

LEMON DRINK for your Master Cleanse

you need:

2 tablespoons FRESH squeezed lemon or lime juice (approx. 1/2 lemon)

2 tablespoons genuine organic maple syrup, Grade B (the darker the better)*

1/10 teaspoon (a small pinch!) cayenne pepper, gradually increase (the more BTUs the better)

300 - 500 ccm (10-14 oz) pure water

In a 300ccm (10-ounce) glass (to allow for 227ccm and mixing room): 2 tablespoons fresh (and organic, if possible) lemon or lime juice (absolutely no canned or frozen juice). 2 tablespoons real (and organic, if possible) grade B or C maple syrup. (Don't use Grade A maple syrup or maple-flavored syrup. They are over-refined, which means that they are mostly refined sugars and lack essential minerals.) A small pinch of cayenne pepper (to taste). Spring or purified water, between room temperature and medium hot (but not cold) – fill to 1/4 liter (8 oz). Mix all the ingredients by thoroughly stirring or shaking, and drink. Or, in two 1 liter bottles: Juice of 3 lemons, divided equally between the two bottles (about 85ccm or 3 oz per bottle) An equal quantity of grade B or C maple syrup in each bottle (about 85 ccm or 3 oz per bottle) A pinch of cayenne in each bottle Spring or purified water (fill bottles to the top) Mix all the ingredients by thoroughly shaking; then drink throughout the day. Use fresh lemons or limes only, never canned or frozen lemon juice. Use organic and vine ripened when possible. Also, mix your lemonade fresh just before drinking. Don't mix it up in the morning for the whole day. You can, however, squeeze your lemons in the morning and measure out the 2 tablespoons when needed.

* YL Clinic says you can use Agave instead of the maple syrup. Tom Woloshyn (who studied with Stanley Burroughs himself) disagrees. Clinic says if you have diabetes or hypoglycemia, use molasses. If you feel weak or have a sugar imbalance you can add a scoop of Power Meal. Or you can try Aminoplex by Tyson Nutraceuticals, Inc. for protein without any residuals or strain on the body more info contact us at info@suttonalternative.com

SALT WATER FLUSH:

Drink an oral salt water enema upon arising. To do this, add 2 level teaspoons of uniodized sea salt to a quart of lukewarm water (the one-quart juice bottles in which most organic juices come work very well). Shake well, then drink the entire quart. It's also good to massage the colon as well. Make sure you use uniodized sea salt; regular or iodized salt will not have the same beneficial effect. This oral enema will flush out your entire digestive tract and colon from top to bottom, usually within an hour, prompting you to eliminate several times, clearing out the plaque and debris from the walls, and the parasites that have been living there.

Lemonade Drink:

Drink the lemonade mix every 1 to 2 hours. Take no other food, but do be sure to drink plenty of purified water in addition to the lemonade drink. Drink as much of this lemonade as you want, but make sure that you drink at least twelve 1/4 liter (8 oz) glasses. The lemonade contains all the vitamins and minerals you need. This can be combined with supplements for colon cleansing such as Bentonite or Psyllium Seeds. You don't have to start your fast on the morning of the first day. You can begin later in the day, even if you've already eaten. Once you begin, however, eat nothing more while you're on the fast. It's also a good idea to read Stanley Burrough's book, The Master Cleanser. Note: Diabetics, refer to the special instructions on page 19 of The Master Cleanser.

Note: Bentonite is the only product known to remove plaque from the walls of the intestine and colon. The plaque in your stool will look like egg shells on the outside of the bentonite “gel.” Bentonite works most effectively when the colon is empty of food. It grabs the plaque which has been loosened by the lemon juice and the resting/fasting process. The salt water enema pushes out the bentonite gel and the plaque and debris that is stuck to it and in it. The salt water further cleanses the walls as it passes through, resulting in shiny clean walls.

Herbal Laxative:

Each evening you can drink an herbal laxative tea to help with elimination, do this right before bed time.

GOING OFF LEMONADE FAST

Burroughs recommends a minimum of 10 days on this. You can safely do 40 days or more.

First Day: Start with 4 oz. [1/8 liter] fresh squeezed orange juice mixed with 4 oz. water. If it goes well, drink several more 8 oz. [1/4 liter] glasses of fresh orange juice during the day. Sip slowly. Dilute with water if needed.

Second Day: Drink several 8 oz. [1/4 liter] glasses of orange juice during the day -- with extra water, if needed.

In the evening make a vegetable broth (no canned soup). Use seasonal leafy and root vegetables such as: beets and beet tops, turnips and turnip greens, kale, carrots, onions, parsley, celery, potatoes, okra, one or two inds of legumes, squash, beans, a little salt, cayenne pepper and dehydrated vegetables or veg. powder may be added for flavor (no MSG or hydrolyzed protein).

Cook lightly. Drink the broth, eating only a few bites of the vegetables.

Third Day: Orange juice in the morning. At noon have some more soup with some of the vegetables. No meat, fish, eggs, bread, pastries, tea, milk, or coffee. For Dinner, have the vegetables in the soup.

Fourth Day: Orange juice or lemon and maple syrup in the morning. Fruits, vegetables, seeds, nuts for lunch. Salad or fruit for dinner.

Fifth Day: Eat normally but no junk food, dairy, tea, coffee, white flour or white rice, heavy animal proteins. If, after eating is resumed, distress or gas occurs, go back to the lemonade diet for a few days until the system is ready for food. For more information contact us at info@suttonalternative.com