

The Master Cleanse Diet - Weight Loss, Detox and Feel Great

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The master cleanse diet - a miracle detox diet adopted by celebrities and health enthusiasts alike. Why has this cleanse diet caught the attention of so many health conscious individuals? Answers to the master cleanse lemonade diet.

The master cleanse diet, originally created by health guru, Stanley Burroughs, is a form of detox diet or fast which a person stays on for at least ten days drinking a mixture of lemon juice, grade b maple syrup and cayenne pepper. Now to many this may not sound like a very appetizing mix, but for many, the master cleanse diet, also known as the lemonade diet, this drink has helped them literally change their lives for the better.

But why do so many people feel this diet to be a "miracle mix"? The thousands of people going through the cleanse rant and rave a plethora of benefits which range from losing significant weight (up to even 40 lbs. in under a month) to feeling and acting years younger and literally changing their lives for the better.

A website on the master cleanse diet <http://www.TheMasterCleanser.ENewsHealth.com> offers a wide variety of information and resources concerning the master cleanse lemonade diet and how to harness all the benefits of the fast.

Surprisingly enough, weight loss isn't the primary function of the master cleanse diet. In fact, weight loss is only a major beneficial side-effect of the master cleanse diet. The master cleanse fast is actually a detox diet in which is meant to "cleanse" the body of years and years of waste, pollutants, excess hormones, toxins, additives and preservatives that derive from the unhealthy foods we eat. The idea behind the master cleanse diet is that the human body was never meant to be put through the toxic environment in which we live today, and as a result, we retain much of these toxins which end up causing us physical pain, disease, poor immune systems, fatigue, weight gain, poor digestive tract and circulation, among a ton of other ailments which have plagued many of us.

Another use for the master cleanse is helping the individual identify food allergies. Many people do not know that they currently have allergies to certain foods they eat on a fairly common basis. As a result, we eat the foods we are allergic to which cause us long-term and chronic health problems. We often write these feelings off as "the norm" but in actuality, we can feel much if we only change our diet.

One of the major benefits of the master cleanse diet is obviously weightloss. One reason so many people are intrigued by this diet is the ability to lose large sums of weight from the body. Thousands have claimed to lose 15, 20 or even 40 lbs. or more in less than a month! The kicker is that by following the diet properly, this weight loss can be a permanent solution and not something that backfires like so many other diets. Master Cleanse Weight Loss is responsible for helping people feel younger, healthier, more vibrant and energetic while getting rid of a lot of chronic physical pain that so many people have a hard time getting rid of.

One of the leading authority websites on master cleanswe weight loss <http://www.MasterCleanseWeightLoss.com> offers information and resources on losing weight and keeping the weight off during and after the master cleanse. The website also highly recommends a "Master Cleanse Guide" to help the individual gain the most benefits while on the cleanse. The belief is that if something is worth doing, it's worth doing right, isn't it?

Another website which is also an authority on the topic <http://www.Master-Cleanse-Diet.net> also offers a lot of the same information as the two above only focuses on the many other benefits other than weightloss with the master cleanse diet. www.Master-Cleanse-Diet.net considers the cleanse to be a "miracle breakthrough" in regards to living in today's day and age. Among the many benefits claimed by so many individuals, the website offers a list of additional benefits provided by the cleanse:

- Extreme Weight Loss
- More Energy
- Vitality
- Mental Clarity
- Ability to Erase Addictions
- Feel and Look Younger
- Increased "Intimate" vigor
- Identifying food Allergies
- Claims of an almost "spiritual" experience
- Stregnthend Immune System
- Relieves Chronic Aches and Pains

Among many other useful benefits.

It is really no wonder why so many people have taken an interest in the master cleanse lemonade diet. In fact, the detox diet goes by a variety of names such as; The master cleanse fast, the lemonade diet, the master cleanser, the lemon cleanse, the maple syrup diet, the cayenne pepper diet, and finally the master cleanse lemonade diet - All of which refer to the same diet regime.

One thing all three of the website have in common besides their enthusiasm of the fast is that they all highly recommend getting the Master Cleanse Guide - This guide is a universal resource for those wanting the most benefits from the cleanse without having any complications or negative side-effects. The guide also provides information on losing weight with the master cleanse diet and keeping it off for good, as a permanent solution to weight loss.

It is highly recommended that anyone wanting to learn more about the master cleanse diet visit these sites; www.TheMasterCleanser.ENewsHealth.com , www.MasterCleanseWeightLoss.com , www.Master-Cleanse-Diet.net for information and resources, tips, experiences, the master cleanse recipe and to get the complete Master Cleanse Guide.

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