cup) grade B maple syrup (or 2 Tbs)

12 Tbs (3/4 cup) freshly squeezed organic lemon juice (or 2 Tbs)

$\frac{1}{2}$ tsp cayenne pepper (or 1 pinch)

The decision to continue this cleanse is made on a day to day basis. If you feel better as you go, then keep going for two to five days total. The day you decide to end the cleanse, start eating vegetables (steamed or vegetable broth). Then you may add grains. Avoid meat until the following day.