

# The Lemon Detox



## About

**the Lemon Detox** The Lemon Detox is a simple way of obtaining a healthier, cleaner being, allowing the body to cleanse itself naturally of accumulated toxins.

Practised in over thirty countries around the world, The Lemon Detox has been enjoyed by tens of thousands of people, who frequently report a variety of benefits including:

- \* Cleansing the body of toxins
- \* Weight loss if overweight
- \* Increased energy & vitality
- \* Shinier hair & stronger nails
- \* Clearer skin and eyes
- \* Better digestion
- \* Greater sense of wellbeing

## Why

**Detox?** Much of what we eat today can have very limited nutritional value. Processed foods, saturated fats and artificial additives are now commonplace. What's more, chemicals and toxins introduced into the natural environment can also find their ways into our bodies, through the air we breathe and the water we drink.

Allowing your body to expel these toxins is widely regarded as hugely beneficial. For centuries people have practised fasting and many world religions use it as an integral part of their faith.

There is no substitute for a healthy lifestyle. The Lemon Detox will cleanse your body of toxins, but it is up to you to follow it with healthy living. For many people breaking the cycle of eating unnecessary amounts of un-nutritional foods can be a real boost towards a longer, healthier approach to eating.

## Detox

**or Diet?** The term 'detox' and 'diet' are often confused as the same thing. But there is a real difference. While significant weight loss is a natural by-product of any real detox, the primary reason for doing The Lemon Detox should be to cleanse the body of toxins.

The 'Total Detox' programme allows the body to cleanse itself naturally while taking a break from solid food. Only by doing

this do you allow your vital organs a chance to break down the toxins and expel them from the body.

The combination of Madal Bal Natural Tree Syrup, lemon juice, water and cayenne pepper provides the body with all the mineral and nutrient requirements to take a short break from solid food. And for the natural process of detoxing to take place.

The 'Relaxed Diet' programme is not a true detox, in that it is not supporting you through a fast, but can be done as a diet over a longer period of time.

## Madal Bal

**Natural Tree Syrup** The Lemon Detox takes its origin from a programme developed 30 years ago by the legendary naturopath Stanley Burroughs.

Further refined by a team of Swiss doctors, naturopaths, homeopaths and ayurvedic doctors, a finely balanced mixture of natural tree syrups was developed, called Madal Bal Natural Tree Syrup. This contains grade C+ maple syrup (not to be mistaken with regular maple syrup) and carefully selected saps from several Southeast Asian palm trees, which contain vital minerals.

For the detox to work the body needs the correct balance of nutrients and minerals provided by the Madal Bal formula. Using traditional maple syrup is not an option as it has almost no nutritional value to support your body over the detox period.

## Lemons

**and Cayenne** Freshly squeezed lemon juice provides vital vitamin C and potassium as well as helping dissolve mucus and waste. A pinch of cayenne pepper adds a nice zing heat to the system, acting as a metabolizer which stimulates circulation, speeding the cleansing and elimination process.

## Breaking

**the Cycle of Dependency** Many people have become dependent on unnaturally excessive lifestyles and this programme can help retrain the appetite for healthy living.

The Lemon Detox works not only at a physical level, but for many can also purify, lift and strengthen the spirit.

## Mixing

**the Detox Drink** The detox drink is simple and quick to prepare.

### Per glass:

20ml Madal Bal Natural Tree Syrup (2 *tb-spoon*)

Juice from ½ lemon (2 *tb-spoons*)

A small pinch of cayenne pepper (*adjust to taste*)

Dilute with 300ml (½ pint) of hot or cold water.

If you like you can prepare a batch of the detox drink to last the whole day (eg. 7 glasses).

### Per day (min 7 glasses):

140ml Madal Bal Natural Tree Syrup

Juice from 3½ fresh lemons

A large pinch of cayenne pepper (*adjust to taste*)

Dilute with 1¾ litres (3 pints) of hot or cold water.

The detox drink can be enjoyed hot or cold. The best results come from using fresh organic lemons. In place of cayenne pepper you can use fresh ginger, if preferred.

