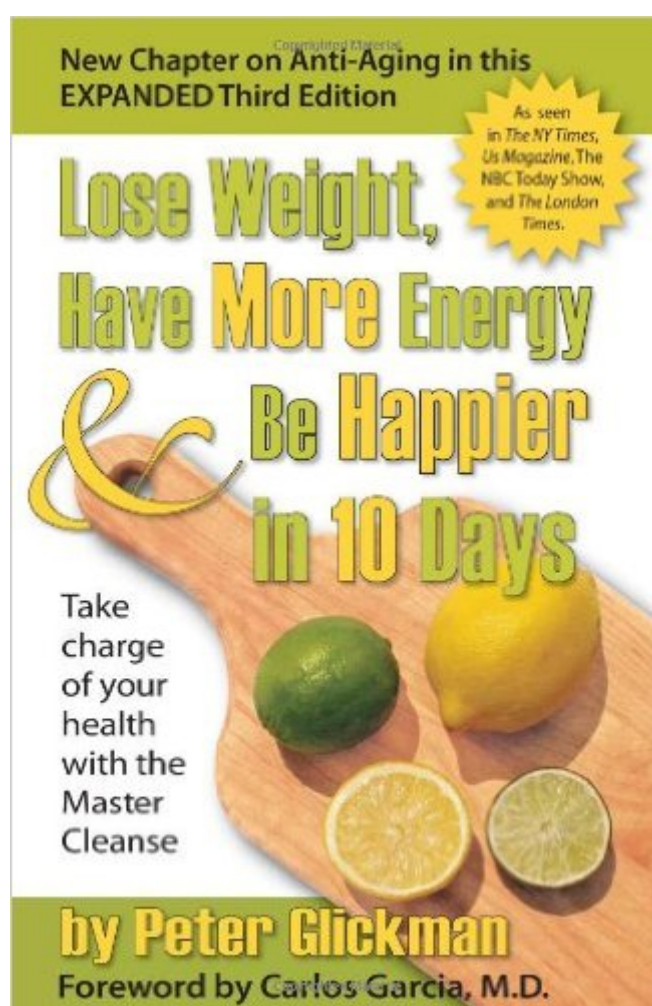


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# Lose Weight, Have More Energy And Be Happier In 10 Days: Take Charge Of Your Health With The Master Cleanse



## **Synopsis**

Lose Weight, Have More Energy and Be Happier in 10 Days doesn't sound possible, but most people who have completed the Master Cleanse swear by it. If you are like most people, you want answers to your increasing health problems, but have less money to spend on gyms, expensive weight loss programs and pills. You want a simple and inexpensive way to regain your energy and vitality and you want to avoid becoming the next American death statistic due to obesity, heart disease, diabetes or high blood pressure. Our health care system has not been able to reduce obesity, cancer and heart disease even with all the money that has been spent. Perhaps that's because it takes the approach that your doctor or hospital is responsible for your health, not you; prevention is confusing or impossible; and the best cure is the latest pill, shot or surgery. If you want to take charge of your health and are sick and tired of being tired, this book is for you. While no one can guarantee that the Master Cleanse will cure your ills, fasting (and the Master cleanse is a juice fast) has been used to restore and rejuvenate the body and mind for thousands of years across all continents. There are even some scientific studies that show that severely restricted calorie diets produce anti-aging results! The author is uniquely qualified to write this book (the first new book on the Master Cleanse in nearly 30 years). He put up the first Master Cleanse forum on the Internet in 2003, which has grown to more than 33,000 members; has personally done the Master Cleanse more than 18 times from 10 to 28 days; has coached thousands of people on the Master Cleanse; and has been interviewed for NBC's Today Show, CBS National Sunday News, The New York Times, The London Times, The Los Angeles Times, The Washington Post, The Boston Globe and Us Magazine. This book has been translated into Spanish, Russian, Hungarian, Czech, Turkish, Korean and Croatian! Inside this easy-to-read book, you will learn how to get great results and have an easier time on the Master cleanse, such as: What can you do to practice Anti-Aging at home? What can you expect on the Master cleanse? Which days are the roughest? Is the salt water flush essential? What does the cayenne pepper do? What to do when it seems nothing is happening? How does the Master Cleanse affect women? What is the best indication that the cleanse is complete? What are the five detox symptoms and why are they important? What tends to cause headaches on the cleanse? What quantities of the ingredients do you need to buy? Why should the maple syrup be organic? Can you exercise while on the cleanse? What about quitting smoking? The 12 most common pitfalls preventing people from succeeding Also included is a daily journal, an extensive index and answers to the 112 most frequently asked questions.

