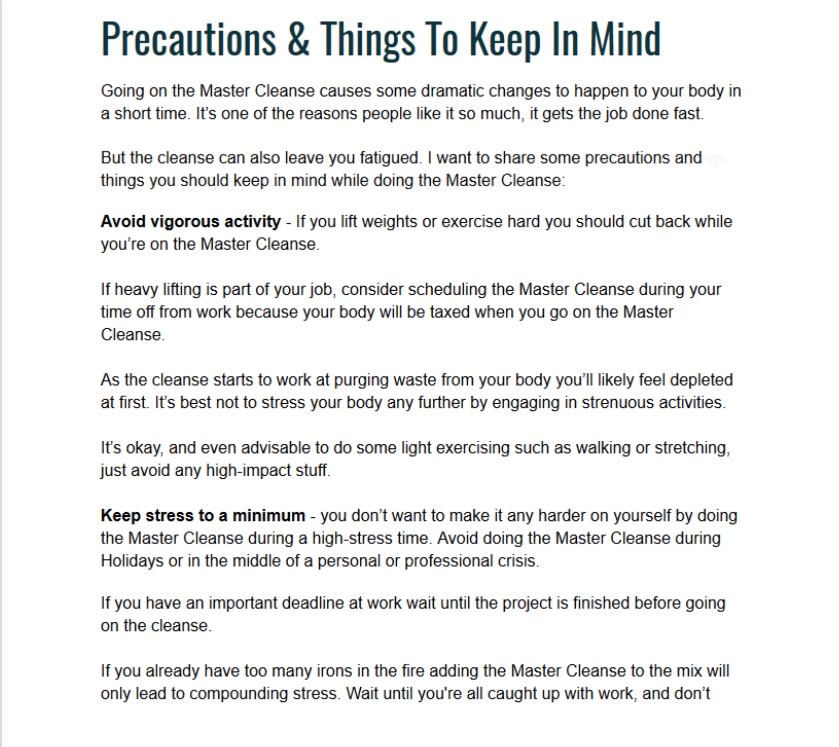
Here are some samples of what you'll be getting:

- A section from the main Master Cleanse Secrets book
- An entry from the Master Cleanse Journal
- One of the emails
- The first part of the sales letter *(funny story, that weird "Beautiful Health" headline has been winning split tests for years. It even beat headlines written by a copywriter who charges $10k for a sales letter)*

From the main Master Cleanse Secrets book



Precautions & Things To Keep In Mind

Going on the Master Cleanse causes some dramatic changes to happen to your body in a short time. It's one of the reasons people like it so much, it gets the job done fast.

But the cleanse can also leave you fatigued. I want to share some precautions and things you should keep in mind while doing the Master Cleanse:

Avoid vigorous activity - If you lift weights or exercise hard you should cut back while you're on the Master Cleanse.

If heavy lifting is part of your job, consider scheduling the Master Cleanse during your time off from work because your body will be taxed when you go on the Master Cleanse.

As the cleanse starts to work at purging waste from your body you'll likely feel depleted at first. It's best not to stress your body any further by engaging in strenuous activities.

It's okay, and even advisable to do some light exercising such as walking or stretching, just avoid any high-impact stuff.

Keep stress to a minimum - you don't want to make it any harder on yourself by doing the Master Cleanse during a high-stress time. Avoid doing the Master Cleanse during Holidays or in the middle of a personal or professional crisis.

If you have an important deadline at work wait until the project is finished before going on the cleanse.

If you already have too many irons in the fire adding the Master Cleanse to the mix will only lead to compounding stress. Wait until you're all caught up with work, and don't have any pressing family obligations before going on the Master Cleanse if at all possible.

If you currently have a medical condition check with your doctor before going on the Master Cleanse - I know I'm going to get some flak for this one because the Master Cleanse is supposed to keep you out of the Doctor's office, but it's impossible to know the current health situation of every person who reads this guide. If you're not sure if you're healthy enough to go on the Master Cleanse, please check with your doctor before doing it.

Avoid coffee - The Master Cleanse is a simple diet, but it must be strictly followed for it to work. That means no coffee or other beverages that aren't listed in this guide.

If possible you should avoid taking vitamins - The Master Cleanse works best when you keep as much out of your body as possible and let your body cleanse itself.

If you feel like going a few days without vitamins is going to have a negative impact on your health it's okay to continue taking them, but if at all possible hold off on taking vitamins during the cleanse.

