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Common Side Effects of the Master Cleanse Diet and How to Fix Them

By: Cassie Miller

The master cleanse diet is a great way to detoxify your body and lose some weight. When you finish the master cleanse diet, you'll feel like a brand new person. However, with the master cleanse diet the phrase "no pain, no gain" comes to mind because there are a few unpleasant side effects that you may experience while on the master cleanse diet.

One common side effect is sores in the mouth, or sore teeth or gums. This is because of the acidity of the lemons, and the amount of lemonade that you must drink in this diet. In fact, another name for the master cleanse diet is "The Lemonade Diet". But this can be prevented by simply swishing your mouth

out with water after drinking each glass of lemonade. It is a good idea to brush your teeth more frequently with a good fluoride toothpaste to prevent weakened tooth enamel from the lemonade. But at the very least, rinse your mouth out with water after each glass to prevent a sore mouth. Drinking your lemonade with a straw can also help.

Headaches are another side effect some people get while on the master cleanse diet. A natural remedy to cure a headache is to place a cold compress on your head. You can also try to massage your temples, or place your thumb and index finger on the bridge of your nose and apply pressure while pressing down. Taking a nap also helps sometimes.

Another side effect you may experience is fatigue/lack of energy. While this next tip is an obvious one, it is often forgotten in today's busy world. Getting enough sleep at night and resting as much as possible will help with this. You shouldn't overexert yourself. Some people actually have the opposite effect and experience increased energy instead of fatigue. The increased energy is due in part to your body not having to use up energy digesting food. If you are one of the lucky ones to experience increased energy, you still shouldn't overexert yourself. It is still important to get as much rest as possible while on the master cleanse diet.

Constipation is another possible side effect, because there is virtually no fiber in the master cleanse diet. To counteract this side effect, many people use a mild laxative tea called Senna

Tea. You can drink this tea at night before you go to bed to prevent constipation.

And the worst side effect of all – hunger. The hunger pangs you may experience may be enough to make you throw in the towel, but here are a couple of suggestions that may take the edge off. Drinking lots of water can help to calm the hunger pangs. Keeping yourself as busy as possible will help to keep your mind occupied so that you are not constantly thinking about how hungry you are. The first three days are the hardest, and by day four you shouldn't be as hungry.

Need more tips on how to make the master cleanse diet super easy and comfortable? There is an excellent book available that you can download right now on your computer. The book is called [Master Cleanse Secrets](#) and it reveals a ton of tips including “safe foods” that you can eat without spoiling your diet, weight loss secrets, and more. [Click here](#) for more master cleanse tips and secrets.

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