



## The Limeade Cleanse

When our car's engine is dirty and clogged up, it has no pep or getup-and-go. You can put in the very best gasoline and oil, but the speed and performance just isn't there. The sensible and logical thing to do is to take the car into the mechanic and have the engine cleansed of the buildup and carbon and to get a tune-up. After that is done, what happens? The car seems like new again and has better performance.

Just as we take our cars into the shop to clean the engine and get a tune-up, so do our bodies need to be cleansed and tuned-up.

Our bodies have accumulated toxins and need maintenance just like a car; especially with all of the environment toxins and processed foods now days. When the cells, of which you have millions, are clogged up with acid, sugar, mucus, toxins, etc., you may have no pep, a poor complexion, dull eyes, suffer from aches and pains, or be nervous and irritable. You could be carrying around toxic waste that has been with you for years that is robbing you of your vitality.

This is your sacred time for healing and cleansing, and should be seen as a time of regeneration and rejuvenation. If you decided that this fast is appropriate for you, I would recommend doing it for a MINIMUM of 3 days, but it is best if done for 10 days to get full benefit.

*As with any new changes to your health or body, please consult your doctor or health practitioner to make sure that this cleanse is appropriate for you and your health needs. I encourage you to be a smart consumer and do your research. Having said that, this fast is the #1 fast that I know of that is recommended by doctors that I know.*

### SHOPPING LIST FOR LIMEADE FAST

- Limes (or lemons)
- Cayenne pepper
- Grade B maple syrup
- Filtered or purified water
- Uniodized sea salt\*
- Herbal laxative tea with senna and/or cascara in it\*

\* optional

*Organic ingredients whenever possible*

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## How to Make your Limeade Drink:

FRESH squeezed Lemon or lime juice (organic, if possible)  
Genuine organic maple syrup, Grade B (the darker the better)  
Cayenne pepper  
Spring or Filtered Water

To make a 10 Ounce Glass:

- 2 tablespoons fresh Lemon or lime juice (absolutely no canned or frozen juice).
- 2 tablespoons grade B or C maple syrup (Don't use Grade A maple syrup or maple-flavored syrup. They are over-refined, which means that they are mostly refined sugars and lack essential minerals.)
- A small pinch of cayenne pepper (to taste)
- Spring or filtered water, between room temperature and medium hot (but not cold) – fill to 1/4 liter (8 oz).

To make 2 – One Liter Bottles:

- Juice of 3 Limes, divided equally between the two bottles (3 oz per bottle)
- An equal quantity of grade B or C maple syrup in each bottle (3 oz per bottle)
- A pinch of cayenne in each bottle
- Spring or filtered water (fill bottles to the top)

*Mix all the ingredients by thoroughly stirring or shaking, and drink.*

*Use fresh Limes or limes only, never canned or frozen Lime juice. Use organic and vine ripened when possible. Also, mix your Limeade fresh just before drinking. Don't mix it up for more than 2 liters at a time. You can, however, squeeze your Limes in the morning and use them as needed throughout the day.*

## Limeade Drink:

You must take a sip of the limeade at least every 15 minutes while awake! This is very important to keep your blood sugar stable. Drink as much of this Limeade as you want, but make sure that you drink at least twelve 1/4 liter (8 oz) glasses per day. Eat no other food during cleanse, but do be sure to drink plenty of purified water in addition to the Limeade drink. The Limeade contains all the vitamins and minerals you will need during the cleanse.

## Herbal Laxative:

Each evening you can drink an herbal laxative tea with senna and/or cascara in it to help with elimination, do this right before bed time.

## Internal Salt Water Bath:

This is an ancient yogic technique and can be done every morning of your fast. This is optional but highly recommended, The instructions are down below

## GOING OFF LIMEADE FAST

Your body is not used to having solid food in it, so start with very simple foods that are easy to digest, such as a protein shake, or some lightly steamed veggies or veggie juice.

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### **About the Fast**

The Lime is a loosening and cleansing agent and has many important building factors. The elements in the lime and/or lemon and the maple syrup work synergistically together.

The natural iron, copper, calcium, carbon, and hydrogen found in the organic syrup supplies building block raw material for cleansing and tissue renewal. Its 49% potassium strengthens and energizes the heart, stimulates and builds the kidneys and adrenal glands. Its oxygen builds vitality. Its carbon acts as a motor stimulant. Its hydrogen activates the sensory nervous system. Its calcium strengthens and builds the lungs. Its phosphorus knits the bones, stimulates and builds the brain for clearer thinking. Its sodium encourages tissue building. Its magnesium acts as a blood alkalizer. Its iron builds the red corpuscles to help with the most common forms of anemia. Its chlorine cleanses the blood plasma. Its silicon aids the thyroid for balancing. There are many, many more benefits of these ingredients as well.

