**The lemonade master cleanse recipe**

<http://www.naturalnews.com/035854_lemons_detox_recipe.html>

The original recipe by Stanley Burroughs produced fantastic results for almost 50 years. However, some have been promoting alterations of the original recipe. The problem with this arrangement is that they are done without understanding why the original ingredients work. Since the Master Cleanse is essentially a juice fast, adding shakes, cayenne pepper capsules or protein powder in an attempt to improve its efficacy is self defeating because it reduces the efficacy of the diet.

The purpose of the program is to give the digestive tract a ten day vacation, so adding things to be digested does not contribute to the objective of the diet. Stanley Burroughs in fact discourages the intake of supplements and vitamins during the program because it interferes with the body's elimination system. Furthermore, the natural sources of vitamins and minerals already found in lemon and the maple syrup already provide for the body's needs during the detox program.

Other alterations include mistakes in the ratio of water through modification of the original recipe and dilution. This modification defeats the purpose of the minimum 6 drinks a day because it is more than the amount of water required. It is best to remember that variations on the process and especially in the recipe will not produce the results that originally worked for the many that faithfully followed the original Master Cleanse program and lemonade recipe.

This is the classic single serve recipe provided in Stanley Burrough's book:

2 (tbs). of lemon or lime

2 (tbs). of genuine maple syrup

1/10 tsp cayenne pepper

10 oz. water (hot or cold as preferred)

For those who cannot enjoy their lemonade, Tom offers this alternative:

1. Mix equal parts of lemon juice and maple syrup as a concentrate in a dark container. Keep this mixture cool.

2. Make enough concentrate for as long as you are incapable of making the fresh lemonade juice.

3. Every time you want a glass of lemonade, measure 4 tbs. of this mixture in a glass.

4. Add water and cayenne pepper, stir and drink. The maple syrup preserves the lemon juice and prevents oxidation of the vitamin C and enzymes.

Tom Woloshyn fondly recalled Stanley Burrough's remarks. He was said to have repeated many times over a phrase most technical people use when instructing frustrated customers, "When all else fails, follow the instructions." In order to ensure success and experience the benefits of the Master Cleanse Detox diet, it is essential to understand how to do the program properly. Faithfully following what has been prescribed is the first step in this direction.