About prescription drugs - I get asked a lot about whether or not a person should continue taking doctor prescribed medicine while doing the Master Cleanse. The honest answer is with so many drugs on the market it's impossible for me to know how each one affects the Master Cleanse. If you're taking prescription drugs it's obviously for a very important reason, and it would be irresponsible to tell you to stop.

Exiting the Master Cleanse

Due to the massive changes in your body that happen during the Master Cleanse, exiting requires a careful process.

It's not good to just drop the cleanse and go back to eating the same foods you were eating prior to starting the Master Cleanse. This will wreak havoc on your body and can even make you sick.

Since your body has adjusted to the Master Cleanse, some important steps should be followed to help your body come off the Master Cleanse properly.

The first day after ending the cleanse you should avoid all solid food. Start drinking fruit

An entry from the Master Cleanse Journal

Time: 10:18 pm
Day: 05
Weight: 152 pounds
Mood: good
Energy Level: really good

The Obsession for food has lifted. Well, as much as it can...I would gladly eat something if I could. Now, however, I no longer obsess about it the way I did for the past four days.

This is the best I have felt during the entire process. I feel like all of those horrible dark clouds that were plaguing me in the start have lifted. I know that a lot can be said for actively staying aware of my mindset and trying to focus on the positive.

I'm beginning to realize how much food has played a role in my life, especially a medicating role. I'm a professional health and wellness writer and by any measure, most people would consider me well above the average in terms of taking care of myself and eating a relatively healthy diet. But still, I, too eat to medicate.

I feel like that realization was a major gift for me. I'm more inspired now more than ever to really be conscious of what goes into my body. I know that I don't need to be a puritan, but in my own life there are a lot of little "dirty" eating habits I have that now I want to change.

My mental state is not as precarious as it was yesterday; just to be cautious I decided not to go on Youtube today. lol. Nope, no emotional episodes today. Has my body acclimated or resigned itself for the duration of this process? Hmmm.

I drank the salt water flush, and still have the same feelings towards it. It did its job and my expulsion was more or less the same honey colored bilge with something new; kind of a more viscous mucous that was a little more opaque. I'm wondering if this is fatty by product from my abdominal reserves.

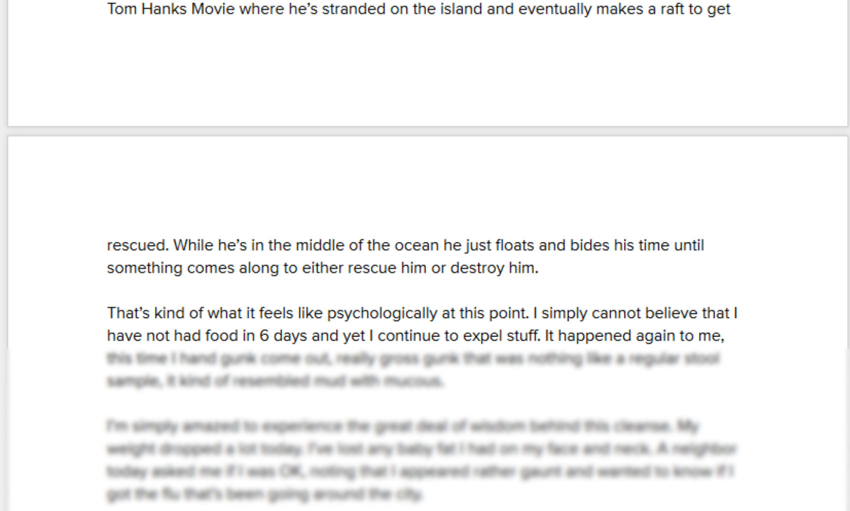
My weight today was virtually the same. I know it's not about the weight, but I was hoping for it to drop more than 1 pound. Interestingly, my energy level has improved too. I don't feel lethargic like I did on Day 2 and 3. I've only had one expulsion, so I'm going to go back on that tea, but only drink it once towards the later afternoon.

Tomorrow, I'm going to start planning a weekly diet of foods to eat after I finish this cleanse process. I have loads of information and food resources to draw from, and now that the sight of food does not induce me to frothing at the mouth, I feel like I can reasonably begin this project.
As usual, the lemonade drinks are a delight to drink. I can't believe that something this sweet and delicious is also good for you. I'm seriously thinking about buying lemons from now on just to add to my water. I'm really digging the lemon juice in my water. It gives it a tang that leaves my mouth refreshed.

Wish me luck!

Time: 11:48 pm
Day: 06
Weight: 149 pounds
Mood: good
Energy Level: Wow!

