



Hey, my Peace, Love & Happiness seekers 🤗

This is the version I've been personally doing for over 2 decades.

I have also shared and monitored these steps with my clients during their detoxing and fasting goals where they've gotten success with results such as reducing pain, clearer thinking and decision making, and more patience with fluctuating emotions in their day-to-day personal challenges.

RECIPE & INSTRUCTIONS

The Master Cleanse - All over detoxing

2 tbsp lemon juice

2 tbsp maple syrup (grade B with more minerals)

10 oz of water (warm, hot, or cold)

Optional - dash or more of cayenne pepper to keep body temperature up and to speed up metabolism

You can then double or triple the recipe according to how much you need for the day.

This is all you drink for both day & night. You can have a tsp of maple syrup if you get very hungry, but this is your food for the 2 - 3 or 5-7 days.

Here is an additional option to ease into this process to very light broth soups such as miso soup and steamed vegetables, water, and herbal teas.

It goes without saying but I'll say it just in case, while doing this fasting cleanse you do not consume meats, fish, or seafood.

You should also take a herbal laxative (I prefer a tea form) at night and (optional) soak in Epsom salts.

* Introducing foods back into the system ...peas or root vegetable soups, grains such as quinoa, couscous, rice then moving back into meat and fish proteins.

Once you start you can connect with me over on [IG](#) or [FB](#) messenger with a post or private message PM if you have any questions OR Book a complimentary 1/2hr Happiness Consultation [Here](#):

Find me over at Wellnesstogo.ca

With Love & cheering on your Awesomeness!

Ingrid