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By Katie Jones

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## **A Note From The Author**

Hi, this is Katie Jones from [TheMasterCleanseDiet.org](http://TheMasterCleanseDiet.org)

Over the past few weeks, I've been receiving requests from many of my subscribers to share some useful tips on the Master Cleanse... and so this report is a way of saying "Thank You" to all of you who have been supporting me.

I sincerely value your opinions and would like to share with you as much as I can about the Master Cleanse techniques that have worked for me and the hundreds who have read and used the advice in my programs.

As usual, please don't hesitate to send me any of your questions or comments regarding any of my articles or programs. I'd love to hear what you think of them.

Best Regards,

*Katie Jones*

## **Just to clarify,**

What you have now is Chapter 3 of my program “Master Cleanse Insider” which reveals the ingredients needed to complete the 10 day Master Cleanse. The rest of the chapters in the program are designed to help you prepared, getting started as well as concluding the Master Cleanse.

This being said, in this mini report, I’ll show you the ingredients needed, and specifically what each ingredient does to your body and how to select the right ingredients.

If you think you already know the ingredients needed for the Master Cleanse, please think again. The Master Cleanse requires very specific ingredients to ensure that you get the best results in 10 short days.

## Chapter 3

### ***Ingredients of the Master Cleanse Program:***

The Master Cleanse Program is one of the most cost effective detoxification programs around. It basically consists of just 4 main ingredients. They are:

1. Pure Water
2. Maple Syrup
3. Freshly Squeezed Lemon Juice
4. Cayenne Powder

#### **Pure Water:**

This is the most important ingredient of the Master Cleanse Program. Because it is available in abundance, most people take it for granted while in actual fact, its importance cannot be overstressed. From an organic viewpoint, water has several distinctive properties that are vital for the propagation of life that places it as distant from other substances. All life on earth depends on water for survival. This is because it acts as a solvent and aids the body's metabolism process. For the Master Cleanse Program, you have to use the "*Pure Water*" or "*Distilled Water*" for the program to be effective.

Purified water is water that has under gone a process to remove any form of impurities that has been dissolved in it. The most common of this type of purified water are distilled water or deionized water. Tap water although drinkable is not suitable for the Master Cleanse Program. This is because firstly it contains chlorine which had been added to kill bacteria. Secondly, most municipalities add fluoride ions as part of their water treatment process. The use of hexafluorosilicic acid or hexafluorosilicate as water fluoridation agents is because of their perceived ability to inhibit tooth decay. As the purpose of the Master Cleanse Program is to remove toxics from inside our bodies, the use of

tap water which in itself has been added with [toxics chemicals](#) defeats the purpose of detoxification.

## Maple Syrup – Grade B:

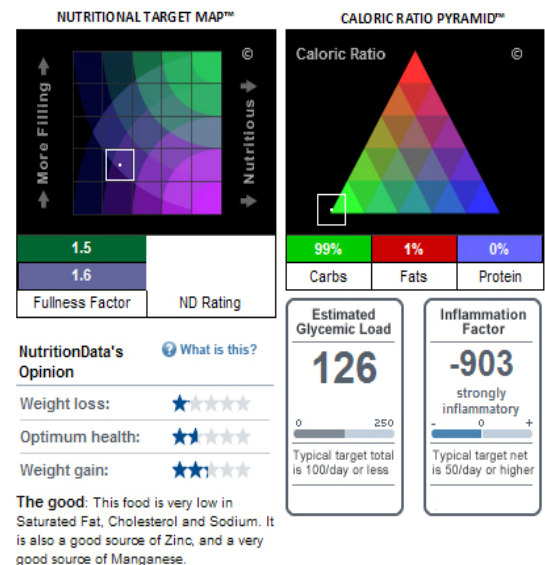
Often eaten together with waffles or pancakes, Maple Syrup is a sweetener made from the sap of Maple trees. There are two main grades of Maple Syrup, Grade A and Grade B. These grading generally match the time of the season when the syrup was produced. Grade A is lighter in texture as compared to Grade B and is harvested and produced during the beginning of the syrup season. The Master Cleanse Program requires that you use Grade B Maple Syrup as it is richer in nutrients.

The most prevalent sugar found in maple syrup is Sucrose. For a short term cleansing period, sucrose is more desirable to fructose because it is more easily broken down during the body metabolism process. You have to distinguish between genuine Grade B

Maple Syrup and imitation syrup as well. This is because “*Table Syrup*” (Imitation syrup), composes of mainly flavored fructose corn syrup. Fructose takes longer for the body to break down and during the Master Cleansing period, you will need all the energy that you can get. Furthermore, processed sugar like these imitation syrup do not contain minerals and vitamins which can be found in natural maple syrup. As you are abstaining from solid food of a 10 days period, it is essential that you get all the nutrients which your body need. The main minerals which can be found in pure filtered maple syrup are:

- Calcium
- Magnesium

Nutrition Facts	
Serving Size 322 g	
Amount Per Serving	
Calories 840	Calories from Fat 5
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 29mg	1%
Total Carbohydrate 216g	72%
Dietary Fiber 0g	0%
Sugars 192g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 22% • Iron 21%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	



- Manganese
- Potassium
- Phosphorus
- Sodium
- Selenium
- Zinc

**Inflammation Factor - (If) Rating** The IF Rating calculates approximately the anti-inflammatory or inflammatory potential of foods by determining the net effect of different nutritional factors, such as antioxidants, glycemic impact and fatty acids.

