

The concept is that by giving your body a break from constantly digesting all the food, drink, toxins and chemicals that you put in your body - your body will heal itself

The maple syrup is a balanced form of positive and negative sugar. The maple syrup has a large variety of minerals and vitamins. Naturally the mineral and vitamin content will vary according to the area where the trees grow and the mineral content in the soil. These are the minerals found in average samples of syrup from Vermont: Sodium; Potassium; Calcium; Magnesium; Manganese; Iron; Copper; Chlorine and Silicon. Vitamin B1, B2, B6, C, Nicotinic acid and Pantothenic acid are also present in the syrup.

The lemon is a loosening and cleansing agent with many important building factors. Even though the lemon is an acid fruit, it becomes alkaline as it is digested and assimilated. It is, in fact, our best aid toward proper alkaline balance. There is no danger of "too much acid."

Its 49% potassium strengthens and energizes the heart, stimulates and builds the kidneys and adrenal glands.

Its oxygen builds vitality.

Its carbon acts as a motor stimulant.

Its hydrogen activates the sensory nervous system.

Its calcium strengthens and builds the lungs.

Its phosphorus knits the bones, stimulates and builds the brain for clearer thinking.

Its sodium encourages tissue building.

Its magnesium acts as a blood alkalizer.

Its iron builds the red corpuscles to rapidly correct the most common forms of anemia.

Its chlorine cleanses the blood plasma.

Its silicon aids the thyroid for deeper breathing.

The natural iron, copper, calcium, carbon, and hydrogen found in the sweetening supplies more building and cleansing material. It truly is a perfect combination for cleansing, eliminating, healing, and building. Hence, supplements are not needed during the diet and may actually interfere with its cleansing action.

4 cups of water

1/8 to 1/4 tsp of cayenne (taste)

4 or 5 small key limes (or about 4 tbsp of fresh-squeezed lemon juice - MUST be fresh squeezed)

4 tbsp of maple syrup (or more if you want it sweeter or/and you need to gain weight)

Use a funnel to add the cayenne, lime and maple syrup to the bottle then add all the water (it cleans the funnel at the same time) and then shake it up and drink.

I usually drink 2 to 3 liters a day - but listen to your own body. When you feel a hunger pang, drink.