



The Complete Master Cleanse: A Step-by-Step Guide to Maximizing the Benefits of The Lemonade Diet

By Tom Woloshyn

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MAXIMIZE YOUR CLEANSE

The Lemonade Diet is simple and powerful. The recipe takes only minutes to learn, and when done correctly the cleanse is surprisingly easy and completely safe. But there s more to it than just drinking the lemonade mixture. *The Complete Master Cleanse* offers a step-by-step program that unleashes the full power of the Master Cleanse and all its health benefits.

Author Tom Woloshyn shares the amazing results, helpful information and insightful tips that he has gained from personally coaching thousands of people on the best way to follow The Lemonade Diet. Much has been learned about detoxing since the

Master Cleanse was first developed over 30 years ago, and this up-to-date book explains clearly how and why cleansing can improve all aspects of your personal health, including:

Increasing Energy

Balancing Your Body s pH

Losing Weight

Reducing Swelling and Pain

Alleviating Allergies

Flushing the Colon

Improving Skin and Hair

Ridding Your Body of Parasites

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Editorial Review

About the Author

Tom Woloshyn is a holistic health practitioner and consultant who studied under Master Cleanse creator Stanley Burroughs. Tom has been teaching and administering the Master Cleanse for over 20 years.

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