



THE MASTER CLEANSE

10 DAY TOTAL BODY RESET

THE GOAL: radiant, glowing skin & a happy, healthy body!

THE PURPOSE: to dissolve and eliminate toxins and congestion that have formed in any part of the body. To keep YOUTH and ELASTICITY, regardless of our years.

THE 10 DAY PLAN ———

Each day, make & follow each recipe below for optimal results.

THE LEMONADE ——— all day

- 2 TBSP organic fresh lemon juice (approx. 1/2 lemon)
- 2 TBSP (1 TBSP to loose weight, 3 TBSP to gain weight) organic Dark Grade B Maple Syrup
- 1/8 tsp (fill only 3/4 of teaspoon) organic cayenne pepper
- 10 oz warm water (TIP: use half boiled water, half room temperature water.)

——— Combine and make this drink fresh 6-12 times a day, as needed. If you cannot prepare your lemonade fresh, see the recipe BELOW.

THE LEMONADE, CONCENTRATE ———

—— Mix equal parts of lemon juice and maple syrup in a thermos, for however many drinks of lemonade needed throughout the day (refer to recipe ABOVE.)

—— Make sure to take your cayenne pepper SEPARATE. DO NOT mix the cayenne with the concentrate.

—— Mix 4 TBSP of the concentrate with water.

THE DETOX DRINK ——— morning / night

- 1 heaping tsp psyllium husk powder

- 1 level tsp bentonite clay (or 1 TBSP liquid bentonite clay)

- 1 tsp apple cider vinegar

- water

—— Combine and drink both morning and night to detoxify heavy metals.

COFFEE ENEMA or LAXATIVE SUGGESTIONS —

—— You will need to either do a coffee enema daily, or take a laxative instead. Laxative recommendations include: herbal teas specific for their laxative properties, magnesium citrate supplement, and cascara segrada.

You can also opt to do the SALT WATER BATHING METHOD instead of the enema.

SALT WATER BATHING — morning

- 4 cups warm alkaline water
- 2 tsp sea salt

— Drink first thing in the morning on an empty stomach. You should eliminate one hour after consuming.

OTHER SUGGESTIONS TO ACCELERATE YOUR RESULTS, DAILY:

- Drink organic mint tea daily.
- Coconut oil pulling.
- Dry skin brushing.
- Use natural, clean skin care products.
- Sleep grounded on floor.
- SLEEP.
- Light exercise daily, such as stretching, yoga, and walking outdoors.
- Reduce your time spent on your phone, TV, and computer.

DAYS 11-14 — COMING OFF THE CLEANSE

This is the MOST important part of the cleanse, so make sure you read it carefully and thoroughly!

DAY 11 ———

ALL DAY: Drink fresh orange juice (do NOT purchase, squeeze the orange juice yourself, either manually or with a machine for optimal enzyme content.)

ADD IN fresh fruit. Only pineapple, mango and papaya. You can also eat oranges.

DAY 12 ———

ALL DAY: Drink fresh orange juice (do NOT purchase, squeeze the orange juice yourself, either manually or with a machine for optimal enzyme content.)

ADD IN fresh fruit. Only pineapple, mango and papaya. You can also eat oranges.

DINNER TIME: make & enjoy a vegetable soup or vegetable broth. Sauté an onion and garlic in olive oil, and add in a variety of organic vegetables like carrots, kale, mushrooms, celery, radishes, watercress, beets... be creative! Finely dice the vegetables and fill the pot with water, just over the vegetables.

DAY 13 ———

BREAKFAST: Drink fresh orange juice (do NOT purchase, squeeze the orange juice yourself, either manually or with a machine for optimal enzyme content.)

LUNCH: leftover vegetable soup and fruit (orange, mango, pineapple, papaya.)

DINNER: vegetable salad with a light salad dressing, sautéed vegetables, brown rice and *optional* wild caught fish such as haddock.

SALAD DRESSING RECIPE:

1/4 cup extra virgin olive oil
1 clove garlic, minced
1/4 lemon, juiced
1 tsp organic yogurt
Salt, pepper & oregano to taste

DAY 14 ———

You are back to eating! Make sure you eat carefully and light for the next few days. Remember, do you live to eat, or eat to live?

Congratulations! You made it! You should be very proud of yourself. Make sure you share your progress on Instagram & tag us @shelbynaturals, using the hashtag #mastercleanse so we can encourage & support each other! :)

XX,

Shelby