Article published on June 12th 2012 | Health

A popular diet known as the lemonade cleanse has been around for more than half a century. But it's become even more popular in the recent years as top celebrities have begun to use the lemonade cleansing diet to lose weight fast to prepare for movies and red carpet events.

The lemonade diet may also be known as the:

â€¢ Master Cleanse

â€¢ Maple Syrup Diet

The diet was initially created by Stanley Burroughs for the purpose of fasting and detoxification. When the diet is used properly, it can help to flush the body of internal waste caused by a sedentary lifestyle, a poor diet, and even a bad attitude. But beyond that, many dieters today now rely on the lemonade diet to lose weight fast, especially when other popular diets haven't done the trick.

How the Lemonade Cleansing Diet Works

In order to lose weight fast on the lemonade cleansing diet, you are not permitted to eat any solid foods or supplements whatsoever. You must only drink the lemonade beverage in order to flush toxins from the body and lose weight fast over a period of 4 to 14 days.

After this fasting period is over, it's important to slowly start eating solid food again so that you don't harm your digestive system. It's best to start out with gentle foods like soups, fruits, and vegetables.

The basic recipe for the lemonade includes:

â€¢ 2 tablespoons lemon juice, fresh-squeezed

â€¢ 2 tablespoons grade B organic maple syrup

â€¢ 1/10 teaspoon cayenne pepper

â€¢ 10 ounces filtered water

With this type of fasting diet, you will definitely ways to lose weight fast because you will be severely cutting back on the amount of calories that you eat each day. This diet can be used as a quick weight-loss solution to prepare for a special event like a wedding or vacation.

However, after you lose weight fast on the lemonade cleansing diet, it's important to make long-lasting changes to your diet and exercise plan if you want to keep the weight off for good. Since the lemonade cleanse will cause you to lose weight fast by shedding water weight and some muscle, you'll need to make significant changes to your diet and exercise program if you want to burn fat and keep the pounds off over the long run.

The Lemonade Cleanse: What to Expect

Since the lemonade cleanse is a detoxification diet that will help you to lose weight fast, there are a

number of symptoms that could appear while on the diet for four days or more:

â€¢ Hunger: Yes, you can expect to experience hunger within the first 3 to 4 days of the fast. However, after staying on the cleanse for several days, severe hunger pangs will likely go away so that you can complete the fast without as much discomfort.

â€¢ Fatigue: Since youâ€™ll be cutting down on calories dramatically, you'll likely experience fatigue throughout the day.

â€¢ Aches: As your body purges toxins, you may also experience cold-like symptoms; other toxins that are released, including caffeine, could cause headaches. For this reason, it's important to get as much rest as possible when on the diet.

Article Source:
http://www.articleside.com/health-articles/how-a-lemonade-cleansing-diet-can-help-you-lose-weight-fast.htm - Article Side

Fitness Watcher - About Author:
http://www.thefitnesswatchers.com offers you easy and guaranteed a lose weight fast programs which are sure to bring your old thin and sexy figure back. a How to lose weight is extremely easy with the various weight loss programs when dealing with the company. Different a ways to lose weight are based on scientifically proven techniques.

Article Keywords:
How To Lose Weight, Lose Weight Fast, Ways to lose weight, Lose weight today, weightloss fast

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!