

Free Info: Master Cleanser

- Dissolves and eliminates toxins and congestion that have formed in any part of the body
 - Cleanses the kidneys and the digestive system
 - Purifies the glands and cells
 - Eliminates all unusable waste and hardened material in the joints and muscles
 - Builds a healthy blood stream
 - Relieves pressure and irritation in the nerves, arteries, and blood vessels
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Fasting for 1-2 days a month on this drink can be very cleansing and rejuvenating

Two tbsp of lemon or lime juice (1/2 lemon)
2 tbsp of pure grade B maple syrup or type 'C' (from health store)
1/10 tsp cayenne pepper (red) or to taste
12 oz of purified water (warm or medium hot)
Plus mint tea if desired (for breath)

Combine ingredients and drink.
You may fill several quart jars and drink all day long.
This will help purify the liver.

Grade B maple syrup contains a large variety of minerals and vitamins.
These include: potassium, calcium, magnesium, manganese, iron, copper, phosphorus, sulphur, chlorine and silicon.
Vitamin A, B1, B2, B6, C, nicotinic acid and pantothenic acid are also present.

3-10 Days

An easier alternative to the Master Cleanser is a Juice Fast. You can basically drink any amount of fruit or vegetable juice for 3 days.

You will still get the nutrients you need, but your body will have a chance to heal itself and regenerate.

Compliments of Yvonne Oswald
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