

CayennePepperDiet.org

Cayenne Pepper Diet Quick Start Guide

How to start the diet - Directions, recipe and ingredients

By: Emma Deangela

Warning

As you are reading through this and thinking about whether you should try out the cayenne pepper diet, it is our responsibility to let you know whether you are suitable for the diet.

If you are pregnant or a nursing mother, cayenne pepper diet is NOT for you. You and your baby at this period of time need sufficient food to stay healthy. You should at least wait till 6 – 12 months after your baby is born before you embark on the diet.

If you have diabetes, there is a different recipe for you. But we would advise you to seek professional medical advice before you embark on the diet.

For teenagers and children, we believe that it is not suitable for them as the toxins accumulated in their body is comparably much lesser than adults, hence they don't really need to embark on the cleanse.

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Who is Emma Deangela?

Emma Deangela is a health author and writer for the book “Asian Detox Secrets” and articles. She believes strongly in living a healthy life and eating healthily. She is also a strong advocate of organic foods, non-pesticides and natural herbal medicines.

She became very interested in weight loss when she realized many people are using the wrong methods to lose weight. She has a strong passion to healthy lifestyle is partly due to her mother who is also a strong health advocate. From young, her mother has gone through juice fasting, water fasting and other detox diet. Some worked, and some don't. That is why she is now a strong advocate for detox and natural cleansing.

She became very concern when she heard about people was affected with adverse side effects while trying to lose weight. This actress from Singapore almost died while consuming some slimming pills and has to go for a liver transplant. It takes her 5 years to recover from it. You can read more about it at

<http://www.channelnewsasia.com/stories/entertainment/view/255705/1/.html>

There are also many cases where people have tried to lose weight but in the end suffered from serious consequences.

To help people from being suffering from these weight loss side effects, Emma Deangela become interested in alternative natural lose weight methods, helping people to lose weight safely and naturally.

Master Cleanse is one of the detox diets she looks into as it is one of the healthiest and suitable cleanse to detox your body and lose weight.

Now join Emma on her journey on her Master Cleanse Diet and you can kick start on the diet by yourself.

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How it all begins...

It all started when I first heard about Cayenne Pepper. I was looking for health books in the library when I found a book about Cayenne Pepper. It was amazing reading about Cayenne Pepper – not only it's one of the healthiest herbs in the world, it can help you lose weight as well. I began to search for diet that uses Cayenne Pepper.

The closest I've found was [Peter Glickman's book on Master Cleanse](#). But this was the best cleanse I've ever found.

Not only it is safe, but it is also used many celebrities. I'm not sure how many but my guess is more than 30,000 people all around the world have tried the Master Cleanse. And besides, Cayenne Pepper is one of the main ingredients in the diet. At that time, I guess that most of the benefits of the Cayenne Pepper would be in the whole diet.

What really gives me the final push to start the cleanse is when Beyonce appears on Oprah's show and shared with everyone that she had shed 20 pounds by doing on the Master Cleanse.

As a result, I purchased the [Peter Glickman's book on Master Cleanse](#). I also went online and found other books on the Master Cleanse as well. Later I also found that purchasing the book is insufficient to help you successfully finish the cleanse. Like "How can I conquer my hunger for 10 days", "What if I cheated on the cleanse, does it still helps?", "What if I can't find Grade B maple syrup?", "What happens if I keeps on failing the first 3 days?" and many more.

Hence I went to search for my own answers online, through everyone else's experience, forums, discussions, websites. I also bought several reports from websites that are giving away great information about Master Cleanse.

I would try to help you as much as I can in this diet. It won't be a very long report and you should be able to finish it within an hour.

Once you have finished, you should more or less grasp the basic information to start the diet (you will still face problems completing the diet), but at least you can confidently start the diet.

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Why should you do the Cayenne Pepper Diet or Master Cleanse?

Many people read this report for different reasons. Some may want to lose weight on the Master Cleanse, others would want to cleanse their body and detoxify the toxins accumulated in our body for years.

Whether you want to lose weight or you want to cleanse your body, Master Cleanse proved to be a good diet for you to benefit from. To add on to these benefits, you will also have a clearer and smoother skin, that is free from acnes, and you will feel a surge of energy in your body.

Here's what others have said about Master Cleanse from [Katie Jones's Master Cleanse Book](#). I have copied this directly from her site and you can take a look at more testimonials there.

"Now I'm on Day 9 of the Master Cleanse and have already experienced phenomenal results!"



My testimonial as of Day 9 of the Master Cleanse: I was on antibiotics and decongestants for six weeks for a sinus and ear infection which would not clear up. I could barely function and was so frustrated I would have agreed to surgery to find some relief!

