

The Master Cleanse Diet - More Benefits Than Weight Loss

Why the Master Cleanse Diet, also known as the Master Cleanse Fast, lemonade diet or maple syrup diet does much more than simply losing weight.

Aug. 21, 2008 - [PRLog](#) -- If you keep up with the goings-on in Hollywood, or if you read magazines on natural health and diet, you may have heard of the Master Cleanse Diet. This diet involves flushing the body for ten days or more using a lemonade-like mix that you create in your home and drink in place of food. The Master Cleanse Diet used by such famous icons such as Beyonce Knowles and many other has been used for its rapid weight loss and cleansing abilities.

Those attempting the Master Cleanse diet often experience weight loss from 10-40 lbs while on the cleanse. However master cleanse experts say "The master cleanse isn't just about losing weight".

The master cleanse diet, originally created by Stanley Burroughs, was originally intended to detoxify the blood and organs, but Master Cleanse experts agree, it does much more than that! In fact, just a few of the Master Cleanse Benefits explained are:

Extreme weight loss

Increased ability to break unhealthy habits and addictions (ie: smoking, drinking, drugs... etc.)

Cleanses your body of years of built-up waste, toxins and heavy metals

Gives you a major energy boost

Increases mental clarity and focus

Spiritual enlightenment

Makes you look and feel younger

Strengthens immune system

Helps identify allergies

Gives you more stamina

Relieves chronic aches and pains (due to years of toxin build-up in the body)

Even revitalizes your sex life!

Needless to say, it's easy to see why those involved in the master cleanse (also known as "Master Cleansers") are so involved in it. In fact, many cleansers feel that it benefits them to cleanse once every 6 months!

One of the leading websites on the topic <http://www.MasterCleanseDiet.net> explains how the cleanse is completed and also explains the importance of completing the cleanse correctly to avoid negative side-effects. It encourages those who are considering attempting the cleanse to first read the Master Cleanse E-book which is available through thier website. **This website is considered an authority among master cleansers and speaks thoroughly on the master cleanse fast.**

If you are interested in the master cleanse for weight loss primarily, you can also visit <http://www.MasterCleanseWeightLoss.com> which explains how to get the most out of master cleanse weight loss without gaining the weight back! Both resources give full detail of the cleanse and provides articles and interesting facts about the master cleanse diet.

So whether you call it the Master Cleanse diet, the Beyonce diet, the maple syrup diet, the master cleanse fast, the lemonade diet or just the lemon cleanse, remember to get informed before attempting. Just like attempting any diet or fast, you should always do your research and always complete it correctly, verbatim

and to a T. Thousands of people have attempted the master cleanse diet and achieved unbelievable results, but only through correct execution can one experience the full benefits of this cleanse.

For more information on the master cleanse diet visit <http://www.Master-Cleanse-Diet.net> or for more information on weight loss with the master cleanse visit www.MasterCleanseWeightLoss.com for information and resources.

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Information and resources dealing with the master cleanse lemonade diet also known as the master cleanse fast

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