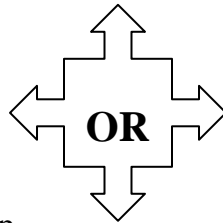


JEN'S EASY ONE-PAGE TEN-DAY FAST: MODIFIED MASTER CLEANSE

Days 1–7: For 7 days in a row, drink nothing but:

2 TBSP 100% pure lemon juice
2 TBSP grade B (dark) maple syrup
8–10 oz water
1/0 tsp cayenne pepper (optional)

2 TBSP 100% pure lime juice
2 TBSP grade B (dark) maple syrup
8–10 oz water
1/0 tsp cayenne pepper (optional)



2 TBSP apple cider vinegar
2 TBSP grade B (dark) maple syrup
8–10 oz water
1/0 tsp cayenne pepper (optional)

3 TBSP pure unsweetened 100% cranberry
1 TBSP grade B (dark) maple syrup
8–10 oz water
1/0 tsp cayenne pepper (optional)

Drink it hot, cold, or any temperature in between. Don't drink or eat anything else for these 7 days (except that you may have decaf mint tea, *in addition to* the fasting/cleansing beverage, if you like). Aim to drink one fasting/cleansing beverage for every hour you are awake. If you maintain that amount, you will *not* get hungry—important! Rinse with plain water, swish & spit after every glass (the acid & sugar can be hard on your teeth).

On most of the evenings of these 7 days, drink a cup of senna tea last thing before bed. On the mornings after the nights you've had the senna tea—drink 1 quart of lukewarm salt water (2 tsp uniodized salt + 1 qt lukewarm water) very first thing in the morning. On the mornings that you drink the salt water, stay by the toilet!

Day 8: Drink orange juice, as much as you like, all day long.

Day 9: Drink orange juice, as much as you like, for the first half of the day. Sometime during the day, prepare a pot of homemade vegetable soup for the evening meal.

Ingredients you may use: 1 or 2 kinds of legumes, brown rice, potatoes, celery, carrots, green vegetable tops, onion, okra, tomatoes, green peppers, zucchini, etc. You may use a single vegetable bouillon cube (at most) for flavoring, but don't use any canned stock or meat stock/bouillon. Use seasonings & spices (such as okra powder, chili, curry, cayenne pepper) delicately. Go sparingly on salt. Drink just the broth from this soup for dinner.

Day 10: Drink orange juice in the morning, drink leftover vegetable broth for lunch, & for dinner finally break your fast on the evening of Day 10 by eating a fresh, raw vegetable salad.

Continuing to come off the fast/cleanse... Although it's best, in general, to avoid dairy products, eggs, & meat in the immediate days following, from this point on you really *can* resume eating anything you'd like, provided that you eat **SMALL PORTIONS ONLY** and go slowly. Hints: Eat on the vegetable soup for several days afterwards if there are leftovers. One of the first solid foods that is very easy to digest after a fast/cleanse are rye wafers...and they go good with the soup!