

DR. KARIE'S LEMONADE CLEANSE

1 CUP FRESH SQUEEZED LEMON JUICE

1 CUP GRADE A DARK COLOR ROBUST TASTE

1 TSP CAYENNE PEPPER

8 OZ CAC TEA

2 TSP SODIUM ASCORBATE.

112 OZ WATER

MIX THE FRESH SQUEEZED LEMON JUICE WITH MAPLE SYRUP, CAYENNE, AND WATER THOROUGHLY. DRINK THROUGH OUT THE DAY UNTIL ENTIRE GALLON IS GONE. ADD ONE 8OZ GLASS OF CAC TEA AT NIGHT, AND THE 2 TSP. OF SODIUM ASCORBATE IN WATER IN THE MORNING. YOU CAN DRINK AS MUCH WATER AS YOU WANT ALL DAY AND HERBAL TEAS, HOWEVER NO FOOD OR CAFFEINE.