

Info obtained from the following website:

<http://mastercleansesecrets.com/step2.php>

When You Cleanse Your Body You'll Undo Years Of Toxic Lifestyle Damage

Simply put, our body is filled with a lot of garbage that it digest and just ends up sitting around. This thick plaque clings to the inside of your intestines, preventing nutrients from being absorbed, and literally choking you off from the inside. Right now, many people are walking around with 20 pounds or more of this dense fecal matter tightly packed to their insides.

This fecal matter is a breeding ground for bacteria, and if you don't remove it you can slowly poison yourself.

It is no wonder that our body has so much of this needless waste considering what we put in it:

- Processed Foods
- Saturated and Trans Fats
- Artificial Sweeteners

and other artificial products that the body simply doesn't know what to do with. Too much of this garbage can have many negative side effects on your health and it is important to help the body to rid itself of this junk.

This is where detoxification comes in, and why you need to cleanse your body.

Doing this will not only make you healthier, it will also lead to increases in energy levels, make you more able to get rid of bad habits, cleanse the body of harmful toxins, and promote weight loss through the increased energy levels and smoother, stronger metabolism rate that will accompany it. Truly, a detoxification diet essentially enables a person and their body a fresh, new start.

Now, the detoxification is just part of the Master Cleanse diet. Let's now take a look at what the Master Cleanse, or Lemonade Diet, is really about.

The Health Benefits of The Master Cleanse

The Master Cleanse or Lemonade Diet as it's also known has been around for about 50 years. Time and time again it has proven to be an extremely successful way of helping to clear the body of harmful toxins and pollutants and to promote general health and wellbeing. That being said, the Lemonade Diet isn't easy and requires dedication. Essentially, the Lemonade Diet is more like a fast. In order to be able to properly detoxify and flush the body, the Lemonade Diet must be followed strictly for 3 to 10 days. (If you're more advanced you can stay on longer, but as I'll describe a little later staying on the Master Cleanse to long comes with some potentially serious health risks.) Don't let that last line scare you, the Lemonade Diet does provide you with all the nutrition you need to stay healthy and get by. But following the Lemonade Diet can be a difficult task, especially when you're watching TV and a juicy cheeseburger pops up on the screen. Avoiding these temptations is critical and requires a strong will and dedication to the diet. If you can make it through the diet you will be extremely proud of doing so and will be able to feel and experience all of the beneficial effects.

The purpose of the Lemonade diet is listed in the following items:

- To dissolve and eliminate toxins and congestion that has formed inside your body.
- To cleanse the kidneys and the digestive system.
- To purify the glands and cells throughout the entire body.

- To eliminate all unusable waste and hardened material in the joints and muscles.
 - To relieve pressure and irritation in the nerves, arteries, and blood vessels.
 - To build a healthy blood stream.
 - To keep youth and skin elasticity regardless of our years.
- What this means is that the lemonade diet can be used by just about anybody who seeks any of the benefits mentioned above. Yes, that means just about everybody. However, the lemonade diet is especially useful for:
- Those with sickness that has developed - for acute and chronic conditions
 - Those with a digestive system that needs a rest and a cleansing.
 - Those in need of better assimilation and building of body tissue.

The diet can be used at any time and is generally recommended to be used a few times a year. In extreme conditions, such as when it is being used to help with certain illnesses, it can be used more frequently. Repeating the diet a few times yearly will do wonders with keeping the body running properly and in a healthy state.