I finally realized conditions in my body and my current diet were contributing to the ongoing infection, so I decided to begin the Master Cleanse. It had been a long time since my last cleanse, so I looked around the internet for updates and found Joel Riley's site and Katie Jones' book.

Now I'm on Day 9 of the Master Cleanse and have already **experienced phenomenal results! No infections! No congestion! No muffled hearing! No pain! No discomfort! I'm clear-headed and feeling great.**

As an added benefit, the **side effects from all those antibiotics have disappeared. My skin feels soft and smooth and my stomach is calm.**

I can't wait to return to a healthy, natural way of eating. Thanks to Joel and Katie.

**Warmly,
Wende Wylie
Thousand Oaks, CA USA**

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"I have lost 6.5kgs and very pleased with the results."



"I started the master cleanse diet to lose weight, however the other effects are incredible. I have chosen to do the diet for 15 days. I am currently on day 12 and feeling great.

The first 2 or 3 days were the worst, but with will power it is easy to get through. I have had emotional cravings for food but **no real hunger pangs, no headaches and mostly a pleasant journey through the detox.**

I did have a few stomach cramps for about the first 5 days, but that has gone now. **I have lost 6.5kgs and very pleased with the results.** Previously I always felt tired no matter how long I slept for, now I feel energised and never tired during the day.

Thank you for all of your advice and guidance, I would recommend the master cleanse detox to anyone who wants to lose weight or simply just wants to feel great. I know I do."

**Kind regards,
Rochelle Boyle
UK, Winchester**

There are still many testimonials about the Master Cleanse Diet and you can actually find it yourself as you look through several sites on it.

But why should you cleanse your body?

In today's world, the food we eat, the air we breathe, are filled with pollutions – chemicals, pesticides, artificial flavorings. And the poultry we eat today often are infected with deadly diseases like the Avian flu, mad cow diseases and etc. With these daily consumptions, today hospitals are filled with patients of cancers and diseases and the numbers are rising alarmingly.

Most of the time, we don't know we are sick inside until it is too late. Just last year, my dad was admitted to the hospital for a minor stroke. He was having a stressful lifestyle and eating unhealthy food for a long time. He has high blood pressure but other than that, he is "fit" on the outside. But still, the

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minor stroke came suddenly and some parts of his body were numb. Luckily it was a minor stroke and he recovered in a few months time.

But as you can see, most of the time, diseases and illnesses can happen all of a sudden without you knowing it. Even you think that you are as healthy as a bull, but you may be very wrong till the day you fell sick.

So it is essential that you do something for yourself TODAY and prevent such illnesses and diseases from happening in the future, risk of your life, your happiness, and eventually the happiness of your loved ones.

Master Cleanse can help you do miracles to your body that you never ever know before. If you have existing illnesses or diseases such as indigestion, stomach cramps, stomach problems, skin problems, arthritis, colon problems, ulcers, Master Cleanse diet can help you get rid of these issues.

I've heard a person suffering from some colon disease and the doctors thought that he can't be cured. After he follow the master cleanse diet, his colon disease is gone and the doctors thought it was a miracle and they couldn't believe their eyes.

It's up to you to believe it but to prove it, you got to try it yourself.

Why Master Cleanse Can Be A Good Weight Loss Diet?

People have been following all kinds of diets in order to lose weight. Some tried to lose weight by going to the gym, some tried to by not eating any foods, but not many have some achievement in losing weight.

Master Cleanse is different in such a way that it's main purpose is to help you cleanse your body. It is believe that once your body is cleansed, it can naturally work itself to reduce the excess fats and eventually lose weight.

Furthermore, the ingredients from the Master Cleanse like lemons and cayenne pepper are both good foods that can help you lose weight. You don't have to worry about whether these 2 ingredients would harm you as they are proven to be very good superfoods that are beneficial to our body.

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The Master Cleanse Ingredients

These are the ingredients you would need

- Pure Distilled Water
- Grade B Organic Maple Syrup
- Organic Cayenne Pepper
- Organic Lemons
- Organic Sea Salt (non-iodized)

Most people have the trouble looking for the right ingredients. I have done the research for you so you can know exactly what is needed and where you will find the cheapest ingredients.

Basically, if you want to save the trouble and purchase the ingredients online, there are 2 sources I trust where you can purchase from.

1. Amazon
2. Peter Glickman's Site

I would say you can safely buy the ingredients from these 2 sources but let me help you choose the cheaper sources.

