



# The Lemon Juice Diet

*Theresa Cheung*

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## **The Lemon Juice Diet** Theresa Cheung

What is an easy way to detoxify your system and lose weight? Not fasting, not liquid or fad diets. *The Lemon Juice Diet* is a safe and delicious eating plan that goes far beyond the "Master Cleanse" program used by celebrities for quick, short-term fixes. Instead of just suggesting dieters drink a concoction of lemon juice, cayenne, and maple syrup, *The Lemon Juice Diet* starts there and then integrates lemon juice into a healthier, easy to maintain, long-term plan. Lemon is a natural powerhouse; its great flavor makes it an easy addition to your diet and its low glycemic index provides a steady stream of energy, without the sugar high and subsequent crash we get from high GI foods. *The Lemon Juice Diet* capitalizes on lemon juice's natural power to lower blood sugar, create a feeling of fullness, provide vitamin C and stimulate the liver for maximum fat-burning. Lemon juice can even boost immunity and brain function, fight cholesterol, and fire up your metabolism. With clear meal plans, delicious recipes and easy exercise tips, *The Lemon Juice Diet* is a quick and easy way to long-lasting good health.

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