

Master Cleanse Affiliate Emails

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EMAIL SUBJECT LINE: Purge Pounds Of Waste And Feel Blissful

Let's talk about an important part of the Master Cleanse that some people are too shy to discuss.

Eliminating Waste...

It's always funny to see the looks on people's faces when you tell them about all the gross stuff that comes out of your body when you do the Master Cleanse.

Some people actually get kind of snobby about it. I get it, it's not exactly a polite conversation.

But if there's some built up waste inside my body making me sick, I want to get rid of it.

That's why we do the Master Cleanse.

Many people are concerned about how much or how little waste they're eliminating when they do the Master Cleanse.

Some people will eliminate a staggering amount of internal waste - 10 pounds or more!

Other may only flush out a pound or two.

It really depends on how healthy you've been up to the point of trying the Master Cleanse. If you've always eaten a lot of fiber and always stayed hydrated, you probably won't pass a massive amount of waste.

That doesn't mean the Master Cleanse isn't helping you...

The compacted fecal material that gets flushed out during the Master Cleanse is only one type of waste that gets removed from your body during the Master Cleanse.

You'll also eliminate bacteria and metabolic waste that doesn't weigh a lot, but you'll feel sooo good when it's out of your body.

As this waste is purged from your body it's common to experience a blissful feeling. Some people describe it as euphoric. Others say it's similar to a "runner's high".

It's a divine feeling that's hard to put into words.

So if the scale isn't moving much when you do the Master Cleanse it doesn't mean a lot of horrific stuff isn't being flushed out of your body.

Just stick with the Master Cleanse and focus on how much better you feel instead of what the scale says.

Did you know there's a way to do the Master Cleanse without suffering? It's true! This website will show you how <<<LINK>>>

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EMAIL SUBJECT LINE: Most People Don't Last 1 Day On The Master Cleanse

You know the saying - "if it was easy everyone would be doing it". Well dear reader, that saying holds true with the Master Cleanse as well.

Now don't close this email just yet because I'm going to show you how to make the Master Cleanse "doable".

These tips have helped people who could never finish one day on the Master Cleanse breeze through it without much trouble. You won't find this information in the original Master Cleanse book...

Start With A Pre-Cleanse

The Master Cleanse Secrets book <<<LINK>>> reveals a pre-cleanse routine that prepares you for the Master Cleanse

It's common for people to skip past these simple pre-cleanse steps. It just doesn't seem that important. But it is. The pre-cleanse is designed to help you gain leverage against yourself, and prepare your body for the cleanse.

Dealing With Hunger & Side Effects

During the cleanse it's common to experience hunger as well as some troublesome side effects.

The original Master Cleanse book doesn't offer much help.

The Master Cleanse Secrets book shows you how to reduce the side effects and best of all, provides you with a list of foods that you can safely eat during the Master Cleanse without interrupting the detox process.

When you know how to prepare for the Master Cleanse, and deal with hunger and side effects, the entire experience becomes a lot easier.

If you want to know more about this easy way of doing the Master Cleanse you can grab a copy of the Master Cleanse Secrets book at <<<LINK>>>

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EMAIL SUBJECT LINE: Simple Way To Lose A Few Pounds Fast

Most of us have been in "weight loss emergencies"... a situation where we want to drop a few pounds fast.

Maybe it's a vacation, a wedding, a reunion, or some other occasion you want to look your best for.

What do you do?

Many fitness experts and celebrities use this decades-old secret for making pounds of unwanted weight vanish in just a few days.

You can read about here <<<LINK>>>

When you visit that page you'll discover how a system that's helped people shed "too good to be true" amounts of weight works, and you'll be amazed at how delightfully simple it is.

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EMAIL SUBJECT LINE: Natural Health Scams

I just got back from a trip around the World Wide Web and I could not believe the crazy claims being made about a certain detoxing product.

It's called the Detox Patch.

Most of us Master Cleanse'ers know the benefits of detoxing our body. It's one of the main reasons we use the Master Cleanse, and there's no question about how great it feels to eliminate built up waste from your body.

But You Can't Get Master Cleanse Results Using A Patch!

I wish it was that easy, but it's not.

Here are some of the things this patch claims to remove from your body

- * Pesticides
- * Cholesterol
- * Trans fats

Even worse, this patch can cost over \$100 for a 1 month supply.

