

Diet: Understanding What Master Cleanse Means

You may have read it on people magazine how the famous Beyonce Knowles lost twenty pounds or you may have heard someone talking about the master cleanse.

Where did The Master Cleanse Originate?

Created by Stanley Burroughs in the 1940's, originally to alleviate stomach ulcers, the master cleanse is a liquid base mixture to cleanse and remove toxins from within the body promoting optimal health . Today many people use this cleanse for fast weight loss, eliminate positive food and alcohol addiction, health benefits. For better understanding, please see <http://www.mastercleanse-review.com>

What Are The Ingredients ? It is very easy to make the famous master cleanse. You will only need a few simple ingredients that you may have at home or you can find in your local stores. The ingredients you will need to create the cleanse are:

- Filtered Water
- Organic Grade B maple syrup
- Cayenne Peppers
- Herbal laxative tea

To achieve the best results you should use filtered water and all the ingredients should be organic..

What Can I Expect With The Master Cleanse?

The most commonly asked question that many people want to know most of all is how much weight can I expect to lose. You can expect to lose 1-2 pounds daily, if taken correctly. It is up to you how long you take the cleanse depending on your results or until you are feeling better. You can do the cleanse for 10 days or up to 40 days. Most people will take The Master Cleanse for 2 weeks or until the desired weight is lost.

Is It Easy Is The Master Cleanse?

As with any new health regime, self determination, commitment and patience are the keys to successfully complete the Master Cleanse. The Master Cleanse is not easy to do and it is quite hard at the beginning. But with perseverance and a deep desire to improve your health, it will get easier and easier with each day.

So what is the bottom line. Many people have reported positive results and the bottom line is the benefits are undeniable to looking leaner and feeling in better overall health.

From our earlier discussion, you probably already noticed the 'negative' affirmations . . . when . . . doesn't . . . can't. . . Read them again more carefully. Do you see the other critical factor in each statement?

Each of those statements re-affirms that you 'own' your weight. Therefore, each time you make that comment not only are you reaffirming your current weight, you are pronouncing to the world that you are not willing to let go.

Using a personal pronoun is powerful stuff, because not only are you claiming ownership, you are training your subconscious mind to believe that you can't let go.

Starting today . . . right now . . . this very minute, make a conscious decision that you no longer accept ownership of excess weight. You are not what you weigh. You are a unique human being and entitled to all the gifts that this life has to offer.

This Master Cleanse is a liquid base cleanser that was designed to clear your body of harmful toxins and purify your body to natural healthy balance. Many people are using it to lose 1-2 lbs a day quickly, receive the health benefits and restore a more natural healthy balance. . . So if you were wondering what is The Master Cleanse, it is the one of the newest blends of ingredients to enhance a healthy body.

About the Author

See the only [Master Cleanse](#) diet used by Hollywood Celebrities such as Beyonce!

Source: www.isnare.com

Source: <http://articles.exospy.com>