

Misconceptions about Fasting and the Master Cleanse

For those who say:

- The Master Cleanse wasn't developed by a doctor or licensed nutritionist;

This sounds like "No one but a medical doctor or licensed nutritionist can learn something new and beneficial about the body and health." However, if only doctors' opinions on human health count, here's one: "In my environmental medicine practice, I attempt to identify toxic elements, physical and spiritual. Then I can help the patient avoid, protect against or detoxify them. I follow that with nutrition to promote as much additional healing as possible. In detoxification, my goal is always to use what works without further harming the patient and I use many, many things. The Master Cleanse is simple and combines & surpasses many other detox methods. It literally has been a God-send to my practice. I am grateful to Peter for seeing, loving, and promoting the values of this cleanse." James F. Coy, M.D., Past President, American Academy of Environmental Medicine

For those who say:

- There's not enough protein or calories to maintain health;

They don't understand the Master Cleanse is only for a short time. It's not meant to be a diet for life or even several months. When you go to the doctor for an infection and he prescribes antibiotics, you don't take them for life. It's the same thing for the Master Cleanse. It's good for a periodic tune-up of the body. It gives the digestive system a vacation. Besides, there are hundreds of studies showing the safety and benefits of fasting. (See below.)

For those who say:

- You can't live without food for 10 days. You'll starve; or
- It is dangerous. You'll hurt yourself;

That's obviously untrue. I've done it 18 times from 10 to 28 days and I'm healthy. In fact, I take no medicine and have no diseases. And the more than 1500 people I've coached had no ill effects either, other than temporary detox symptoms.

For those who say:

- There's no medical research proving it works.

The Master Cleanse is a juice fast and there are hundreds of scientific articles on the benefits of fasting or drastically reduced calorie diets. Animals fast instinctively when they are ill. Nearly every major religion incorporates fasting. The "Fathers of Western Medicine" (Hippocrates and Galen) recommended fasting. So did Socrates, Plato, and Pythagoras (famous Greek mathematician and philosopher 100 years before Socrates). (See some specifics below.)

1. There are hundreds of scientific journal articles on the benefits of fasting. Here are a few:

- CBS News reported in Dec. 2007 that people who skipped meals once a month were about 40 percent less likely to be diagnosed with clogged arteries than those who did not regularly fast! This was the result of a study partly funded by the National Heart, Lung, and Blood Institute and presented to a recent American Heart Association conference.

http://www.cbsnews.com/stories/2007/...Health_3602566

- Of 174 patients with high blood pressure treated by water-only fasting for 10-11 days, almost 90% achieved normal blood pressure and all who were on medication were able to discontinue it successfully. "Medically supervised water-only fasting in the treatment of hypertension [high blood pressure]", Journal of Manipulative Physiological Therapy, 2001 Jun; Vol. 24, Is. 5, pp. 335-339

<http://www.ncbi.nlm.nih.gov/sites/en...t=AbstractPlus>

- Dr. Yuri Nikolayev of the Moscow Research Institute of Psychiatry reported successful treatment using juice fasts of over 7,000 patients suffering from various psychic disorders such as schizophrenia and neurosis. "Fasting" <http://www.thenazareneway.com/diet/fasting.htm>

- Starting in 1917, Drs. Satterlee and Eldridge presented 518 cases to an AMA conference that had mental symptoms cured by removing intestinal toxemia, such as mental sluggishness, dullness, stupidity, loss of concentration, poor memory, irritability, lack of confidence, excessive worry, exaggerated introspection, hypochondria, phobias, depression, obsession, delusion, hallucinations, suicidal tendencies, delirium, and senility. "Diet & Neurotoxins" <http://www.newfrontier.com/2/heal396.htm>

2. Fasting is much more widespread in Europe and Asia where natural health care is much more prevalent. For example, Dr. Herbert Shelton in the US fasted 40,000 people. Dr. Otto Buchinger, Sr. in Germany fasted 100,000 people. "Your Solution" <http://www.fasting.com/solution.html>

3. Fasting has been used for thousands of years by nearly every major religion; including The Bible, Judaism, Roman Catholicism, Church of Jesus Christ of Latter-Day Saints, Islam, Eastern Orthodox, Eastern Catholic, Hindu, North American Indian, and Taoism.

