

Good Diet Plan - Master Cleanse Lemonade Diet

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Nov. 6, 2009 - [PRLog](#) -- If you've read about the Master Cleanse Lemonade Diet then you probably have lots of questions regarding this cleansing program. Below I will try to answer some basic questions regarding the Master Cleanse diet and clarify some general information regarding this diet.

1. What is the primary function of the Master Cleanse Lemonade Diet? The Master Cleanse diet primary function is to cleanse the body of toxins and heavy metals in the colon. As a result people often experience these benefits from the cleanse:

A. More Energy - people often experience more energy due to detoxifying the body.

B. Learn about food allergies - As a result of the cleanse you will be able to find all the different food allergies you never knew you had.

C. Break unhealthy habits - The master cleanse diet is a great way to remove addictions from the body, including drug, alcohol, tobacco, carb and additive addictions many never knew they had. You will completely reset your eating habits as a result.

D. Cleanse your body of years of built up waste - Years and years of build up will be removed from your body.

E. Reset your bodies ph levels - This is extremely important. If you ever suffered from long-term heart burn and many ailments associated with body acidity, then the lemonade diet may be a great choice for you.

F. Revitalize, Rejuvenate, and Relieve aches and pains - Many who have experienced the master cleanse diet feel like they've been renewed towards the end of the cleanse and thereafter.

G. Extremely Fast Weight Loss - Most people say they lose about 20 lbs within a weeks time.

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<http://findtohealth.com/go/mastercleansesecrets.com/>

2. What are the many names of the Master Cleanse? The Master Cleanse Diet is often referred to as the Master Cleanser Diet, The Lemonade Diet, The Lemon Cleanse, The Juice Diet and various other names.

3. Is the Master Cleanse Lemonade Diet Safe for everyone? Properly done, the master cleanse diet can be safe for just about everyone. However, it is extremely important to follow the instructions flawlessly to avoid difficulties before, during and after the cleanse.

4. Will I get hungry during the cleanse? Yes, especially on the first two days. After that, you will rarely think about food as your stomach shrinks. The Cayenne Pepper in the mixture fights hunger cravings very well and is a key ingredient in the cleanse.

5. Doesn't my body detoxify itself without going through the cleanse? Although your body does an excellent job detoxing your body, trace toxins and toxic build-up are inevitable in this day and age. Over

time, these toxins can leave a significant mark on your health leaving you with many health problems and disease. The lemonade diet was made to give your body a fresh start and wiping the majority of these trace toxins from the body.

The Master Cleanse Lemonade Diet is one of many ways to detox your body and lose weight, however it is ultimately up to you to make these decisions about your health. It is just as important to get the facts before trying any sort of diet. Becoming educated is the first part of everlasting health.

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