

# Some Important points about the Master Cleanse

## By Peter Glickman, author of

### [Lose Weight, Have More Energy & Be Happier in 10 Days](#)

A. Most toxins are stored in the body's fat cells and this leads to obesity. This is only now just beginning to be known.

References:

1. [http://www.fiber35diet.com/articles/article\\_cleanse\\_02\\_toxOb.aspx](http://www.fiber35diet.com/articles/article_cleanse_02_toxOb.aspx)
2. <http://www.liebertonline.com/doi/abs/10.1089/107555302317371479?cookieSet=1&journalCode=acm>
3. <http://www.articlesbase.com/health-articles/chemicals-toxins-and-obesity-732908.html>
4. <http://www.thehealthierlife.co.uk/natural-health-articles/nutrition/environmental-toxins-fruit-veg-obesity-00337.html>

B. The toxic contamination of processed foods is more widespread than the public knows. Nutritionists should be screaming about this in the media and working to change it.

References:

1. <http://www.thehealthierlife.co.uk/natural-health-articles/nutrition/environmental-toxins-fruit-veg-obesity-00337.html>
2. <http://articles.mercola.com/sites/articles/archive/2009/01/10/aspartame-brain-cancer-and-the-fda.aspx>
3. <http://articles.mercola.com/sites/articles/archive/2009/02/05/why-economics-drives-most-food-options-you-have.aspx>
4. <http://www.rense.com/general43/proz.htm>

C. Fasting--the Master Cleanse is a modified juice fast--has been for thousands of years in most major religions to improve health and is used in foreign countries to cure asthma, bronchial conditions, and high blood pressure. That would make sense given point A above.

References:

1. [http://www.cbsnews.com/stories/2007/12/10/health/main3602566.shtml?source=RSSattr=Health\\_3602566](http://www.cbsnews.com/stories/2007/12/10/health/main3602566.shtml?source=RSSattr=Health_3602566)
2. [http://www.ncbi.nlm.nih.gov/sites/entrez?cmd=Retrieve&db=PubMed&list\\_uids=11416824&dopt=AbstractPlus](http://www.ncbi.nlm.nih.gov/sites/entrez?cmd=Retrieve&db=PubMed&list_uids=11416824&dopt=AbstractPlus)
3. <http://www.fasting.com/solution.html>
4. [http://www.nytimes.com/2006/10/31/health/nutrition/31agin.html?\\_r=1&ref=science](http://www.nytimes.com/2006/10/31/health/nutrition/31agin.html?_r=1&ref=science)
5. <http://therawfoodsite.com/forum/showthread.php?t=2981>
6. [http://sci.pam.szczecin.pl/~fasting/bur\\_ab.doc](http://sci.pam.szczecin.pl/~fasting/bur_ab.doc)
7. <http://sci.pam.szczecin.pl/~fasting/>

D. Although the Master Cleanse is not for everyone--some people are too toxic or currently on strong chemotherapy, medical or psychiatric drugs--it is a marvelous low-cost method of rejuvenation **if people learn what to do and what to expect**. I've seen some horrifying examples of people being told each 10 oz drink of lemonade should actually be 32 oz! (This by the *New York Daily News*, August 17th 2006, which refused to print a correction and still has the wrong information on their website!

[http://www.nydailynews.com/archives/lifestyle/2006/08/17/2006-08-17\\_your\\_bod\\_babe\\_hot\\_stuff\\_.html](http://www.nydailynews.com/archives/lifestyle/2006/08/17/2006-08-17_your_bod_babe_hot_stuff_.html)

References:

1. <http://therawfoodsite.com/feedback.htm>
2. "I am on Day 28. I have never felt this great or had this much energy in my life. I also have gained so much mental clarity and a much deeper, sincere care for others. I have tried to do the Master Cleanse for just weight loss in the past and didn't even last a day. This time I did it to help with quitting smoking, antidepressants, caffeine, and to have energy again. Before I started this cleanse I had so much anxiety that I could not even leave my house and my energy level was so low that I stayed in bed all of the time. I have been completely 'drug free' for the entire time I did the cleanse, and have been going to the gym or exercising at home every day. Also before I started this cleanse I could not sleep and when I did it was during the day. Now I go to bed between 10:00pm-11:00pm and wake between 5:00am-6:00am with no struggle. I have been under my doctor's monitoring since I have started. My blood work has never been better, and he says I could not have chosen a better path. I started at 240lbs and I am pleased to say that I weighed in at 203 pounds this morning. At 28 years old and 6'1". I haven't felt this good since I was 21. Thanks Peter for keeping this wonderful 'gift' known and for the bulletin board. To anyone else trying the cleanse: please know that if a food addict like me can do it, so can you!!! :-)" Troy B., January 30, 2009

<http://www.therawfoodsite.com>

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