## **Book Information**

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## Customer Reviews

This is a great book for everyone! The information in this book is so simple that even a novice won't have trouble with startin the Master Cleanse Fast. Peter Glickman has done a stand-out job on this book with the help he gives us, the readers. I mean, this guy (Mr. Glickman) really shows us that he really cares about our health. He gives great insight on the reason we're fatigued and over-weight, and it pays for us to take heed to the information in this great book. If you've haven't yet attempted to do a cleanse, please try it, you won't be sorry, but you'll lose weight, have more energy and be happier in 10 days!!!GOD bless you all & Have a Happy & Healthy Life!SharonPS--I've done one 21-day cleanse and I lost a total of 33 lbs, so it does work, you just have to be patient. Don't forget your Smooth Move Laxative Tea. The salt-water thingy was yucksville to me, but if you can hack the salt-water, you'll find that it's excellent. Just plan to stay around the house for at least an hour or so after intake!

This is a great book that explains Stanley Burroughs great Lemonade Diet Detox program. I read the original book by Stanley Burroughs and decided to purchase this book because it gives a modern approach on how to cope with the the different detox issues you may come across. It is an easy read and very thorough. I especially like the inclusion of the forum question and answers from Mr. Peter Glickman's website. I recommend this book to anyone who is looking for a way to rid toxins, lose weight and feel great!. I am currently doing the Master Cleanse and I am on day 7. I feel great. I have a clear head and have more energy. I have also lost 9 pounds in seven days!

I started my first Master Cleanse and thank Gosh my co worker lent me this book or I would have done what the author Peter Glickman says happens too frequently if you don't have this book....you don't have a reference on the ingredients, the measurements and the Answers to all of our Questions... and there are certainly questions. I was skeptical at first, but I am on Day 5 and i dont know how much weight I have lost ( I didnt want to know my weight before - very depressing) but I no longer have my gut and I dont have to suck it in anymore. My pants are now a bit loose when before they were tight as heck! and this is only been 4 days.... If you care about someone who has health problems I would suggest this book. I am already seeing improvements on some health issues that I was experiencing.

This book is informative and helpful. I cannot see doing the MC properly without it. In it FAQ's are addressed and it hits on a wide array of other topics/issues all dealing with the Master Cleanse! Plus there is even a part that shows what people have experienced from Day 1 - Day 10, which is necessary when you feel like giving up. Don't do the MC without this book or, of course, the original.

How to stick with the Lemonade Diet without compromising any of its rules, giving up, or fudging. For everyone who goes the full 10 days of organic Grade B maple syrup and lemon juice, and who carefully does the 3 or 4 day transition back to solid food, there are far too many people who gave up after only 3 or 4 days. What the quitters didn't have was this wonderful book. It's like a coach and a teacher, the perfect companion to the person committing to the fast. There are a few misleading websites out there which encourage people to not do the fast as it was originally intended. Glickman is, by contrast, a stickler for the details of the fast in its original form. And for good reason. Because it is a radical fast with radical changes happening to your body while you're on the fast. It's perfectly safe to do, and the results are very healing. Introduce some little variance and you're putting your health at risk. Glickman coaches the reader by being informative on what it means if the fast-er experiences adverse reactions. And it's usually some toxin working its way out of your system! Which you just have to sit back and let happen. And simply stay on the fast. But this book is so inspiring! Gets you to stick with this highly effective fast through thick and thin, because Glickman's seen and cataloged all the possible changes and he's got a good explanation for each and every one of them. Glickman's writing style is fun and informative. He's been the diet's biggest booster and its most careful proponent, now that the diet's creator is no longer with us.

I did the master cleanse x2 and I must say that even though you lose weight quickly, it feels like the most miserable way to lose weight. With No food, not even a green smoothie, for fear of interrupting the cleanse cycle I can't say I enjoyed it. The first time I did the cleanse, I believed the hype and went along with it as best I could, but I FELT MISERABLE. Surely there must be another way to cleanse my system without drinking spicy lemonade and forcing myself to drink salt water every morning. I tried my best to follow along with this book as best I could, but I kept finding the same answers to all my questions, "its part of the detox!" I felt frustrated, didn't Peter do any research into the cleanse. A lot of the book is questions and answers that have been taken off his site. But most of the answers are the same- stick with the cleanse, it's part of the detox, you have a lot of toxins, blah, blah, blah.... nothing insightful. I don't recommend doing the master cleanse the way it is meant to be done, I think you will come out thinner, but unhealthy. I think alternating with lemonade drink one day, green smoothie another and protein drinks in between would be better. My husband who lift weights, did the cleanse for 6 days and lost 12 lbs, he said when he went back to the gym, the weight that he could of lift before, was very hard for him, he lost a lot of muscle mass and had to try to regain it all back after the cleanse. Peter Glickman is not providing any real evidence as to why the Master Cleanse is the best cleanse to do, there are many other ways to detox the system, and drinking spicy lemonade is not one of them. When the body is detoxing, it needs nutrition to do so, NOT CALORIES only but NUTRITION. The master cleanse does not provide the body with nutrition, only expensive calories in the form of maple syrup. I RECOMMEND TRYING A GREEN SMOOTHIE CLEANSE, OR JUST PLAIN JUICING FOR 10 DAYS, YOU GET NUTRITION AND CALORIE RESTRICTION.

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