Keeping your body pure and healthy is something we all want, but please don't think you can do that by sucking the waste out with a patch.

The Master Cleanse has been around for decades and has helped legions of people, even celebrities, cleanse their body. The Master Cleanse is proven to work and you won't have to spend \$100's of dollars because the Master Cleanse can be done for just a few dollars a day.

To find out more about detoxing your body without gimmicks check out the Master Cleanse Secrets guide.

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EMAIL SUBJECT LINE: How To Get Rid Of The White Coating On Your Tongue

A white layer of slime on your tongue could be a simple oral hygiene issue or a sign of a sick body. Either way, here are some tips for getting rid of it.

Drink green tea: Green tea will help eliminate bacteria filled slime in your mouth

Don't use alcohol-based mouthwash: Drying out your mouth with alcohol-based mouthwash will only make the problem worse

Scrape your tongue: You can get rid of the existing white coating on your tongue with an inexpensive tongue scraper

Oil pulling: This is one of my favorites. Oil pulling can do more than get rid of the white coating on your tongue, it can actually help detox your entire body.

It can also awaken your taste buds - Seriously, you'll be able to detect subtle flavors in food you didn't know were there. It will make your food come alive!

Oil pulling is super easy to do...

All you have to do is take cold pressed, organic sesame seed oil (non-toasted) and swish it around in your mouth for 15-20 minutes.

Don't gargle the oil.

You want to swish it around your mouth and tongue and pull it through your teeth.

DO NOT SWALLOW THE OIL! It's filled with bacteria.

When you're done spit it out, rinse your mouth out with water, then floss and brush your teeth.

The tips above will help get rid of the existing white coating on your tongue, but won't address the root cause which is an unhealthy body.

The Master Cleanse can help get rid of the white coating on your tongue for good.

During the first few days on the cleanse you'll be purging your body of the easy-to-get-at waste. After that's out the way the cleanse will go to work on the more deep-rooted pockets of waste that have built up in your body over the years.

It's during these later days of the Master Cleanse that most people start to see their tongue restored to a nice healthy pink color.

Would you like to know the shortcuts that made the Master Cleanse “doable”? Take a quick peek at this page and see if it’s something you might enjoy trying for yourself <<<LINK>>>

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EMAIL SUBJECT LINE: Hollywood's Ritual For Fast Weight Loss

Are you up for some celebrity gossip?

Don't worry we won't be talking about any of latest Hollywood scandals... because we would be here all day and still not scratch the surface.

All kidding aside, have you ever wondered how celebrities like Beyonce Knowles keep their stunning figure and glowing skin?

Beyonce really does radiate beauty. I think she's been on just about every "Most Beautiful People" list created in the last 15 years.

How does Beyonce do it?

With access to the best nutritional experts and fitness gurus in the world you might be surprised to find out that Beyonce used the Master Cleanse to shed 20 pounds for her starring role in the movie Dreamgirls.

She even announced it on the Oprah Winfrey show!

How bout' that, a big-time celebrity with oodles of moolah turns to the Master Cleanse to get in shape.

Of course, anyone who has done the Master Cleanse won't be surprised by this because we know how effective the Master Cleanse is, and how fast it works compared to all the other fitness gimmicks out there.

But There's So Much More The Master Cleanse Can Do For You

I think it's great that people like Beyonce use the Master Cleanse for dropping weight fast, but there are so many other benefits to doing the Master Cleanse.

Take Robin Quivers from the Howard Stern show. Her story is even more amazing than Beyonce's.

Here's What Robin Had to Say About the Master Cleanse in an interview with People Magazine:

"This is my way of life now," she says. "I don't ever want to feel the way I felt ever again."

"This wasn't about weight loss," says Quivers, who traces her health problems to steroid-based medication that she took in 1989 to regulate her menstrual cycle, "I was really trying to regain my health, and that's what it did."

It almost seems hard to believe that a person's life could literally be transformed the way Robin's was just by using the Master Cleanse.

Would you like to know how the Master Cleanse could transform your life? Click the link below to find out...

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EMAIL SUBJECT LINE: The Master Cleanse Can Be Dangerous

Today we're going to talk about the dangers of staying on the Master Cleanse or any cleanse for more than 10 days

I've been exposed to a lot of different people's "takes" on fasting and the amount of time you can safely spend on the Master Cleanse. While most people stick to the 10-day rule, there are some who say that it's okay to stay on a cleanse for 30 or more days.

