



Lemon Detox Diet - aka Maple Syrup Diet

Here you will find more information on the product and the many ways you can follow the program.

1. The Full Detox

This is the classic version that has been used by thousands of people throughout the world. Some people, when thinking about fasting for the first time imagine that they won't be able to make it through seven days but what you'll probably find is that after the second day it just gets easier and easier. The 5-7 day version is also convenient because one 1-litre tin of the Madal Bal Syrup lasts most people 5-7 days.

For the beginner, a shorter period is recommended 5 to 7 days. For those more experienced at detoxing, 10 days is the optimum time. It can be extended up to 14 days but should only be done so with the consent of a healthcare professional.

During the total detox programme, drink only the recommended liquids.

Do not eat any solid foods.

If you are on any medication do not go off your medication without consulting your doctor.

2. The Relaxed Version

If you are looking for a more relaxed version of the detox, try substituting either breakfast or dinner (or even better, both) with 2-3 glasses of the Natural Tree Syrup & Lemon Drink. Have a healthy meal at lunchtime but abstain from sweets, processed foods, red meat, fried foods, white bread, refined flour, dairy products, coffee and alcohol. These are all food products that tax our natural digestive/cleansing system and inhibit the body's ability to deal with previously stored toxins and wastes. The relaxed programme works by lengthening the time each night that the body can cleanse. It does however take longer to detox this way, which is why the relaxed version should be done for at least one to two weeks and up to a month. The relaxed programme can also be used as an introduction to the total detox, or as a way of extending it.

3. The "Once a Week" Version

Most people never give their digestive and eliminative organs a break. Day in and day out they place a continuous load on their system. Taking a break "Once a Week" gives our system a chance to rest and cleanse for a day. Going without solid food for a day isn't that difficult and people who have practiced this programme have had good long-term weight-normalization results.

4. The Master Plan

Many people who have tried the Madal Bal Natural Tree Syrup have liked the results so much that they wish to make cleansing and the Lemon Detox Diet a regular part of their lives. The total detox incorporates the benefits of cleansing Once a Week plus a twice-yearly multi-day cleanse. Performing a twice yearly multi-day cleanse gives the body a chance to detox and heal itself from the stresses put upon

it. You gain the maximum results of the lemon detox, cleansing your bodies of accumulated wastes and toxins and losing excess weight. Performing the Once a Week version of the lemon detox after a multi-day version helps the body to maintain its toxic free condition and is a great on-going cleansing routine.

What does it Contain?

The syrup comes from the sap of five types of tree - the maple and four rare Asian palm trees - all growing naturally and organically. The maple sap comes from Bird's Eye maple trees of North America. Trees need to be over 40 years old to extract sap without harming the tree, and the sap can only be extracted during a few months of the year.

This pure syrup is very different from most maple syrup sold in shops, which can be over 90% artificially synthesized from sugar and corn syrup.

The palm syrup comes from the sap of the Arenga, Kita, Nipah and Palmyra palm trees, which grow in forests in different areas of South East Asia. The sap from each type of tree is extracted using techniques introduced and monitored by Swiss aid workers. The sap is carefully turned into syrup, and then the syrups are blended and canned. No sugar, preservatives or chemical processes are used.

The Challenge - It's all in the Mind

The main challenge of the programme is mental. Because we are accustomed to eating whenever we feel like it, the discipline of not taking any solid food can seem a bit daunting. Eating has become a habit and like any other habits it's not so easy to break, even temporarily. It is often very tempting to cheat during the detox. Don't give in to temptation. Stick to it! Be strong! When you experience hunger simply treat yourself to another Natural Tree Syrup and Lemon Drink. Keep thinking of all the benefits you will achieve when you have finished the Lemon Detox Diet and can enjoy solid food again.

A true fast is complete abstinence from food of any kind, yet the Lemon Detox is liquid food - nourishing and energizing. It is important not to burden the body with solid food during the detox. Digesting solid food consumes much of the body's energy and overrides many of its other tasks. In the absence of solid food the body can focus its energy on cleansing. Throughout history, experience has shown a periodic abstinence from solid food to be a blessing for the entire organism, the best investment in improved health and a longer natural life span.

While the actual inner cleansing and rejuvenation is performed by the body itself, the Natural Tree Syrup and Lemon drink fulfils important functions in assisting this process: It supplies the nutrients necessary for the body's continuing alert functioning, assisting to restore the biochemical and mineral balance in tissues and cells and expediting cell regeneration. It is assimilated directly into the bloodstream, placing no additional burden on the digestive system. It provides a liquid medium essential for the efficient flushing of wastes from the system.

The acidity of lemon juice assists the cleansing process, acting like an internal detergent to dissolve excess fats and the cayenne pepper or ground ginger helps speed up metabolism, thus promoting circulation and the elimination of toxins.