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A diet master cleanse pdf español

Medically reviewed by Jillian Kubala, MS, RD, Nutrition — Written by Tracy Stickler — Updated on February 18, 2021The Master Cleanse diet is a liquid diet used to detoxify the body and promote weight loss. Stanley Burroughs created it in 1941. He proclaimed that the liquid cleanse was a healthy and natural way to flush the body of deadly toxins, pesticides, and other impurities. It was originally intended to treat ulcers and act as a detox. The cleanse became popular again after Peter Glickman’s book “Lose Weight, Have More Energy, and Be Happier in 10 Days” was published in 2004.The Master Cleanse diet must be followed strictly over a three- to 10-day period. It’s broken up into three phases: Ease In, the Lemonade Diet, and Ease Out. The Ease-In section isn’t technically required, but it’s recommended as a way to prepare your body for the rest of the diet. This first phase is divided into three days: Day 1: living foods, such as vegetables and whole grainsDay 2: soup broths and fruit and vegetable juicesDay 3: orange juice The Lemonade Diet phase is the main component of the Master Cleanse. During this phase, you consume only a special “lemonade,” which is meant to be drunk six to 12 times per day, or whenever you’re hungry.The Master Cleanse lemonade is made up of: 2 tbsp. of organic lemon juice that must be freshly squeezed2 tbsp. of organic grade B maple syrup (not imitation maple syrup, as it contains additives)1/10 tsp. of ground cayenne pepper10 oz. of filtered waterDuring the Lemonade Diet phase, you must also take either a nightly herbal laxative, which you can buy at a drug store, or a morning saltwater flush made up of water and sea salt. These are meant to induce daily bowel movements. The Ease-Out phase is essentially the Ease-In stage in reverse: Day 1: orange juiceDay 2: soup broths and fruit and vegetable juicesDay 3: living foodsOnce the Master Cleanse has been completed, it’s important to wait at least 60 days before going on another cleanse. The diet is also sometimes referred to as the Lemon Detox Diet or the Maple Syrup Diet. The Master Cleanse Diet claims to help the body become healthier and more energized. Throughout the cleanse, toxins will naturally be removed from the body and weight will subsequently be lost. Due to the low caloric intake, people will lose weight on the Master Cleanse Diet. However, the diet only includes 600 to 1,200 calories per day, which is well below the recommended 2,000 calories for an average adult. In addition to being extremely low in calories, the cleanse is deficient in vital nutrients, such as:proteincarbohydratesessential fatsfibervitaminsmineralsThere’s also no scientific evidence supporting the claim that the cleanse helps to clear toxins out of the body. In fact, the body is designed to eliminate toxins on its own through the kidneys, liver, and lungs. This means people don’t necessarily need to go on cleanse diets to detoxify their bodies.Exercise isn’t mentioned as part of the Master Cleanse. However, doing physical activity would probably be very difficult on such a low-calorie diet. People often suffer the following while on the cleanse:headachesdizzinessdiarrheauseaThe Master Cleanse is a crash diet that isn’t safe or sustainable. The cleanse is deficient in essential nutrients and calories, which puts the body in a state of starvation. This can reduce muscle tissue and destroy healthy bacteria that aid digestion and boost immunity. There’s also no scientific evidence that shows that the Master Cleanse actually removes any toxins from the body. People can lose weight on this diet. However, they’ll most likely gain the weight again after this type of weight loss. Repeated periods of weight loss and gain can severely stress your body, particularly your cardiovascular system. There are much healthier and more effective ways to lose weight that don’t involve long-term health risks. Read more diet reviews » Last medically reviewed on February 18, 2021Healthline has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical associations. We avoid using tertiary references. You can learn more about how we ensure our content is accurate and current by reading our editorial policy. La dieta de sirope de arce y zumo de limón nos muestra de forma sencilla la causa y la manera de solucionar prácticamente todos los trastornos físicos, sea cual sea su nombre. La eliminación de la toxemia, causante de la mayoría de las enfermedades, es, para Stanley Burroughs, el único camino hacia la salud. Su sistema curativo, que abarca todo el campo de las experiencias humanas, física, mental y espiritualmente, no sólo purifica la sangre y regenera el organismo, también proporciona alegría y ganas de vivir. La dieta de sirope de arce y zumo de limón viene sometida a prueba en todo el mundo y se ha considerado la más exitosa en su género. Como dieta de adelgazamiento es superior a cualquier otro sistema pues disuelve y elimina todo tipo de tejidos adiposos. How to Ease off The Master Cleanse Many