

# The Master Cleanse

## First Part= LIVER CLEANSE

In a blender mix:

One cup organic apple juice and

A medium organic lemon (yes, the whole lemon, rind and all)

Then strain the liquid, and add 1/8 cup extra virgin olive oil

Drink this mixture as your first liquid in the morning. Wait 20 minutes, then go to the second part.

## Second Part= INTESTINAL CLEANSE

Take 8oz of pure water and add 1 tsp of sea salt, drink it down fairly quickly.

Wait 20 minutes, then go to the third part.

## Third Part= TISSUE CLEANSE

Prepare your full day of supply by mixing:

60oz filtered or bottled water

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

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

1/2 tsp cayenne pepper

Then drink one glass (8oz) every 1 1/2 hours for the rest of the day

Do not eat any food during this cleanse.

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.