



FREE CONSUMER  
**INFORMATION**

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# MAPLE SYRUP CLEANSE



**NUTRITIONAL CONTENT :**

It contains more calcium, potassium, magnesium, manganese, phosphorus and iron than the clear A & B grades. It also contains vitamins B2, B5, B6, B1 and folic acid. It is also rich in amino acids and organic acids.

**AVAILABLE IN  
GRADE C AND D.**

## **R**ECIPE FOR LEMONADE & MAPLE CLEANSE

**MIX FOR 1 GLASS :**

- 10 oz Purified water
- 1 oz Organic Lemon Juice (Buy in Health Food Stores)
- 1/2 oz Maple Syrup Grade "C" or "D"
- 1 pinch Cayenne (or to your taste)

**MIX FOR 1 DAY :**

- 120 oz Purified water (makes 12 glasses)
- 12 oz Organic Lemon Juice (Buy in Health Food Stores)
- 6 oz Maple Syrup Grade "C" or "D"
- 1/4 tsp Cayenne (or to your taste)

\*\*\* Make lemonade daily.

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**EACH MORNING :**

Take 1 teaspoon of Sea salt in 32 oz of purified water and drink. Must be warm. You should have a bowel movement within one hour (water) then start lemonade. (\*\*\*) This drink is very important)

**EACH DAY :**

Take 6 to 12 glasses of lemonade during 7 to 12 days (try to do 12 days if possible), absolutely no food except water or 1 glass of Freedom Greens per day. It can be taken cold or hot (not boiling).

**EACH NIGHT :**

Take any laxative tea. (Only if you need, if you are not have bowel movements three daily take more up to 4 teas)

After fast is done it is very important to start eating slowly. The first day should start with only orange juice and vegetable consommés.

Try to graduate your diet over 3 to 4 days. You will find it takes much less food to fill the stomach.

Try to maintain a balanced diet. Many people find that meat is not needed in the diet after this fast.

This fast can be repeated every six months if needed. For more information on this fast called the "MASTER CLEANSE", you can check on the internet or in libraries.