



## **HINTS AND TIPS FOR USING THE LEMON DETOX DIET**

### **Elimination**

Eliminating toxins from your body is the key to a successful diet. Proper elimination will ensure that the toxins in your body will be released efficiently. Waste in your body that is not continuously removed will be reabsorbed through your system.

Try to have at least a couple of bowel movements per day. To assist with this, a mild laxative herbal tea is recommended. Drink one cup of the tea in the evening before bed and the sea salt water in the morning.

The laxative tea will help break up solid intestinal wastes, and the salt water will flush them out of the system.

The sea salt-water drink is also a great laxative and will produce a bowel movement.

Drink the sea salt water first thing in the morning. You should be attending the bathroom within half an hour. If you do not have a bowel movement after the sea salt drink, try drinking a little more or adding a little more sea salt.

Any problems which occur during the Lemon Detox Diet are usually the result of inefficient elimination.

### **Starting**

Most people that will feel symptoms will feel them on the first two days. This is the time that toxins begin to circulate and dissolve in your system. Try to start the diet on days where you are least active so that you can have adequate rest if required.

### **Liquid intake**

Countless problems may arise if insufficient liquid is taken during the diet. You should be drinking at least 3-4 litres of liquid ( Detox drink + water ) per day. This ensures that the waste material will not be too concentrated in the organs of elimination.

### **Headaches**

Headaches are not caused by the lack of solid food intake.

Headaches are caused as toxins begin to be dissolved into your blood stream before beginning the process of elimination. It is actually a good sign that the detoxification process has begun and you are on the way to releasing harmful toxins from your body. It is actually the dissolved toxins that cause the headache and not the detox drink.

If you have had previous migraines or severe headaches in the past you may encounter these symptoms on the program. This is known as a healing crisis where parts of the body may receive more than normal symptoms due to previous ailments.



Usually these symptoms will go away after a few days with sufficient elimination. If you are not eliminating properly or not drinking enough fluids these headaches may persist. Most problems which occur during the Lemon Detox Diet are usually the result of inefficient elimination.

Try not to use any chemical painkillers. Instead try rubbing a little lavender oil on your temples, close your eyes and relax. The oil is widely used in aromatherapy to ease tension, tiredness and feelings of depression. Lavenders gentle yet powerful healing properties allow it to be used for burns and insect bites

Keep drinking plenty of water in addition the lemon detox drink. You may find it hard for the first few days but you are really doing your body a favour by eliminating toxins. If you feel that you cannot persist and the headaches are too strong you may have a panadol or the like, but do not give up as you are on your way to rejuvenating your body. You will feel much better in a few days. People who do have headaches on the program report back stating that after a few days the headaches disappear with the process of elimination.

### **Brushing your skin**

Brushing your skin helps the elimination process by increasing blood flow and perspiration of toxins through the skin. Lightly brush over your skin with a loofah or brush.

### **Nausea**

If you do experience nausea on the detox program is simply the effect of dissolved waste material circulating in your body before final elimination.

It is not a negative sign but in fact a positive sign that the detox is working and you are on your way to releasing stored up toxins from your body. This symptom will usually disappear after two or three days.

Drink some ginger tea or juice of ginger. Ginger is probably the best known natural remedy for nausea

Can I change the mix of the Lemon Detox Drink?

You may slightly alter the mixing quantities of your detox drink.

If you feel that the taste of the syrup is too sweet or strong you may add water to the recommended mixing quantities. For example if you want to add another half a litre of water to your recommended 2 litre batch to reduce the concentration of the syrup you may, but just remember that you will have to drink an extra half a litre ( i.e. 2 extra glasses of the detox drink ).Remember the most important part of the detox drink is to consume the three and a half lemons and the 140ml of syrup per day. So, it may take you 7 glasses or 10 glasses but as long as you drink this portion per day.



If you are feeling especially hungry, are being very physically active or have a high metabolism then you may wish to add more syrup to the mix. Try adding the syrup in a 3:2 or 4:2 ration to the lemon juice. Remember that the actual syrup is liquid food.

Find a mix that works for you. Some people like more syrup in the mix, some less.

### **Bad taste in the mouth**

Rinse your mouth and brush your tongue regularly. Drinking peppermint tea will also help. Peppermint tea especially supports the cleansing process, offers relief from headaches, cleanses the palate and neutralizes any mouth or body odours that may arise

### **Cayenne Pepper**

Cayenne pepper adds a nice zing to the drink, but more importantly it also helps dissolve built up mucus.

A recognized metaboliser, it adds heat to the system and thus stimulates circulation, helping the blood reach remote areas of the body, so important for effective cleansing and elimination.

In the case that you cannot handle the taste of the cayenne pepper you can slightly reduce the amount, or you may totally substitute the pepper for ginger.

### **Concluding the Program**

The most common mistake is to eat too much too soon.

Since the digestive system has been resting for five to ten days, treat it carefully and considerately at the conclusion of the program. The transition from The Lemon Detox drink to regular food has to be undergone steadily.

Most people concluding the program will not feel a huge urge to eat too much. The most common mistake is to eat too much too soon. Listen to your body. It will let you know if you are eating too quickly too soon.

You should gradually return to healthy eating over three or four days.

Day 1 after the detox: Stick with fresh squeezed fruit juices.

Day 2 after the detox: Start the morning with juice and then try some pureed vegetable soup for lunch.

Day 3 after the detox: Steamed or raw vegetables. Do not eat any meat, fish, eggs, bread and sweets and do not drink soft drinks during the first three days.

Day 4 after the detox: Start eating "normally" again.

If you are coming off a shorter version of the diet you should be able to do so in one day but listen to your body. You will know if you are coming off too fast. Take your time. You will probably notice that your taste buds are much more alive after cleansing and you will really enjoy the taste and energy of juices, soups, and then vegetables.