For those who say:

- It's all mental. You think you are going to lose weight and feel better, so you do; or
- It's a scam.

Not only is there research on humans, but other species benefit from fasting and severely reduced calorie diets.

People may get better because you tell them they will, but animals won't get the message. They don't understand. So, it's not just the power of suggestion. (See some specifics below.)

• Stephen R. Spindler of the Univ. of Calif. announced that caloric restriction partially restored liver function in mice as well as showed the ability to reduce inflammation. "Proceedings of the National Academy of Sciences," Dec. 2001
<http://www.biochemistry.ucr.edu/faculty/spindler.html>

• "In the last year, calorie-restricted diets have been shown in various animals to affect [areas] likely to be involved in the progression of Alzheimer's disease, diabetes, heart disease, Parkinson's disease and cancer. Earlier this year, researchers studying dietary effects on humans went so far as to claim that calorie restriction may be more effective than exercise at preventing age-related diseases."

"One for the Ages: A Prescription That May Extend Life," NY Times, October 31, 2006
<http://www.nytimes.com/2006/10/31/he...=1&ref=science>

• Dr. Clive McCay at Cornell University, reported in 1935 that rodents fed on a 30% reduced calorie diet increased their life span by 40%—that would be almost 30 more years for a human! In addition, most age-related diseases, such as kidney degeneration or tumors, were reduced. A subsequent study published by the National Institutes of Health found monkeys on a 30% reduced calorie diet lived 15 years longer. And like the rodents, the monkeys avoided much of the typical age-related diseases!

"One for the Ages: A Prescription That May Extend Life," NY Times, October 31, 2006
<http://www.nytimes.com/2006/10/31/he...=1&ref=science>

For those who say:

- Most people don't last more than a few days.

From my experience with coaching directly or indirectly more than 1500 people on the Master Cleanse, I can tell you that the majority of people doing the Master Cleanse who learn the following information complete 10 days or more:, which are covered in [Lose Weight, Have More Energy & Be Happier in 10 Days.](#)

- What are toxins and how does the body handle them?
- What are the five detox symptoms and why are they important?
- What are the elimination actions and why are they important?
- What's the difference between cravings and hunger?
- What can you do if you feel hungry?
- Which days are the roughest?
- What can you expect on the cleanse?
- Why must you use fresh-squeezed lemon or lime juice?
- How not to get too focused on losing pounds?
- What does the cayenne pepper do?
- What to do when it seems nothing is happening?
- How does the Master Cleanse affect women?
- What is the best indication that the cleanse is complete?
- What tends to cause headaches on the cleanse?

Misconception #1: "Health experts claim that this diet sends each of its followers in a hospital if they try it more than 10 days." (originally written in www.playfuls.com and then reprinted in www.chinadaily.com.cn).

The truth: Literally thousands of people do the Master Cleanse for anywhere between 10 and 40 days and feel better afterwards. I personally have done it 15 times and 5 of those were for more than 10 days. I have never been to the hospital since I started eating better (predominantly raw vegetarian, but not completely) and doing regular Master Cleanses (about 1 every 3 months). Many more experiences of other people can be found in my book, [Lose Weight, Have More Energy & Be Happier in 10 Days.](#)

Misconception #2: "People would start to feel very lethargic and would be unable to concentrate... They will probably end up in hospital, especially people who try it for more than 10 days." (from the same article)

The truth: I do it to have more energy and think more clearly. In an informal survey in January 2005 of 141 people who had completed at least one Master Cleanse, more than 3/4 had more energy and more than 90% were happier!