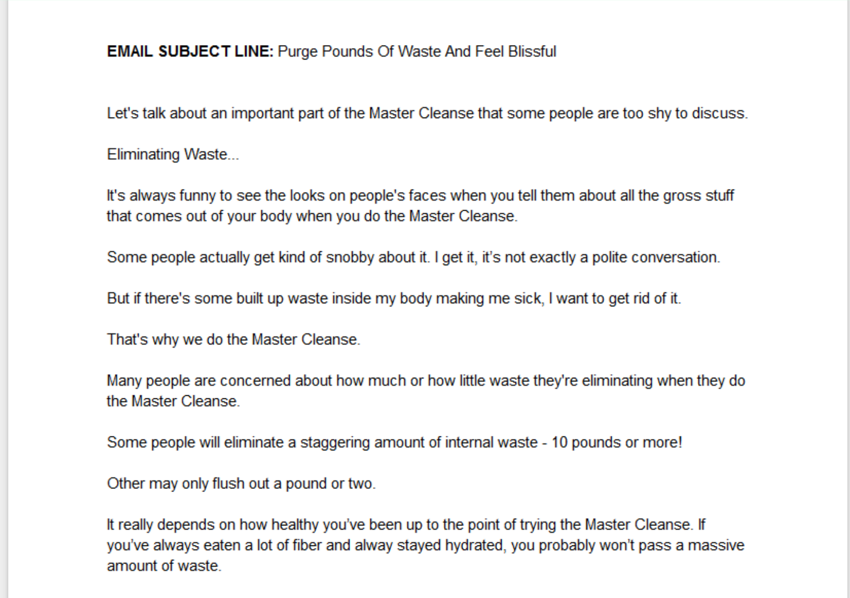
To best give you an idea of what the cleanse feels like on Day 6 would be to refer to that



Tom Hanks Movie where he's stranded on the island and eventually makes a raft to get rescued. While he's in the middle of the ocean he just floats and bides his time until something comes along to either rescue him or destroy him.

That's kind of what it feels like psychologically at this point. I simply cannot believe that I have not had food in 6 days and yet I continue to expel stuff. It happened again to me, [redacted]

One of the emails



EMAIL SUBJECT LINE: Purge Pounds Of Waste And Feel Blissful

Let's talk about an important part of the Master Cleanse that some people are too shy to discuss.

Eliminating Waste...

It's always funny to see the looks on people's faces when you tell them about all the gross stuff that comes out of your body when you do the Master Cleanse.

Some people actually get kind of snobby about it. I get it, it's not exactly a polite conversation.

But if there's some built up waste inside my body making me sick, I want to get rid of it.

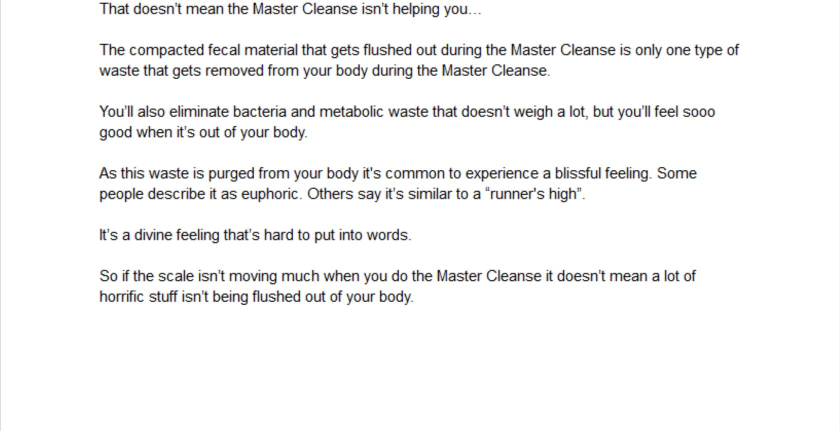
That's why we do the Master Cleanse.

Many people are concerned about how much or how little waste they're eliminating when they do the Master Cleanse.

Some people will eliminate a staggering amount of internal waste - 10 pounds or more!

Other may only flush out a pound or two.

It really depends on how healthy you've been up to the point of trying the Master Cleanse. If you've always eaten a lot of fiber and alway stayed hydrated, you probably won't pass a massive amount of waste.



