

## Three Simple Steps for Lemonade Detox Success

The lemonade diet, also known as the master cleanse diet, is a relatively simple process that many people begin with the intent to lose weight. The best reason to start this program is not because Beyonce lost 20 pounds with it. Rather, if you wish to try this diet, do it to cleanse your colon. So, if you still want to try it, here are the 3 essential steps for lemonade diet success.

The first part of the program eases you into the routine and prepares your mind and body. Your stomach will adjust to receiving less food and you will be psychologically prepared. The first part consists of three days, on the first day you can eat fruits and vegetables, removing meat and processed foods from your diet. On the second day you can only drink fruit and vegetable juices, if you do not have a juicing machine create a broth. The third day entails drinking two liters of fresh squeezed orange juice with a tablespoon of maple syrup and water to fill.

The main part of the diet is known as the lemonade diet. To succeed with this it is important to remember even though it is challenging, if you follow the instructions and prepare your meals first thing in the morning, it will go smoother.

Here is the recipe for the Lemonade Diet

Get 14 tablespoons of hand squeezed lemon juice, 3 1-liter reusable bottles, 14 tablespoons of maple syrup, 1/4 teaspoon of Cayenne Pepper, and two liters of water. Put 7 tablespoons of the lemon juice into a one-liter bottle and repeat with a 2nd bottle. Repeat with the maple syrup, add the cayenne pepper and fill it with water. Fill your 3rd bottle full of water because you will need to drink it throughout the day and give your body the illusion you are getting enough calories.

The second step of the diet entails drinking the lemonade and water throughout the day. When you feel hungry take a swig of the lemon mixture and follow it with several drinks of regular water. You need to drink the entire two liters of lemonade at the end of the day.

The most challenging part of the master cleanse is the 3rd part. This part is known as the salt water flush. You're going to drink salt water until you induce bowel movements. This will flush your colon. Mix 1-liter of room temperature water with a tsp. of sea salt. Try and drink the entire mixture as fast as possible. Most lemonade dieters can do it in one gulp. After drinking the salt water, continue about your day until a bowel movement occurs. This usually happens within 1-hr. of drinking the salt water. Your best bet is to do this at night because you will be "going" for awhile. When you can go for 15-min. without eliminating, you will be safe.

How long should you stay on the master cleanse diet? Some people do it for 3-days while others can remain on it for up to 2-weeks. Remember, this diet is not for everyone. Contact your doctor before you try it. The next step of the diet is known as the ease out part. It is an essential part of the diet, so you don't get sick. Also, remember that the master cleanse diet is a detoxification process. This is not a fat loss plan. Your metabolism will slow down if you choose to do this diet. I'll explain.

When you start the lemonade diet you're going into it with a "big engine". Depriving yourself of essential nutrients results in malnutrition, by definition. Therefore, your body, the miraculous piece of machinery that it is, will turn to your muscle tissue, your metabolic engine, to sustain life. It will break down your muscle and use it as fuel because you'll be eliminating protein from your diet. So, don't do this to lose fat. It does not work that way.

How to ease back into food:

On the 1st day you'll drink 3 one liter bottles of O.J. with 2 Tbsp. of maple syrup in each.

On the second day drink fruit and vegetable juice or broth.

Third day you can take in all fruits and vegetables.

Fourth eat whatever you'd like, just be sure to focus on "eating clean".

If you choose not to follow the ease-out process prepared to become nauseous and possibly sick.

## About the Author

Hundreds of Orange County CA residents have already changed their lives with Orange County Boot Camps. Visit [Boot Camp Orange County](#) or [Orange County Personal Trainers](#).