During this cleansing process some weakness or stirring up of feelings may occur. It's like stirring up the bottom of a pot of soup when everything has settled to the bottom. You never know what will bubble up to the surface! It is the result of poisons and waste circulating through the blood stream to be eliminated rather than a lack of food or vitamins. This cleanse gives a person all the vitamins, food, and energy necessary for this cleansing period, which should last for no less than 3 days. All the great health and radiance benefits begin from a clean and toxin-free body.

Cleansing must come first before any tissue rebuilding and proper absorption of nutrients into the bloodstream can occur.

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## **Internal Salt Water Bath\***

Just like we need to cleanse and bathe the outside of our bodies, the insides could use a good bath as well.

Here is an easy way to cleanse the colonic tract without having to spend money on colonics or enemas. This method will cleanse the entire digestive tract while the colonics and enemas will only reach the colon or a small part of it.

**DIRECTIONS:** Prepare a full quart of lukewarm water and add two level (rounded for the Canadian quart) teaspoons of uniodized sea salt. Do not use ordinary iodized salt as it will not work properly. Drink the entire quart of salt and water first thing in the morning. This must be taken on an empty stomach. The salt and water will not separate but will stay intact and quickly and thoroughly wash the entire tract in about one hour. Several eliminations will likely occur. The salt water has the same specific gravity as the blood, hence the kidneys cannot pick up the water and the blood cannot pick up the salt. This may be taken as often as needed for proper washing of the entire digestive system.

If the salt water does not work the first time, try adding a little more water and a little less salt until the proper balance is found; or possibly take extra water with or without salt. This often increases the activity. Remember, it can do no harm at any time. The colon needs a good washing, but the natural way – the salt water way.

You may also take an herb laxative tea at night to loosen then the salt water each morning to wash it out. This extra step is great while cleansing or fasting

\*Optional

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## **Other Helpful Cleanse Tips**

- This is the number one cleanse done in the world. It is recommended and done by doctors all over the world. This is very similar to the master cleanse and you can find tons of information about that all over the internet.
- A massage, sauna, dry skin brushing or colonic would be great during your cleanse.
- It's a good idea to not take any supplements or over the counter medications that is no absolutely necessary.
- If you are taking a prescription medication, please use your own discretion when deciding if you are going to stay on it during the cleanse or not.
- During your fast, you should refrain from heavy excursion or workouts. Usually walking or restorative yoga is the best workout during a fast. Please use your own discretion here.
- This is a time for rejuvenation and healing, so if you feel like taking a nap, take a nap. Don't push your body beyond what it is telling you it wants.
- It's much easier to do a fast or cleanse with a buddy, but don't make waiting around for someone else to start be your excuse for not starting yourself. If you don't have someone to do it with it's a good idea to tell the people around you so that they can support you on your journey.
- Remember, the first 2 -3 days are usually the most challenging. It actually gets easier the longer you are on the cleanse.
- Doing a cleanse is a time of great self discovery. How you do a cleanse is a direct reflection of how you do everything in your life. If you cheat or give up on your cleanse, you are giving up on yourself. This can be absolutely devastating for your self esteem and trust in yourself. So have integrity and be ready to "play full out".
- There will never be a perfect time to do a cleanse. There will always a million rationalizations to not start, so it is best just to jump right in with both feet.

\*Optional

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## What You May Feel During and After a Cleanse

### **Most Commonly Reported Positive Effects**

#### **DURING The Cleanse:**

Fat loss  
Less bloating  
Clearer skin  
Less craving for sugar / food  
Increased sense of taste (healthy food starts tasting better)  
Increased energy  
More consistent energy  
More regular bowel movements  
Increased sense of wellbeing  
Elevated mood/less depression  
Lower cholesterol  
Better sleep  
Old memories / emotions resurfacing

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### **Most Commonly Reported Negative**

#### **DURING The Cleanse:**

(most people report that these symptoms pass after a day or two)  
Headaches  
Flu / cold-like symptoms  
More emotionally sensitive  
Lethargic  
Low energy  
Diarreahea  
Gas / Bloating  
Constipation  
Skin breakouts  
Irritable  
Sporadic sleep  
Old memories / emotions resurfacing

### **Most Commonly Reported Negative Effects**

#### **AFTER The cleanse:**

Although you may experience negative effects during the cleanse,  
we have received no reports of negative effects after the cleanse is over.

