

The Lemon
Detox Diet
Rejuvenation
Sensation

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CAUTION

If you have a medical condition, or are pregnant or diabetic Type 1, the detox programme described in this book should not be followed without first consulting your doctor or practitioner. All guidelines and warnings should be read carefully, and the author and publisher cannot accept responsibility for injury arising out of a failure to comply with the same.

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Preface

The Lemon Detox Diet Rejuvenation Sensation is a ten-day holistic naturopathic journey to better health: simple, enjoyable and totally natural.

Amazingly effective, this cleansing programme will rid your body of accumulated toxins and help you to lose excess weight.

During the programme, we replace solid food with the Madal Bal Natural Tree Syrup & lemon drink: a natural beverage of specially selected rare tree syrups, pure lemon juice, water and cayenne pepper carefully formulated to provide nourishment while supporting the body as it cleanses itself.

The Lemon Detox Diet works by stimulating your body's own natural cleansing process by giving it a break from the constant work of digestion, and allowing balance to be restored.

Some people worry about going without solid foods, but the *Lemon Detox Diet Rejuvenation Sensation* is a health programme, not a traditional fast. A true fast is complete abstinence from food of any kind. *The Lemon Detox Diet* is a semi-fast programme based on

nourishing and energizing liquid food and is carried out for a limited period of time. Its purpose is to purify the body and free the system of excess fats and deposits.

In nature, fasting is a completely natural process. In all major religions of the world it forms an essential part of physical and spiritual cleansing – only in modern times is it believed so firmly that all things should be planned and that man should be programmed in accordance with the scientific knowledge of the moment.

The human body is a miracle that functioned efficiently long before science came around. Through the ages we have managed to weaken our bodies and destroy our health with the increase of toxins in our daily life. *The Lemon Detox Diet*- Rejuvenation sensation is a journey to better health. Throughout history, experience has shown that a periodic abstinence from solid food to be a blessing for the mind, body and spirit, the best investment in improved health and a longer natural lifespan. If you are looking to take a more conscious control of your life, *The Lemon Detox Diet* is a natural, simple, safe and effective programme which will help you rejuvenate and revitalise your health and well being, and improve the quality of your life.

People who have completed the programme report a wide variety of benefits including:

- cleansing the body of toxins
- effective weight loss
- increased vigour and vitality
- better digestion
- sounder sleep
- better circulation
- shiny hair and stronger nails
- clear skin and eyes
- greater resistance to illness
- reduced dependence on supplements and drugs
- fortified will-power and determination
- improved concentration and clarity of thought
- balanced emotions
- happier, more positive outlook
- sense of inner peace.

The Lemon Detox Diet is for anyone who feels the need to take a more conscious control of their life. It is a commitment towards bringing out the best in ourselves; towards exploring our potential and living life to the full.

1: Introduction

I would like to introduce you to an amazingly effective naturopathic detox programme that will help you to cleanse your body of accumulated toxins and will also help you to lose excess weight. It's all natural, simple, safe and effective.

Originally created by the legendary Hawaiian naturopath Stanley Burroughs as a cure for stomach ulcers, it was later refined in Switzerland into its present form as a detox programme.

The programme now has a huge following around the world, where it is known by several names: *The Lemon Detox Diet* - Rejuvenation Sensation in Australia and New Zealand; *The Lemon Detox Diet* in the UK and Eire; *Neera Supercleanse* in the USA; , *Le Regime Vital* in France and *La Cura de Savia y Zumo de Limon* in Spain.

In this book you will find precise instructions on how to follow *The Lemon Detox Diet*, together with some of the principle ideas of Stanley Burroughs, from his book *Healing For The Age Of Enlightenment*. Above all, you will see how this process has developed as a treatment of purification. We shall only be quoting

a few of the successes achieved, because the many testimonies would exceed the limitations of this book.

The Lemon Detox Diet is ideal for detoxification and also as a kick-start for weight loss management and a means of training the appetite – but only personal experience will show you what the diet is capable of achieving in each individual case. Most people turn to this diet to cleanse the system, to lose weight or to help gain relief from a digestive problem or medical complaint.

The following pages will deal firstly with the practical aspects of the programme, followed by precise instructions on how to carry it out. In chapters 12 and 13 we briefly present the opinions of Stanley Burroughs (the creator of this method) on health and illness, conventional medicine and naturopathic medicine.

And at the end of this book there is a small chapter with many letters of thanks that testify to the effectiveness of the *The Lemon Detox Diet*. But remember, only personal experience can show what the diet is capable of achieving in each individual case.

Word of the diet spreads

The success of *The Lemon Detox Diet* can be seen from its popular use among doctors and naturopaths. The observations of health professionals can be read in chapter 14, which gives useful advice for all those

trying the programme for the first time.

In the French clinics of the acclaimed homoeopath/naturopath and author – Dr Catherine Kousmine – *Le Regime Vital* (as *The Lemon Detox Diet* is known in France), is used in numerous cases as a basic preparatory treatment to retrain the appetite prior to introducing new healthier eating habits.

Without any doubt, a body that is healthy and purified will respond more favourably to any positive change and produce the rebirth of the innate intelligence of our organism. Dr Catherine Kousmine

In England, Dr Michel Odent – the obstetrician who pioneered natural childbirth and birthing pools in UK hospitals – uses the detox programme as part of his recently developed *Accordion Method*, a pre-conception programme to help parents to have healthier babies.

The duration of each session is about four days. During day two and day three of such a session there is no food available other than a specially designed cocktail made from a mixture palm tree syrup, maple syrup and lemon juice. Cayenne pepper is added after dilution (a way to slightly increase the body temperature and therefore sweat excretion). The cocktail can be consumed at any time without any restriction. It makes the fasting period comfortable. 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 2.5:1, and the ratio of potassium to sodium around 10:1. The lemon juice represents the main source of natural vitamin C. **Dr Michael Odent**

The Lemon Detox Diet is also beneficial to the hair and for aesthetic treatments in general. The Hair Institute of Switzerland makes the programme an obligatory part of their treatment.

Waste products are deposited in the outermost cells of the body, which includes those in the hair. For healthy hair, detoxification of the body is absolutely necessary and to this end nothing is better than this diet. **The Hair Institute, Switzerland**

This revised edition, which has been completed based on experiences in Australia, Europe and America, aims to remove any prejudices and to leave you full of enthusiasm.

2: Lose 3-6kg in ten days

Just a simple slogan?

This title causes suspicion. Is it possible? And if so, is it healthy? Is it an exaggerated promise, or a simple publicity slogan? Or is it really possible to lose so much weight with a simple diet of The Madal Bal Natural Tree Syrup and lemon juice?

Three to 6kg is indeed a substantial amount to lose in just ten days. It is even more amazing that most people regain little (if any) of the weight they have lost after the diet. In past tests, 70% of the people who followed the *The Lemon Detox Diet* exactly as described in this book lost between 5-9kg in ten days, while most of the remaining 30% lost between 3-5kg. This is even more surprising if you think that not all of those who followed the programme were overweight.

The majority of those who are not overweight lose between 2-3kg, and those who are underweight re-establish the balance of the body's metabolism. The