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What is the Master Cleanse Salt Water Flush?

Sandra Fierling asked:

Do you know about the Salt Water Flush? It's part of a detox program called the Master Cleanse or Lemonade Diet. This is a natural way of cleansing your body from the inside out. Read on for more details... The salt water flush is actually part of the Master Cleanse program which is basically a detox diet.

The Master Cleanse is often known as the Lemonade Diet. Basically it means you spend ten days drinking a lemonade consisting of fresh lemon juice, maple syrup, cayenne pepper and water. That's it. You can drink extra water or tea as well but basically the lemonade is what you have and only that for ten consecutive days. This will enable you to clean your body from the inside out, getting rid of toxins and clearing out your colon. Here is the recipe:

Drink 6 to 12 servings of lemonade (10 oz glass) each day. The lemonade is made as follows:

For one 10 oz glass:

2 tablespoons of fresh organic lemon juice

2 tablespoons of organic grade B maple syrup

1/10 teaspoon of ground cayenne pepper (or as much as you can taste up to 1/10th)

10 oz good quality water

The salt water flush is recommended first thing in the morning before you eat or drink anything at all and here is the recipe:

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You can also find this article published on [What is the Master Cleanse Salt Water Flush?](#), and on the tag pages [Bowel Movements](#), [Lemon Juice](#), [Salt Water Flush](#), [Teaspoon](#), [Teaspoons](#).