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My Cleanse Keeper

A Journal for My Detox Experiences
– Including the MASTER CLEANSE/Vol. 1

~ From J.D. Dyola's Journal Series...books for you and by YOU! ~

DISCLAIMER

This journal is not intended to serve as medical advice. It is merely a tool for you to use after you have done your own research and any applicable consultations. The author has only shared personal experiences and is not advocating self-diagnosis or self-treatment of any health issue/disease, or recommending any program for you individually. Detox regimens should not be considered substitutes for a healthy diet and lifestyle. When selecting a specific detoxification platform please discuss it with a licensed and qualified healthcare provider. In addition, it is imperative that you thoroughly understand any directions in preparing for, using, and ending your program – before you begin – especially if you are pregnant or breastfeeding/nursing. Even when using the same method as another individual, each person is unique and will have different reactions and experiences; therefore, you must accept full accountability for any cleansing/detox decisions you make. Neither the author nor the publisher are responsible for any adverse consequences resulting from the detox/cleanse, or any other type of program, that you choose to follow. Please use good judgment. If you are not willing to assume all risk then do not use this journal.

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“In this modern world that we live in the food has become so unnatural that it passes through the kidneys, the liver and the digestive system with great difficulty. If these accumulations of metabolic waste are not removed, they apparently interfere with the flow of energy and make it more difficult for the body to function normally.”¹

~D.J. Geisler



INTRODUCTION

Dear Fellow Cleanser,

First of all, thank you for choosing the *My Cleanse Keeper (MCK)* series. I sincerely appreciate it. I am always searching for ways to make my journals more user-friendly, so as you share your experiences in using *MCK* with family and friends, please remember to include me. I will act on your feedback and implement your suggestions in whatever ways I am able. My journals are for you and by YOU since you really are the author and also because they blossom and develop as I receive your feedback. You can use *MCK* for **any** detox program or cleanse (by the way, I’ll be using the terms “detox” and “cleanse” interchangeably). However, I developed my journal in 2014, to track my progress as I began the Master Cleanse (MC). Let me acknowledge, though, that I am not a health practitioner; therefore, I am not recommending or endorsing any specific program for you individually. So please carefully research any health plan before trying it. I chose to do the MC. It’s been around for decades, so there’s a lot of information available about it. The guidelines that I used are from Tom Woloshyn’s *The Complete MASTER CLEANSE—A Step-by-Step Guide to Maximizing the Benefits of The Lemonade Diet*.

I wanted to do a cleanse because I’ve been a junk food addict since elementary school despite having, what I consider, a good start initially. By that I mean that, as an infant, I was breastfeed and given vegetable juices. And my parents say that I was strong and healthy as a toddler. For instance, my dad told me that, back when I was a tot, my pediatrician picked me up and insisted that I had jaundice. My father is not a medical expert, but as a parent he respectfully disagreed. Consequently, I suppose in an attempt to prove his theory, the doctor lifted me into his arms, where both adults could conveniently evaluate me. I do not remember the occasion, but I am told that this was during a time when I had the unfortunate habit of smacking people. My dad said that, since he was used to it, whenever he realized that I was about to “assault” **him**, he would catch my hand. But on this particular day before he could grasp what was about to happen and warn the Doc, I had already reached for the physician’s chin, held it in position with my left hand, and with the right... WHACK! I laid one on the medic’s cheek. Dad

said my tiny palm must have stung because the doctor turned bright red and immediately handed me back to him. That brought an abrupt end to the visit. The jaundice diagnosis was not discussed further.

So again, I believe that I had a healthy start. (Incidentally, I am happy to report that I grew out of target practice!) As a young child, I was not obese, but thereafter I struggled with my weight for much of my pre-teen, adolescent, and adult life. In recent years, I have drastically changed my eating habits. It was not easy, but I persevered because I want to enjoy a long, healthy life. Even so I still enjoy pizza, frozen treats, and chocolate. These days, though, I opt for healthy, preferably organic, variations as much as possible. Yet, in the past I was not as cautious. There were many days – okay months – that I subsisted on devitalized, processed breads, pizzas, chips, cookies, ice creams, and chocolates, whatever seemed tasty. Hence, in 2014 I decided to attempt a good cleaning out.

The fact that a close family member was experiencing several health problems also influenced the instigation of my detox. Because as I searched for something that might help my kin, one day I found Tom Woloshyn's paperback at Barnes & Noble Booksellers. I do not recall ever hearing of him or the MC before, but after examining his book my relative and I decided to go on the MC together.

After reading Woloshyn's book, we did what the author recommends: 1) we took before & after photos, and 2) made copies of the one-page journal, in the back of his book, to take notes. But his journal was not convenient for us to use. Therefore, I decided to design my own and we began the MC.

I lost about ten pounds during that cleanse and felt pretty good. My co-cleanser also reported several rewarding results. We told some friends and family about our experiences on the MC and they wanted to try it too. After a couple of them had gotten Woloshyn's book and read it, I sent blank copies of my journal to them as encouragement. And they liked it! *My Cleanse Keeper (MCK)* is a colossal upgrade over my initial design.

MCK provides a convenient format that allows you to access and preserve your journals for any detox program. Each section is divided into a 10-day cleansing segment and a 3-day subdivision for readjusting to a regular diet. Feel free to fill in the columns and areas marked "Notes," with as much or little detail as you find useful. Additionally, if your program exceeds 10 days, for whatever reason, please continue to the next section. In such a case, you can indicate why you decided to **remain** on the cleanse instead of listing your motive(s) for starting it, use it for something else, or just leave that area blank. Similarly, if your detox is less than 10 days, that's fine as well.

Each cleanse begins with a question to reflect on and quotes related to it, in a **Food For Thought** textbox. For instance, one focuses on the importance of clean drinking water of high quality, what I call the "H₂O cocktail," while others highlight how positive expectations and the proper attitude are essential parts of your detox plan (actually with anything in life)! Please treat these as awareness

prompts instead of definite themes for the cleanse. Keep in mind, there aren't any rigid rules since this book is for you and by YOU!

Consequently, depending on the length of your program(s), each *MCK* volume in the series can accommodate 12 detox routines, and allows you to compare your current experience with preceding and succeeding ones, whether you use the MC or some other cleansing process. You can improve your health and your life!

Wishing you increased energy and happiness,

J.D. Dyola