That can be dangerous.

Your body needs nourishment and that comes from food.

Now, the Master Cleanse gives your body a much needed rest which is good - it allows your body to take a break from the usual digesting, processing, filtering, and other activities it endures when you're eating your normal diet.

When your body isn't devoting resources to processing food it has the energy it needs to heal itself.

Why it could be dangerous to stay on the Master Cleanse longer than 10 Days

Our body is a wonderful machine. Beyond our conscious awareness there are millions of processes going on every second of the day. Things like:

- Breathing
- Circulation
- Digestion
- Heartbeat

Your body also has the amazing ability to adapt to certain conditions. For example, if you're hot you will sweat to cool off.

Another thing your body can adapt to is a lack of nourishment.

Let me give you an example -- Let's say in order for your body to operate at 100% it requires 2000 calories a day. Now this will vary from person to person, but this is just to illustrate my point.

If you drop down to 700 calories for an extended period of time, say 30 days or more, your body will adapt because it doesn't know you're doing this for health purposes. All it knows is that there is a sustained lack of food and that it needs to adjust to this new 700 calorie day intake.

The first thing that happens is your metabolism slows down.

If you've ever tried to lose weight by going on a starvation diet you probably experienced rapid weight gain after you went off the diet. That's because your body was not burning as many calories as it was before you went on the diet.

Your body adjusted.

Your energy levels will also drop. Food is fuel, and your body thinking it needs to conserve all the energy it can because it doesn't know the difference between a voluntary fast and starvation, will cut back on energy expenditures. This will result in:

- Fatigue
- Lack of concentration
- Irritability
- And decreased mental function.

That's why staying on the Master Cleans for more than 10 days can be dangerous.

Would you like to know more about how to **safely** do the Master Cleanse including foods that are safe to eat, and how to reduce the side effects? Let me walk you through it step-by-step <<<<LINK>>>>

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EMAIL SUBJECT LINE: Dealing With Master Cleanse Side Effects

Today we're going to talk about the Master Cleanse side effects.

When you do the Master Cleanse you're almost certainly going experience some side effects. Your body will be going through a major detox, and it's going to affect you.

The following 3 tips will help make your Master Cleanse experience as comfortable as possible...

1. Take it easy while on the cleanse. You want to avoid physically demanding and stressful activities.

The Master Cleanse does take a toll on your body, and you won't have the strength and energy you normally do so you'll want to take it easy.

2. Drink lots of filtered water. You can drink your fill of water, but it's important that you drink filtered water.

Tap water and bottled water can contain chemicals. The Master Cleanse is all about detoxing your body not putting toxic material back into your body.

3. Make sure you're adding enough maple syrup and lemonade.

The Master Cleanse ingredients provide your body with nutrition and it's important that you don't leave anything out or skimp on certain items.

Following these steps should help lessen the side effects of the Master Cleanse.

For more tips on how to make the Master Cleanse as easy as possible visit <<<<LINK>>>>

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EMAIL SUBJECT LINE: A Delightfully Simple Detox Bath Recipe

A detox bath lets you soak away stress. It will also open up your pores and encourage your body to release internal waste through our largest organ... the epidermis.

The epidermis, or skin, has been referred to as our "third kidney." Through the process of sweating, waste inside your body is eliminated through the pores.

For a delightfully simple detox bath add the following to a tub full of hot water:

4 Cups Of Magnesium Sulfate: The more popular name for magnesium sulfate is Epsom Salt. Epsom Salt has been used for hundreds of years to relieve aches and pains related to an overexertion of muscles, and/or arthritis. Magnesium sulfate is extremely rich in elements that promote the body's detoxification process.

1 Cup Of Sodium Bicarbonate: Also known as Baking Soda, sodium bicarbonate softens the bath water by neutralizing chlorine, which can dry your skin. Baking Soda will also assist the body in its absorption of the magnesium in the Epsom Salt.

1 Tablespoon of Ground Ginger: Ginger will open up your pores and make your body sweat.

That's all there is to it!

If you like you can really pamper yourself by adding your favorite aromatherapy oils. Lavender and Rose oil are my personal favs.

Want to know more about detoxing your body? Click the link below and discover a detox system so effective people have been using it for decades <<<LINK>>>

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