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# Preface

*The Lemon Detox Diet program Rejuvenation Sensation* is a ten-day journey to a superior lifestyle that is simple, enjoyable and totally natural.

Amazingly effective, the Lemon Detox Diet program will rid your body of accumulated toxins and incidentally may have the result of helping you to lose excess weight.

During the program, we replace solid food with the Lemon Detox 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* program works by giving your body 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* program is not a traditional fast. A true fast is complete abstinence from food of any kind, the *Lemon Detox Diet* program is a

semi-fasting program based on nourishing and energizing liquid food and is carried out for a limited period of time. The purpose of the *Lemon Detox Diet* program 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. The *Lemon Detox Diet* program - Rejuvenation Sensation is a journey to happiness and an improved lifestyle. 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 quality of life. The *Lemon Detox Diet* program is a natural, simple and effective program which will help you rejuvenate, revitalize and improve the quality of your life.

People who have completed the *Lemon Detox Diet* program report a wide variety of benefits including:

- cleansing the body of toxins
- effective weight loss
- increased vigour and vitality
- able to kick start an improved lifestyle
- able to adopt better eating patterns
- boost energy and endurance
- fortified will-power and determination
- improve confidence and self- esteem
- happier, more positive outlook
- sense of inner peace.

The *Lemon Detox Diet* program 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 detox diet program 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 and effective.

Originally created by the legendary Hawaiian practitioner Stanley Burroughs, it was later refined in Switzerland into its present form as a detox diet program.

The diet program 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* program, together with some of the principle ideas of Stanley Burroughs, from his book *Healing For The Age Of Enlightenment*. 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* program 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 and to help them maintain a more superior lifestyle.

The following pages will deal firstly with the practical aspects of the diet program, followed by precise instructions on how to carry out the program.

And at the end of this book there is a small chapter with many letters of thanks that testify to the effectiveness of the *Lemon Detox Diet* program. 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* program can be seen from its popular use amongst professionals. The observations of these professionals can be read in chapter 13, which gives useful advice for all those trying the diet program for the first time.

## 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 detox program?

3 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 program. In past tests, 70% of the people who followed the *Lemon Detox Diet* program 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 diet program 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 body