people desire to change their eating habits but have difficulty doing so. The Master Cleanse gives you an opportunity to make a change in your diet by giving you a break from your normal habits. Stanley Burroughs emphasizes that in order to obtain lasting benefits from the Master Cleanse Lemonade Diet, following the cleanse a healthy diet should be maintained. Download Cleanse Recipe and Tips Add 2 level teaspoons of non-iodized sea salt to a full quart of lukewarm water. Drink the entire quart of salt and water first thing in the morning. NOTE: This must be taken on an empty stomach. Several eliminations will likely occur during the next hour. If elimination does not occur, increase the amount of salt slightly; if it is too forceful, reduce the salt-to-water ratio until the proper balance is found. Follow this recipe 1. 2 Tbsp organic lemon or lime juice2. 2 Tbsp organic Maple Valley Syrup3. 1/10 tsp cayenne pepper4. 8 oz spring or purified water ** Drink 6 to 12 glasses per day ** Follow the above recipe. If you are underweight and are worried about losing weight while detoxifying, increase the amount of syrup in the mixture. If your goal is weight loss in the past, it was recommended to use less maple syrup – as little as 1 Tbsp per 8 oz glass – to maximize weight loss on the lemonade cleanse. However, using more maple syrup provides sustaining energy that allows many individuals to maintain the cleanse. Thus, one may be more likely to meet weight loss goals using the same lemonade recipe that is recommended for detoxification, including 2 Tbsp of maple syrup per glass. \$89.99 \$65.25 \$124.25 Give your body a chance to prepare for the fast. Most experts suggest a period of four to five days before you begin the actual lemonade diet. Day 1 – Eliminate Unhealthy Foods. On the first day of easing in, begin to develop more awareness about the foods you choose and notice which are fresh and raw. Begin to focus on these types of food and eliminate all processed foods, meat, dairy, alcohol, caffeine, and sugar. Choose organic whole foods. Day 2 – Fruits and Vegetables On Day 2, completely eliminate all processed foods, meat, dairy, alcohol, caffeine, and processed sugars from your meals. Instead, opt for fresh, organic fruits and fresh, organic vegetables. Day 3 – Liquids Only Switch to a liquid diet to prepare your body and mind for the days ahead. If you have a juicer or blender, then make fresh vegetable and fruit smoothies and juices from organic produce. You can also make light vegetable soups and broths for this day. Day 4 – Orange Juice Only In The Master Cleanser, author Stanley Burroughs cautions readers to break their fast with a day of consuming only orange juice. Use this same strategy for the last day of the easing-in period. Drink several glasses of fresh-squeezed, organic orange juice during the day. If you feel hungry, you can add a tablespoon or two of maple syrup to the juice. Also, drink plenty of water. At night, in preparation for starting the lemonade diet, take the laxative tea. Day 5 – Start the Master Cleanse Lemonade Diet Now your body is more prepared for the cleanse! When you break a fast like the Master Cleanse, it is very important to slowly ease yourself back into your normal diet in order to avoid serious digestive problems. In The Master Cleanser, Stanley Burroughs recommends the following regimen at the end of your fast: Day 1 – Orange Juice Only Slowly drink several 8oz glasses of fresh-squeezed organic orange juice as desired during the day. The orange juice prepares the digestive system to properly digest and assimilate regular food. If there has been any digestive difficulty prior to and during the changeover, extra water may be taken with the orange juice. Day 2 – Orange Juice + Vegetable Soup Drink several 8oz glasses of fresh-squeezed organic orange juice during the day – with extra water if needed. Sometime during the afternoon, prepare an organic vegetable soup (no canned soup) as described below. Make enough for 2 meals. Have the soup for the evening meal using the broth mostly, although some of the vegetables may be eaten. Organic whole grain rye wafers may be eaten sparingly with the soup, but no bread or crackers. Store the remaining soup in the refrigerator. Day 3 – OJ, Soup, Veggies, Salad. Fruit Drink fresh-squeezed organic orange juice in the morning. At noon have some more of the organic vegetable soup. For the evening meal have whatever is desired in the form of organic vegetables, salads or fruit only. Do not eat meat, fish, eggs, bread, pastries, caffeinated tea or coffee, alcohol, sugar or milk. Day 4 – Back to Normal, Healthy Eating Normal eating may be resumed. However, if, after eating is resumed, digestive distress or gas occurs, it is suggested that the lemonade diet be continued for several more days until the system is ready for food. The statements on this website have not been evaluated by the Food and Drug Administration (FDA). Nothing on this website should be considered as health or medical advice. 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