At the time of the writing, if you want to purchase the Master Cleanse Ingredients Kit, Peter Glickman sells the cheapest kit over at his site at \$64.95. Take a look at [Master Cleanse Ingredients Kit](#). **And it looks like the picture below.**

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It contains:

- 64 oz. of certified organic grade B maple syrup (the minimum 6 drinks a day for 10 days),
- cayenne pepper (enough for more than 100 drinks!),
- non-iodized sea salt (enough for 28 days),
- herbal laxative tea (enough for 16 nights), and
- herbal mint tea (enough for more than 10 days).
- Suppliers sometimes run short, so the brands of maple syrup, tea, and/or cayenne pepper may be different from those pictured above.

If you would want [Peter Glickman's book on Master Cleanse](#) as well, you can get the [full ultimate master cleanse kit from Amazon](#) at \$81.95. Again this is the price at the point of writing. The difference between [ultimate master cleanse kit](#) and the [Master Cleanse Ingredients Kit](#) is that one has the [Peter Glickman's book](#) and the other doesn't have.

For the salt water flush, some of us would feel that it is too strong for us to do the salt water flush. In fact, most people can't stand the taste of it and will vomit it out. The purpose of salt water flush is very important as it helps in your bowel movements and accelerates the removal of toxins in your body. Some people take the non-caffeinated detox tea instead of the salt water flush.

However, should you find that there is no bowel movement for a few days; the detox tea may not be strong enough for you. You are still strongly encouraged to take the salt water flush should these circumstances arise.

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The Master Cleanse Recipe

Here's the master cleanse recipe for one serving. I've also provided you with the recipe for the whole day. You can use the whole recipe for the lemonade concentrate for 8 hours before it'll change in state and turn 'bad'.

Single Serving Recipe

- 2 tablespoons of Lemon Juice (Around ½ a lemon)
- 2 tablespoons of Maple Syrup
- 1/10 tablespoon of Cayenne Pepper
- 10 Oz of water

6 servings

- 12 tablespoons of lemon juice (around 3 lemons)
- 12 tablespoons of maple syrup
- 6/10 tablespoon of cayenne pepper
- 60 oz of water

For the salt water flush, it's simply mixing 1 tea spoon of sea salt to about 25-35 ounces of warm water. If it's difficult for you to consume in warm water, you can use room temperature water. If you are still unable to drink it, I suggest you using non-caffeinated detox tea.

Master Cleanse Directions

Here are some general directions you can follow for the diet.

- Every day when you wake up, you can start making the lemonade for the whole day.
- Drink the salt water flush 2 times a day.
- Not eat other foods beside the lemonade
- Drink tons of water in a day.
- Stopping the Master Cleanse with care.

Now you can kick start your Master Cleanse right away. However, I must warn you first, for most people, they will fail during the first 3 days of the cleanse. This is because there are so much more behind master cleanse. You will face tons of problems and unforeseen circumstances that this report is insufficient to help you get through.

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In fact you many want to get either of these 2 books that may help you greatly to finish the diet successfully. I have personally bought these 2 books myself and here are some reasons why you should buy either of the books.

[Master Cleanse Insider](#)



Master Cleanse insider is a great book that helps many master cleanse dieters complete the diet easily. It consists of all the details that you need to ease in and ease out of the master cleanse.

I've researched that this book is just released this year and so far it has sold thousands of copies to its subscribers. With only a few weeks of published, many dieters had already thanks **Katie Jones, author of [Master Cleanse Insider](#)**, in her website.

Here is what you will learn in this book.

For me, the book taught me ways and techniques on how to get passed the hunger pangs. Before I read the book, I can't get pass the 2nd or 3rd day of the diet. The book helps me a lot in this area to prepare myself mentally and physically on this diet.

This book also taught me how to cope with the side effects of the master cleanse. I had some headaches and skin problems during for first try, but the book has taught me ways to alleviate the symptoms and these problems were gone within 1 to 2 days.

To know more about this book, visit the official site of [Master Cleanse Insider](#)

Another book you can consider purchasing is [Master Cleanse Secrets](#). This is a book that has been in the shelf for 3 years since 2006. This book is also quite a good book that gives you an idea on how to get pass the difficult first 3 days of the cleanse. But having read the [Master Cleanse Insider](#), I felt that the [Master Cleanse Insider](#) is a much better book than [Master Cleanse Secrets](#) because it contains much more tips, recipes (for ease in and out) and information.

If you have any troubles with regards to the master cleanse, you can make use of your comments section at <http://www.cayennepepperdiet.org> to post your question there. There are many readers that can help you out in the site.

Hope this helps you and have a great diet.

Cheers!

Emma Deangela

Emma Deangela

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