Misconception #3: "The problem is not what's in the diet but what's not. There are no fats, proteins, vitamins or minerals and the only carbohydrate is in the form of sugar." (from the same article)

The truth: Most people know that citrus fruit (including lemons) are a good source of vitamin C. What many people do not know is that lemon juice is also a good source of potassium. However, that's beside the point. The idea that people cannot exist without protein for 10 days may be a dream of the meat industry, but it is not true. Fasting, as recommended in the Bible, has been recognized by many doctors for hundreds of years. The most current, visible American MD who is a major proponent of fasting is Dr. Joel Fuhrman, author of *Eat to Live* and *Fasting and Eating for Health*. He has had numerous successes curing with diabetes, high blood pressure, and heart disease. In Europe, there are many health spas run by doctors that practice fasting for healing and rejuvenation.

Misconception #4: "The diet was presented for the first time by a Swiss health company in 1985 and reached a high popularity very fast." (from the same article)

The truth: The Master Cleanse was first developed by Stanley Burroughs and later appeared as *The Master Cleanser*, first published in 1976.

Misconception #5: "The cleanse became popular again with the 2004 publication of Peter Glickman's *Lose Weight, Have More Energy and Be Happier in Ten Days*." (www.calorielab.com)

The truth: I appreciate the publicity. (They never even called or emailed. I was pleasantly surprised when I discovered this.) However, the Master Cleanse has consistently grown more popular due to the great word of mouth from the hundreds of thousands of people who do it every year and discover its benefits.

Misconception #6: "The lemonade (which you drink **6 to 8 glasses per day**) is made from 2 tablespoons of Grade A maple syrup, juice of ½ lemon, 1/10 teaspoon of cayenne pepper and **1 quart** of spring water." ("Hot Stuff" New York Daily News, August 17, 2006)

The truth: I appreciated the reporter, Jane Ridley, giving my website a direct link from the article, but "1 quart" should read "**8 ounces**". I don't know what would happen to a person if they drank 8 quarts of water every day for 10 or more days, but I wouldn't want to be the one to find out. "6 to 8" should read "**6 to 12 glasses per day**". (By the way, Burroughs recommends **Grade B organic maple syrup** because it has more minerals, but says any grade will work.)

Misconception #7: "I ate everything when it was over...the second I looked at a donut, it came back! I gained back all the weight, even the weight I didn't want to come back!" she says, laughing. ("Beyoncé: 'I'm in no rush to get married'" The Belfast Telegraph, August 25, 2006)

The truth: I believe weight gain is a result of accumulated toxins. It's been shown that the body protects itself from toxins that are too numerous for the liver to handle by putting them into fat cells. That's why going on a raw vegan diet results in people losing weight. The liver is finally able to handle some of these stored older toxins because it doesn't need to handle as many from the raw vegan diet. That's also why people who go back to eating the Standard American Diet (lots of artificially flavored, colored and preserved food that has been heavily processed and practically no fresh, raw greens, vegetables and fruits) immediately regain any weight they lose on any diet, let alone the Master Cleanse. The better your diet afterwards, the less weight you put back on. The informal survey of 141 Master Cleansers mentioned earlier discovered that the average woman completing the Master Cleanse lost about 12 pounds and regained about 6. The average man lost about 16 pounds and also regained about 6. Interestingly, most people reported they ate a healthier diet after completing the cleanse.

Misconception #8: The Master Cleanse is for everyone.

The truth: The Master Cleanse is great, but it's not for everyone. It is probably the second most powerful (read that as the fastest) way to detoxify the body. Only a water fast is more powerful. If a person has a great deal of stored toxins, releasing them too quickly results in detox symptoms, such as headaches, rashes, tiredness, irritability, even vomiting. Those people should not do the Master Cleanse. They should detoxify much more slowly with a better diet. Also, people recovering from surgery need large amounts of protein to regenerate tissue and so should not do the Master Cleanse until they have completely recovered from surgery. Pregnant and nursing women should not do it either, as there is a remote possibility that the toxins may find their way into the infant. Although, I have never heard of such actually occurring, but better safe than sorry. For the rest of us, the Master Cleanse is really amazing!