



Health Fact Sheet

The Master or Limeade Cleansing Fast

First put together by Stanley Burroughs in 1941, this is a surprisingly simple fast to undertake.

The purpose of a fast is to rest the digestive system and give the body a chance to work on eliminating any stored toxicity. Any fast or cleanse can be transformative, not only at a physical level in your health, but can also bring greater mental clarity and act as the trigger for release of suppressed emotions. It is a little like a major spring clean!

The Master or Limeade Cleanse is very simple to do. Here is what you will need:

Recipe

Limes, or lemons

Grade B or C Maple Syrup (not grade A, or maple-flavoured syrup)

Cayenne Pepper

Filtered or purified water

Per 10 oz glass:

Put 2 tablespoons lemon or lime juice into glass- this needs to be fresh so don't use bottled or frozen lime juice.

Add 2 tablespoons maple syrup, and a pinch of the cayenne pepper

Top up the glass with water

Per Litre:

Put 3 fl oz lime or lemon juice into bottle

Add 3 fl oz maple syrup and pinch of cayenne pepper

Fill with water.

Do not make up more than 2 litres at any one time. This is because the longer it is sitting around the more likely you are to lose the beneficial action of the enzymes in the juice. If you make up 2 litres at a time, only put the water and cayenne pepper in when you come to use it.

It is important you use either Grade B or C maple syrup. This is because they are less processed than Grade A, and as a result retain more of the nutrients that will help you through the fast.

How To Do The Fast

The fast needs to be done for a minimum of 3 days, and can continue for anything up to 40 days! Most people do it for between 5 and 10 days.

Simply make up your juice every morning and sip this every 10 – 15 minutes. **This is very important.** If you do this you will keep your blood sugar stable, and it will help to keep any hunger pangs under control.

You need to drink at least 3 litres of this juice every day.

In addition, you will want to drink filtered water to help flush through toxins.

It is highly recommended that at the same time you take a gentle laxative each night to help loosen and clear out debris from the bowel and flush toxins through.

This can either be in the form of a senna or cascara tea, drunk before bed, or you can buy these in capsule or tablet form. Your local health food store should help you with this.

In addition, it is highly recommended that you do an internal salt water bath for several morning of your fast. This is a yogic technique which cleanses the digestive tract. You could also you an enema or colonics, but they only work on part of the colon, whereas this technique cleanses the entire tract.

Internal Salt Water Bath

2 pints lukewarm water

2 level teaspoons uniodised salt (Himalayan Pink salt, or uniodised sea salt is fine)

Mix together and drink down in its entirety first thing. This must be taken on an empty stomach.

If you have the balance between water and salt correct they have the same specific gravity as the blood and the salt and water will not separate but will pass through the entire digestive tract in about 1 hour, cleansing as it goes. It is likely you will have several bowel movements.

It is usually not recommended that you take this on the first morning of the fast, but it is safe to use as often as wished to wash out the entire digestive tract whilst on the cleanse.

Some Helpful Tips

Fruit or herbal teas can also be drunk during the cleanse.

Liquid supplements can be taken during the cleanse. Capusles and tablets need breaking down, and your digestive tract will not be working to fully accommodate this.

Tap water is full of chemicals, so use filtered water – the purer the better. If you can use alkaline water it will be more beneficial.

You can exercise whilst on the diet, but do not overdo it. Gauge your energy levels and respond accordingly.

It is not unusual to feel cold whilst on the cleanse.

There are enough calories in the juice to sustain the metabolism of an average person – but not too many that it will not help you to lose weight.

If you feel emotional during the cleanse, stick with it. We have emotional toxicity as well as physical toxicity, and the cleanse will help to loosen some of this.

If you feel hungry, drink more of the juice. Don't forget to drink water as well.

The most common reason for people failing at this cleanse is that they forget to sip the juice often enough. If you need to, buy a timer!

Who Should Not Do This Fast

This fast is not for pregnant or nursing women.

In addition, if you have diabetes you should only undertake this fast under the care of a qualified practitioner.

Also it is not recommended for children, or anyone convalescent from a serious illness.

If you have any doubts, please consult your doctor before commencing on this fast.