



Detroit Wholistic Center

Master Cleanser



One cleanser that seems to work wonders, and is not very difficult for most people since it gives lots of energy while cleansing, is the Mater Cleanser, better know as the “lemonade diet.” It was the first cleanse I ever did, for ten days, and the experience changed my life.

The Master Cleanse formula is: 2 tablespoons of fresh squeezed lemon or lime juice; 1-2 tablespoons of pure 100% maple syrup; and cayenne pepper to taste, all mixed in eight ounces of water, preferably pure spring water. Drink liberally (from 6-12) glasses throughout the day. You can adjust this slightly to your taste, but most people find this a good balance of flavors-sweet, sour, and spicy.

Lemon is a perfect liver food and a great body cleanser. High in Vitamin C, potassium, and other minerals, lemons are some what astringent, meaning that they contract and tighten tissues, which loosens up and clears toxins from deep tissues and organs. My hypothesis is that lemons are an especially good aid to arthritis sufferers, cleansing the joint spaces. This very cleansing action can cause joint pains, which is why people with arthritis and their doctors may feel it is inappropriate but this irritation will pass, and the joints will feel improved.

The cayenne pepper helps clear the blood and eliminates toxins and mucus, as well as keeps the body warm. The maple syrup is wonderful energy (calories too), and it along with honey, is a primary natural sugar. You may vary the calories and sweetness by using less maple syrup depending on the weight loss you desire, which can be up to two pounds a day, especially with lots of activity. Honey is not acceptable in this drink, as it is congesting in these doses.

Drink Master Cleanser as needed throughout the day, at least six glasses a day. One to two weeks is not too difficult or too long for this cleanse.

It is important for this cleanse to keep the intestines moving daily to clear toxins. Cold-pressed (unrefined and naturally pressed) olive oil, one tablespoon twice daily, is a good nutrient, liver tonic, and intestinal lubricant. For those who don't say “Ech!” a body temperature water or catnip tea enema will help clear the lower bowels. Catnip acts to relax the sphincter muscles and any spasms in the lower intestines. The tea is made by steeping a tablespoon or two of catnip herb in a quart of boiled water, cooling to body temperature, straining, and then mixing with water into the bag.

Excerpt From: Staying Healthy With the Seasons, by Dr. Elson Haas

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The Lemonade Diet or Master Cleanser is a great way to jumpstart a weight loss plan. It works best when combined with an improved diet, colon cleansing and exercise. Many people have lost two pounds per day using the special weight reducing formula while maintaining their energy level and naturally clearing the body of toxins and mucus.

Though this diet can be used for ten days or so, some people just start with a few days and increase the length as they are ready. If you have health conditions or medical conditions blood sugar problems such as diabetes or low blood sugar, you may want to check with your doctor first.

Keys to Successful Weight Loss

1. Healthy diet---less fat, more fresh and vegetables
2. Nutritional supplements--- Herbs that curb appetite, burn fat, increase energy and improve elimination naturally.
3. Exercise
4. Commitment

Ask and learn about special herbs and programs to help you reach you goals,
Utilize healthy recipes, food and support.