

## *Master Blood Cleanse - Lemon Drink & Salt Water Flush*

2 Tablespoons **Fresh Organic Squeezed Lemon** or Lime Juice (1/2 Lemon)  
2 Tablespoons **Organic Maple Syrup** (Darker the Better-Grade B or C)  
1/10 Teaspoon (Small Pinch) **Cayenne Pepper** (Gradually Increase)  
10-14 oz **Room Temperature Pure Water** in 10 oz Glass

Mix all the ingredients by thoroughly stirring or shaking, and drink. Or, in two 1-liter bottles: Juice of 3 lemons, divided equally between the two bottles (3 oz per bottle). An equal quantity of grade B or C maple syrup in each bottle (about 3 oz per bottle). A pinch of cayenne in each bottle of Spring or Purified Water (fill bottles to the top). Mix all the ingredients by thoroughly shaking; then drink throughout the day. Use Fresh Lemons or Limes only, never canned or frozen lemon juice. Use organic and vine ripened when possible. Also, mix your lemonade fresh just before drinking. Don't mix it up in the morning for the whole day. You can, however, squeeze your lemons in the morning and measure out the 2 tablespoons when needed.

Drink the lemonade mix every 1 to 2 hours. Take no other food, but do be sure to drink plenty of purified water in addition to the lemonade drink. Drink as much of this lemonade as you want, but make sure that you Daily Drink at least 12 (8 oz) Glasses (96 oz). The lemonade contains all the vitamins and minerals you need. This can be combined with supplements for colon cleansing such as Bentonite or Psyllium Seeds. Bentonite is the only product known to remove plaque from the walls of the intestine and colon. The plaque in your stool will look like egg shells on the outside of the bentonite "gel." Bentonite works most effectively when the colon is empty of food. It grabs the plaque, which has been loosened by the lemon juice and the resting/fasting process. The Salt Water Enema pushes out the bentonite gel and the plaque and debris that is stuck to it and in it. The salt water further cleanses the walls as it passes through, resulting in shiny clean walls.

You don't have to start your fast on the morning of the first day. You can Begin Later in the Day, even if you've already eaten. Once you begin, however, eat nothing more while you're on the fast.

### *Salt Water Flush*

Drink an Oral Salt Water Enema upon arising. To do this, add 2 Level Teaspoons of Uniodized Sea Salt to a quart of Lukewarm Water (the one-quart juice bottles in which most organic juices come work very well). Shake well, and then drink the Entire Quart. It's also good to massage the colon as well. Make sure you use uniodized sea salt; regular or iodized salt will not have the same beneficial effect. This oral enema will flush out your entire digestive tract and colon from top to bottom, usually within an hour, prompting you to eliminate several times, clearing out the plaque and debris from the walls, and the parasites that have been living there.

### *Herbal Tea Evening Laxative*

Each evening you can drink an Herbal Laxative Tea to help with elimination, do this right before bedtime.

**It is recommended to do a Minimum of 10 Days on this. You can safely do 40 Days or More.**

### *Breaking the Master Cleanse Lemon Drink Fast*

**First Day:** Start with 4 oz. Fresh Squeezed Orange Juice mixed with 4 oz. Water. If it goes well, drink several more 8 oz. glasses of fresh orange juice during the day. Sip slowly. Dilute with water if needed.

**Second Day:** Drink several 8 oz. Glasses of Orange Juice during the day - with extra water, if needed. In the evening make a Vegetable Broth (no canned soup). Use seasonal leafy and root vegetables such as: beets and beet tops, turnips and turnip greens, kale, carrots, onions, parsley, celery, potatoes, okra, one-two cups of legumes, squash, beans, a little salt, cayenne pepper and dehydrated vegetables or veggie powder may be added for flavor (no MSG or hydrolyzed protein). Cook lightly. Drink the broth, eating only a few bites of the vegetables.

**Third Day:** Orange Juice in the morning. At noon have some more soup with some of the vegetables. No meat, fish, eggs, bread, pastries, tea, milk, or coffee. For Dinner, have the vegetables in the soup.

**Fourth Day:** Orange or Lemon Juice & Maple Syrup in the morning. Fruits, Vegetables, Seeds, Nuts for Lunch and have Salad or Fruit for Dinner.

**Fifth Day:** Eat Normally But No Junk Food, dairy, tea, coffee, white flour or white rice, heavy animal proteins. If, after eating is resumed, distress or gas occurs, go back to lemonade diet for a few days until the system is ready for food. (Excerpt from "Healing for the Age of Enlightenment" by Stanley Burroughs)

