



## MASTER CLEANSE DETOX DIET BASICS

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The following list is intended to help you become familiar with the basic ingredients and instructions of the [Master Cleanse Detox Diet](#).

### Ingredients:

- 10 oz of filtered water
- 2 Tablespoons of organic lemon juice
- 2 Tablespoons of organic grade B maple syrup
- 1/10 Teaspoon ground cayenne pepper

**Instructions:** You can find similar instructions for the Master Cleanse Diet all over the internet, but here are some of the basics to get you started on your own:

It is recommended that you ease-in and ease-out of the master cleanse diet slowly by eating raw fruits and veggies, consuming freshly juiced or blended drinks or organic soups for the first 2 to 3 days and the last 2 to 3 days.

**During this time, prepare.** Prepare your mind, gather all of the necessary ingredients including your *nightly laxative or salt water flush*, and begin documenting your experience.

1. After eating raw foods for the first few days, begin drinking the lemonade diet
2. Make each serving fresh, drink immediately
3. Consume 6-8 servings per day
4. Drink purified water throughout the day to curb hunger
5. Take a nightly laxative or a salt water flush
6. Length of diet: 10 to 45 days
7. Exercise is not encouraged due to low energy

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