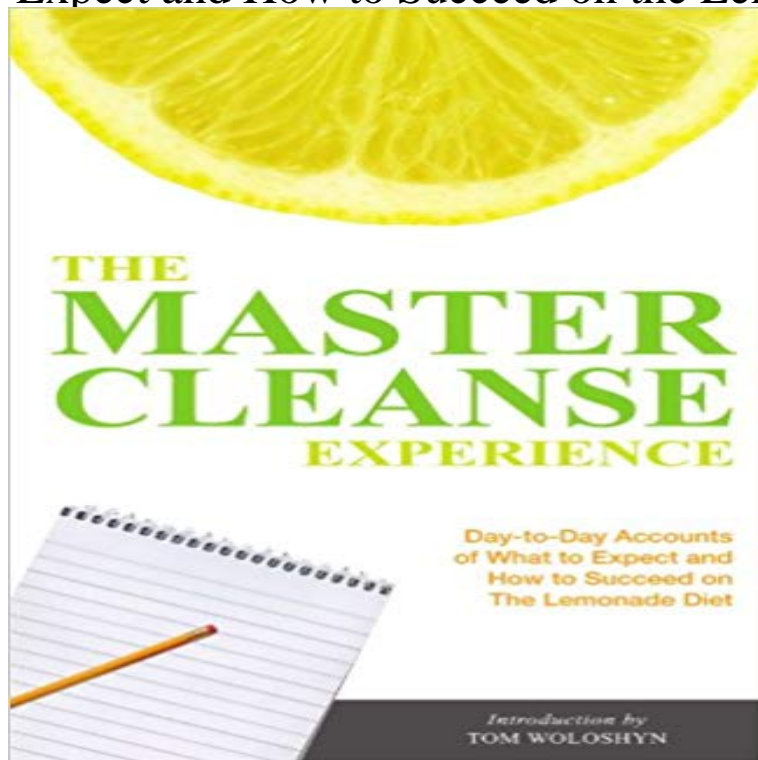


The Master Cleanse Experience: Day-to-Day Accounts of What to Expect and How to Succeed on the Lemonade Diet



YOU KNOW THE BENEFITS OF THE MASTER CLEANSE: DETOXING, LOSING WEIGHT AND INCREASING ENERGY. But how can you go 10 days without eating? This book shows you! Presenting the day-by-day journals of 12 ordinary people who overcame their fears and successfully completed 10 days on The Lemonade Diet, The Master Cleanse Experience offers their real-world solutions to all your questions, including: Tricks to resist food cravings Tips for remaining focused and positive Effective ways to keep your energy up Solutions for the effects of the laxative tea Smart approaches to the saline flush Strategies for getting through a full day at work Helpful ideas for falling asleep on an empty stomach and many more

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