That doesn't mean the Master Cleanse isn't helping you…

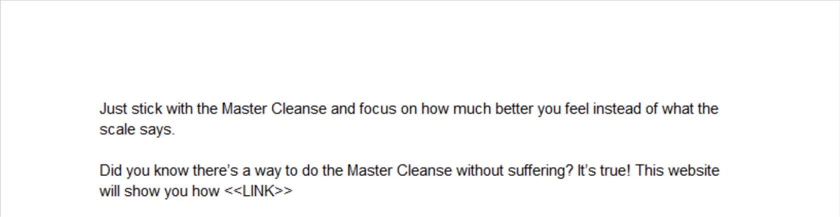
The compacted fecal material that gets flushed out during the Master Cleanse is only one type of waste that gets removed from your body during the Master Cleanse.

You'll also eliminate bacteria and metabolic waste that doesn't weigh a lot, but you'll feel sooo good when it's out of your body.

As this waste is purged from your body it's common to experience a blissful feeling. Some people describe it as euphoric. Others say it's similar to a "runner's high".

It's a divine feeling that's hard to put into words.

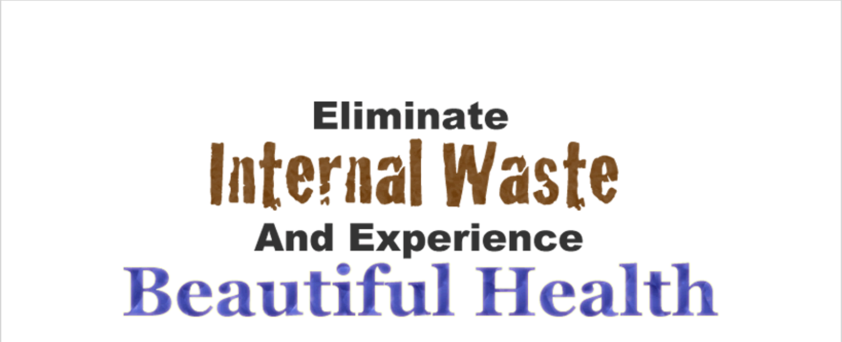
So if the scale isn't moving much when you do the Master Cleanse it doesn't mean a lot of horrific stuff isn't being flushed out of your body.



Just stick with the Master Cleanse and focus on how much better you feel instead of what the scale says.

Did you know there's a way to do the Master Cleanse without suffering? It's true! This website will show you how <<LINK>>

The first part of the sales letter



Eliminate
Internal Waste
And Experience
Beautiful Health

Many want to know about using the Master Cleanse specifically for weight loss. It happens to be one of the most effective ways to lose weight fast, but there are some important steps you need to follow.

Do it wrong and you can experience troubling side effects.

Keep reading to find out the safe, healthy way to use the Master Cleanse for weight loss or as a general health & rejuvenating cleanse

Dear Reader,

If you're thinking about trying the Master Cleanse please take a moment to read this important letter to see if it's right for you.

It's true the Master Cleanse can help you lose up to 20 pounds, look younger, ease chronic pain, cleanse your body of internal waste, and boost your energy levels in 10 days but...

Most People Don't Last 1 Day On The Master Cleanse

You know the saying - "if it was easy everyone would be doing it". Well, dear reader, that saying holds true with the Master Cleanse as well. Now don't up and leave this site just yet because I'm going to show you how to make the Master Cleanse "doable".

These tips have helped people who could never finish the Master Cleanse breeze through it without much trouble.

You won't find this information anyplace else.

But before we get to that let's take a closer look at how the Master Cleanse works and what it can do for you.

The Master Cleanse Recipe - How To Make The Lemonade

Here's the recipe for making the Master Cleanse lemonade:

2 Tablespoons of organic lemon juice

2 Tablespoons of organic grade B maple syrup

1/10 Teaspoon ground cayenne pepper

10 oz of filtered water

That recipe is for a single serving of lemonade, and you should drink 6-12 servings a day.

You can also prepare a big batch by multiplying that recipe by however many servings you plan on drinking. Just make sure you keep it refrigerated and don't make more than one day's supply because you want the lemonade to be as fresh as possible when you drink it.

You might be wondering about how the lemonade tastes. The cayenne pepper is a real concern for some people, but the lemonade is surprisingly tasty. The cayenne pepper gives the lemonade a nice kick.

What if you don't like spicy drinks?

Here's a tip: Take two cayenne pepper capsules with each glass of lemonade instead of mixing the ground cayenne pepper into the drink. You can find cayenne pepper capsules at most health food and vitamin stores for around $5 a bottle.

Now most people will take that recipe and jump right into the Master Cleanse. That's a big mistake. There's more to the Master Cleanse than the average person might think.