How to read the values: Positive IF Rating is considered anti-inflammatory and negative IF Rating is considered inflammatory. Higher number represents stronger effects. The aim is to strike a balance between negative foods and positive foods such that the combined rating for all foods consume in one day is positive.

**Estimated Glycemics - (Egl) LOAD** eGL load is a way of expressing a food or meal's effect on blood-sugar levels.

How to read the values: The normal mark for total eGL is 100 or less per day. Those with diabetes or metabolic syndrome should aim lower.

**Nutritional Target - (Nt) Map** The NT Map permit you to spot at a glimpse how foods matches with your weight-management and nutritional goals. The nearer a food is to the right side of the map, the more important nutrients per calorie it hold. For more nutritious diets, pick foods that are on the right side of the map.

Foods that are near the top edge of the map have fewer calories; if you wish to control your caloric intake without feeling hungry, choose foods from the top

half of the map. Food that is closer to the base of the map has more calories. If you wish to augment your calories intake without getting too full, choose the foods that fall within this region of the map.

### Caloric Ratios Pyramid

- Shows the percentage of calories in a food that is from alcohol, fats, carbohydrates, and proteins.
- Low fat foods will cluster the length of the bottom edge of the pyramid, beginning from food that is carbohydrates rich (left edge) to food that is protein rich (right edge).
- Carbohydrates -poor foods will gather alongside the right edge of the pyramid.
- High fat foods will cluster at the top edge and high protein food will cluster at the lower edge.

Foods with the same number of calories from Carbohydrates, protein and fats will be nearer to the middle of the pyramid.

*Source: [www.nutritiondata.com](http://www.nutritiondata.com)*

### **Lemon/Lemon Juice:**

The precise origin of lemon has continued to be a mystery, although it is generally reputed that lemons was originally cultivated in Burma, China and India. In South East Asia, It is known for its antiseptic properties and had been used as a remedy for some instances of poisoning. Besides acting as an antidote for poisons, lemon juice has also being used for as a kitchen deodorizer due to its ability to absorb offending chemical odors. The acidic lemon juice is also able to cut grease and bleach stains.

The lemon is very rich in nutrients especially vitamin C. Because of this, it is valued for its medicinal properties. In 1747, Dr James Lind discovered that



lemon juice could cure scurvy. In addition to its anti scorbatic property, the high content of vitamin C in lemon juice is good for preventing gum inflammations. Lemon juice is also good for treating digestive problems. It stimulates the flow of the digestive juices as well as the salvia and helps get rid of intestinal worms. Because of its high potassium content, lemon juice has detoxifying properties. Lemon juices help in encouraging the secretions of the bile juices in our liver which helps to emulsify fats in our bodies.

**Food Values of Lemon Juice:**

Food Values	Minerals & Vitamins
Moisture content - 85.0%	Calcium content - 70 mg
Protein content - 1.0%	Phosphorus content - 10 mg
Fat content - 0.9%	Iron content - 2.3 mg
Minerals content - 0.3%	Vitamin C content - 39mg
Carbohydrates content - 11.1%	Vitamin B Complex
Fiber content - 1.7%	
* Values per 100 gm of edible portion	Calorific Values - 57

**Cayenne Powder:**

Belonging to the Capsicum family of vegetable, Cayenne pepper, rich in vitamin A, is prized not only as a food enhancer but also as a medicinal herb. It has a high concentration of the chemical capsaicin or technically called "*8-methyl-N-vanillyl-6-nonenamide*".

This chemical is good for reducing pain and also helps to prevent stomach ulcers. In addition the Beta Carotene found in Cayenne is a powerful antioxidant which aids the body in the removal of free radicals. An added benefit of Cayenne is that it helps to promote weight loss. This is due to the

fact that it promotes “*thermogenesis*” in our bodies which burns away the extra calories that we consumed.

### Nutritional Values of Cayenne:

Dried Cayenne pepper				
2.00 tsp				
3.52 grams				
11.20 calories				
Nutrient	Quantity	DV (%)	Nutrients Density	World's Healthiest Food Ratings
Vitamin A content	1470.24 IU	29.4	47.3	excellent
Vitamin C content	2.72 mg	4.5	7.3	good
Manganese content	0.08 mg	4.0	6.4	good
Vitamin B6 content	0.08 mg	4.0	6.4	good
Dietary Fiber content	0.96 g	3.8	6.2	good
Vitamin K content	2.89 mcg	3.6	5.8	good

Source: EHSA food database

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**Thanks for Reading!**

That's all folks! I hope this report has been an informative read for you.

If you want the full book on the simple yet effective tips, tricks and secrets to an easy Master Cleanse, you can grab a copy now at:

<http://www.themastercleansediet.org/bootcamp>

If you have any questions or comments regarding this report, just drop me a quick email at: <mailto:admin@themastercleansediet.org>

I'll talk to you again soon...

Take care,

*Katie Jones*