

Hot Lemonade Diet

A Hot Body Awaits You

Try this recipe as an assistance to your Doctors regime for your overall health. Get the Doctors approval before starting, so your progress can be monitored. Very Important!



*My Opinions

Recipe Ingredients:

- Ripe Whole Lemons, organic if possible, (**NOT** Lemon Juice Concentrate or flavorings).
- **PURE Maple Syrup**, (which provides all the simple sugars your body needs*), **NOT** maple flavored pancake syrup, **NOT** honey (honey is detrimental to gut flora). * And **NO** artificial sweeteners as they contain no nutritional value.
- Cayenne Pepper powder, (Believe it or not, but it actually soothes the stomach). *
- Purified or Distilled Water (**NOT** tap water, well water, or city water that may contain lead, chlorine, stannous fluoride, algacide treatments, algae, and who knows what else).

Equipment:

- Food Blender for thoroughly pulverizing the Whole Lemons (peels, seeds, everything).

- Strainers: Coarse and Fine, IF you don't like the pulp; However, the pulp contains many of the nutrients and more importantly the roughage that will be needed to help in the "cleansing" and toxin removal process in the colon. *
- Measuring spoons and liquid measuring cups. To get to the correct amounts of ingredients for the recipe.
- Storage containers for the prepared mixture. 1-2 1 gal. containers.

A 10-14-day full regime may take up to 2 gal. /day.

Recipe:



More conveniently by the gallon made in the blender:

Use a blender with a 32 oz. capacity.



Ingredients:

- 4 medium size whole



lemons, not juice concentrate.

- Slice the lemons just enough to fit in, peel, seeds, and all.
- Add 1 cup purified water.
- Add 12 oz. (1 bottle) of **pure Maple syrup**.
- Add $\frac{1}{4}$ cup of liquid cayenne hot sauce, or $\frac{1}{8}$ cup of cayenne powder.



Pulse the power to get the lemons started, then pulse for a few seconds more to mix everything.

Add distilled water up to the max line.
Then blend on full speed for 2 min., or
medium speed for 3 min.

Using a gal. jug, position a
funnel into the jug and pour all the
blended liquid into the jug.



Now with distilled water, fill up the gal. jug to its capacity,
cap it, and thoroughly shake it to blend all the liquid.

DONE

Now I split it up with $\frac{1}{2}$ gal., pulp strained out,
going to my wife.



The finished **YUK** Juice as my wife calls it, needs no
refrigeration, and it tastes a lot better when cold.

DOSAGE

A few good swigs (7 or 8) in the morning, and a few in the
evening is the “dosage” I am using. But drink as much as you
wish to “Kill” the appetite.

After a while a little goes a long way, and it actually tastes
good to me, an acquired taste, I’m sure.

I like it with all the pulp, so with my ½ gal. I put back in all the pulp that was strained out. Plus, I like a little more Cayenne Pepper sauce added for more zest.

Reasons for the Ingredients:

- Ripe Whole Lemons, (Peels, seeds, and all): Provides all the vitamins and minerals our bodies need. *
- Maple Syrup, (provides all the simple sugars our bodies need.) *
- Cayenne Pepper: (Stimulates the production of digestion enzymes while giving a calming effect.) *
- Purified/ Distilled Water: Dilutes the ingredients to a tolerable level for ingestion, PLUS helps to keep your hydration level up. Extra purified water should be consumed when thirsty, but just enough to stay properly hydrated. Consult your Physician for the proper amounts of water intake. Don't take extra electrolyte fluids like Pedialyte, Gatorade, etc.as they are not needed, and they may impede the natural process of hydration. *

Caution: Too much water intake per hour may be harmful by flushing out at the cellular level too many electrolytes into the bloodstream and altering cell and organ functions before the kidneys can restore the proper levels by elimination from your body by urination and sweating. *

*My Opinions, so follow the Doctors directions.

STARTING THE DIET

Now before beginning the actual weight loss regime, plan out the time frame to be about 2 weeks.

First Things: Again

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Plan on being alone and private, out of commission, out of touch so you can relax for a few days.

The Actual Things that will be done:

- ✓ Purging the body takes one day.
 1. The same as done when having a colonoscopy, using the same products.
 - a. Note: A regular rectal/colon scan along with a full physical is not a bad idea these days. Ask your doctor!
- ✓ Your body will be shocked by the sudden change, so try to relax and don't give in to the sudden "cravings". A lot of junk is being removed from your system, and it will take a few days to adjust. Plan on no rigorous exercises, or vigorous activities. Mild exercise like walking in the sunshine (vitamin D), not jogging, gardening, going to the library, but staying near a bathroom, will keep your mind off of what's happening.

- ✓ Your body is being “starved” of protein, so it will seek out proteins from your own body in your fat cell reserves, trying to consume them.

Since there is next to zero oils or fats being consumed and detected, the production of acids and digestive enzymes being produced by the body is greatly reduced. The liver in trying to process the fat cell contents releases proteins and amino acids and dumps the metabolic waste into the bloodstream to be extracted by the kidneys and excreted as urine. Your urine may be a darker color and have a noticeably different odor because of the body dumping so much waste so rapidly. Not to worry though, it is natural for this to happen. *

- The reason for low muscle activity is to not break down muscle tissue to be repaired by this source of protein. Your body is being forced to consume itself in a controlled manner, fat cells first.

This is not a starvation diet, as such, because you are getting all the necessary carbohydrates (maple syrup sugars), vitamins (from the lemon peel and all), minerals (from the lemon and the cayenne pepper), and water for hydration.

Since purging leaves nothing in the colon to process except for the pulp from the lemons, and the cayenne pepper, it may help* by opening the diverticula and relieve some of the stressful tummy aches.

While in the middle of my diet, I was amazed by how noticeably, good and relaxed my abdomen felt. My hunger urges disappeared, and my sleep periods were very peaceful and long. My body was being put in a restful state.

My last colonoscopy, while it showed a few areas of diverticulosis, it was otherwise clean as a whistle, so to speak.

And oh, by the way, I lost 12 lbs. in the first 10 days, and 15 lbs. when I stopped at 2 weeks. And I felt Great, better than ever before.

NEXT

Getting Things Going Again.

Once again, consult your physician to get the advice on how to safely return to a full food diet.

Since so much of your guts digestive biotics have been purged out, the **next step** after your regime has ended, is to restore the probiotics so that proper digestion may be started again. Watch this video for some recommendations.

<https://www.youtube.com/watch?v=vQSv1s3ZOsQ&feature=youtu.be>

Start out slowly and give the probiotics time to get well established. No big heavy meals, and slowly begin the fatted meats.

Now is the perfect time to introduce the next great step in healthful dieting.

The Apple Cider Vinegar Diet