Before you try the Master Cleanse you need to know:

- How to prepare yourself before starting the cleanse
- What to do during the Master Cleanse to reduce side effects, or avoid them altogether
- What to do after the Master Cleanse because you don't want to go back to your old diet right after the cleanse
- And finally, how to maintain the results long after you've finished the Master Cleanse - *this one's important!*

When you know all these things you'll have a much easier time finishing the Master Cleanse, and you'll benefit more than those who don't.

Speaking of benefits let's take a look at what the Master Cleanse can do for you...

10 Days To A Whole New You

As soon as you start the Master Cleanse your body will begin a process of rapid detoxing and rejuvenation. The changes you'll experience happen fast -- so fast you're bound to get a WOW!

response from the people you know.

Don't be surprised if a few people pull you aside and ask if you've recently had some "work done".

Like I said the changes happen ***FAST***.

Here's What You Can Expect When You Do The Master Cleanse

- You'll normalize your appetite and metabolism so your body can comfortably adjust to its ideal weight for your size naturally
- Your hormone levels will be restored so every cell in your body will be charged with youth giving and feel good hormones. If you suffer from libido problems, the Master Cleanse can help
- There will be a natural shift away from unhealthy habits -- without willpower
- You'll cleanse and detox your entire body -- the pounds of waste built up over the years will be released in just 10 days
- Reduced internal inflammation, which will ease aching joints and chronic pain
- Increased energy
- And much more...

For some people, this sounds almost too good to be true. It's almost hard to believe you could experience such amazing benefits in just 10 days, but the secret behind the Master Cleanse is simple...

It Restores Your Body To Its Normal, Healthy State

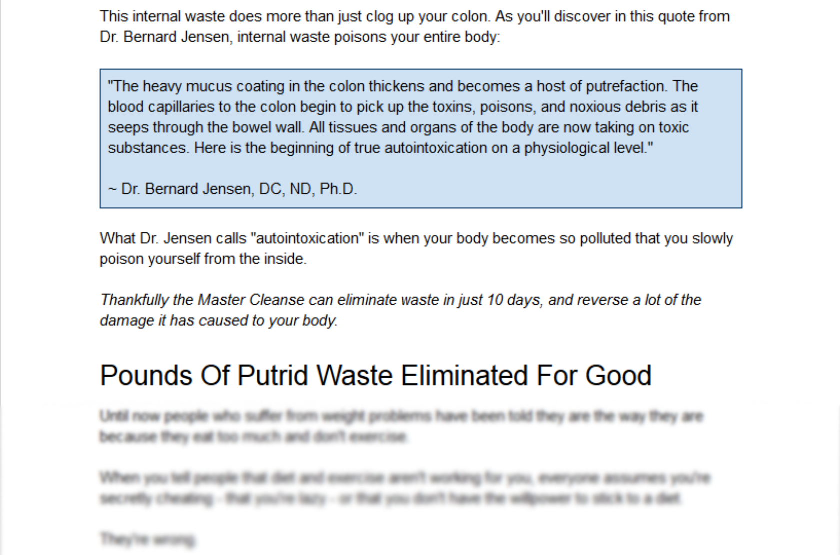
No other animal on this planet could survive if they ate what we ate. Heck, even humans who come from indigenous parts of the world become deathly ill when they adopt the "Western" diet.

That's why for the first time in human history our life expectancy is decreasing!

Our bodies are sick and polluted -- and just like any machine that's been neglected and mistreated, we're not running at peak performance.

The Master Cleanse can change that in just 10 days.

There's no magic to the Master Cleanse -- it simply flushes out internal waste that's putting a huge burden on every organ in your body.



This internal waste does more than just clog up your colon. As you'll discover in this quote from Dr. Bernard Jensen, internal waste poisons your entire body:

> "The heavy mucus coating in the colon thickens and becomes a host of putrefaction. The blood capillaries to the colon begin to pick up the toxins, poisons, and noxious debris as it seeps through the bowel wall. All tissues and organs of the body are now taking on toxic substances. Here is the beginning of true autointoxication on a physiological level."
>
> ~ Dr. Bernard Jensen, DC, ND, Ph.D.

What Dr. Jensen calls "autointoxication" is when your body becomes so polluted that you slowly poison yourself from the inside.

Thankfully the Master Cleanse can eliminate waste in just 10 days, and reverse a lot of the damage it has caused to your body.

Pounds Of Putrid Waste Eliminated For Good

Until now people who suffer from weight problems have been told they are the way they are because they eat too much and don't exercise.

When you tell people that diet and exercise aren't working for you, everyone assumes you're secretly cheating - that you're lazy - or that you don't have the willpower to stick to a diet.

They're wrong.