



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

*Tom Woloshyn*

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

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