## The 'Total Detox'

**Programme** Depending on how accustomed your body is to fasting, the Lemon Detox can be done for 5-7 days.

For those more experienced this can be extended up to 10 days, but should only be done so under the guidance of a healthcare professional. During the detox, drink only the recommended liquids and do not eat solid foods.

Each day drink 7-10 glasses of the detox drink, along with at least two litres of water.

## The 'Relaxed Diet'

**Programme** For those wishing to try a more relaxed version, over a longer period of time, you can substitute breakfast and dinner with 2-3 glasses of the detox drink. Eat a healthy meal at lunchtime, abstaining from sweets, processed foods, red meat, fried foods, white bread, refined flour, dairy products, coffee cigarettes and alcohol. This lengthens the time each night that the body can cleanse. This should be done over a period of two weeks. The effects are not as dramatic as the full detox but it is nevertheless an effective programme.

## Helping

**the Detox process** Try to find a time when you will be able to step back from some of life's everyday stresses to do the detox. Brushing your skin and light exercise are also a great complement. They help the elimination process by increasing blood flow and perspiration of toxins through the skin. To help with bowel movements drink a mild laxative tea if required. Peppermint tea can help neutralize any odours that may result from the body's elimination of toxins.

## Some

**cleansing symptoms** It's normal to experience some discomfort during the course of The Lemon Detox. As the stored-up toxins and wastes are released, they circulate through the blood stream before being eliminated. This release may cause headaches. Chronic skin conditions may temporarily worsen in the early stages as the toxins are released through the skin. A good gauge for the detox progress is the change in the colour of the tongue, which will return to pink when the detox is complete.

The Lemon Detox gives your body all the minerals and nutrients it needs. The only side effects are those your body naturally experiences during detoxification.

Don't worry, these symptoms are normal. Be prepared to take some extra rest if necessary. Usually the symptoms will only last a day or two. If they last any longer, please consult a health practitioner or stop the programme.

## Enjoy

**the Challenge** Because we are accustomed to eating whatever we like whenever we like, not taking any solid food even for short periods of time can seem a bit daunting. But there are no short cuts for the body to naturally detox. Completing the detox can give a real sense of achievement and help you to think more healthily about what you put in your body.

## Can

**anyone do the Detox?** Yes, providing you not aged under 18, diabetic, pregnant or breastfeeding, or have a history suffering from eating disorders. Please consult a health practitioner if you have any concerns. If you are currently on any medication, please consult your doctor.

## Concluding

**the Programme** Since the digestive system will have been resting for a number of days, it needs to be treated carefully at the conclusion of the programme. The common mistake is to eat too much too soon. Gradually return to normal healthy eating over two to three days. Freshly squeezed fruit juices and pureed vegetable soup are a good start for the first two days, and then steamed or raw vegetables for the next few days. On the fourth day you can start eating normally again.

**Apibal Bee Pollen** (produced using a special freeze-cracking process) is strongly recommended during the month after the detox, to help sustain the effects of optimum health.

## Comments

*"I have tested it myself and am now introducing it in practice. I can vouch that it tastes good, is easy to sustain, gives a rapid detox and is suitable for a wide variety of patients."*

Dr Janine Leach, BSc PhD ND DO Hon MFPHM

*"One of the best detox products around. The results are excellent and long lasting. I have now started to incorporate The Lemon Detox into my clinic."*

Marcia Harewood, ND MRN DO MH DNI

*"We tried it and it works! Giving your body a break from, well, everything; leaves it tighter and feeling cleansed."*

Elle Magazine - Helen Gent

*"Its mineral content is exceptionally rich. The ratio of zinc to manganese to iron is ideal (in the region of 5:2:1). The ratio of calcium to magnesium is around 2.5 to 1 and the ratio of potassium to sodium around 10 to 1. The lemon juice represents the main source of natural vitamin C."*

Dr Michel Odent, Director of Primal Health Research Centre, London

Your Stockist: