

The Lemonade Weight Loss Plan

(The Super-fast Cleanse Plan of The Hollywood Stars)



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Lemonade Diet Recipe

For at least 10 days, drink around 10 servings/day of the following:

- 2 Tablespoons (1 fluid ounce) fresh-squeezed lemon or lime juice NOT BOTTLED JUICE!! (approx. 1/2 lemon),
- 2 Tablespoons (1 fluid ounce) organic Grade B maple syrup,
- 1/10 Teaspoon or more cayenne pepper (hot red pepper), and
- 1 Cup (8 fluid ounces) purified or spring water, NOT fluoridated water.

You can make a large quantity by doing the following: Take an empty gallon water jug and fill it with:

- the juice of 5 lemons
- 1 1/4 cup of organic Grade B maple syrup
- 1 teaspoon of cayenne pepper
- 10 cups of water

Shake well. This will last for an entire day.

Salt-Water Flush Recipe

Upon rising drink a mixture of:

- 2 level teaspoons of uniodized sea salt mixed with one quart lukewarm water.

Herbal Laxative Tea (Available from most grocery stores)

Each evening drink an herbal laxative tea to aid in elimination (this should be done at bedtime.)

Do this cleanse for a total of ten days for a complete intestinal cleanse.

For more help in finding a weight loss program that is targeted specifically for your personal health needs and concerns, and to lose the weight and keep it off - visit our website below:



www.HippieHerbalist.com

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