

How Beyonce lost 22lbs in just 14 days

By *FitActive.co.uk*

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The Lemon Detox Diet - aka Maple Syrup Diet - now available in the UK!

*** £5.00 off during July PLUS get the Lemon Detox Book (rrp £5.99) FREE! ***

Click here for details = <http://tr.im/qBtz>

What is the Maple Syrup Diet / Lemon Detox Diet?

Beyonce Knowles made the Maple Syrup Diet famous when she said: "I lived on water, cayenne pepper and maple syrup for 14 days", referring to her weight loss of 22 pounds in just 2 weeks for her Dreamgirls film role.

It's a liquid diet regime based on Madal Bal, a 100% natural drink made from a special organic natural tree syrup, mixed with fresh lemon juice, water and just a pinch of cayenne pepper.

The Madal Bal Natural Tree Syrup, used in the lemon detox is a blend of maple and palm tree syrups designed to provide a balance of minerals and trace elements. The fresh lemon juice provides vitamin C and potassium, and helps to dissolve mucus and waste. The cayenne pepper adds a zing to the flavour, as well as a stimulatory heating effect, which speeds the metabolism, cleansing and elimination.

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The Detox Drink

If you prefer you can prepare one batch of Natural Tree Syrup and Lemonade Drink to last for the whole day. For 1½ litre of water (approx. 7 glasses) you will need 140ml of Madal Bal Natural Tree Syrup and 3½ lemons as well as the cayenne pepper or ginger.

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