



# The lemonade diet

A new *twist* on a fasting program may be the best new diet for losing weight fast and cleansing the body at the same time.

Dr. Michael Horwitz

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## Lemonade Recipe

Organic lemon juice

Squeeze 1/2 a lemon into a glass.  
Approximately 2 tbs. juice.

Grade B maple syrup

Buy this at you organic foods shop.  
Use 2 tbs of syrup per glass.

Cayenne Pepper

Use at least 1/10 tbs. Use more to taste.

Mix these ingredients together and add water to make a 8 to 12 oz glass of lemonade.

## Important Diet points

Do not substitute honey or sweetener.  
This diet works best if you stick to the basics.

Trust your body to pick good foods between fasting days.

No sugar. Limit bread to small amounts earlier in the day. Limit complex carbs after 1:00 pm.

Weigh yourself weekly.

You should lose at least 2.5 lbs / week.

After you lose the weight, keep up the diet by fasting once a week.

Sunday is a good day to fast. Remember, the fast is always from noon to noon. Always eat a good breakfast the day of your fast.

## I think I've got it!

10th March 2006

I know that your thinking, "Why would I trust another doctor with my next weight loss strategy?" I hope your answer is "intuition", yours or mine, it makes no difference.

Intuition is:

the ability to understand something immediately, without the need for conscious reasoning ; *we shall allow our intuition to guide us.*

I also hope that your intuition is YOURS and not your mother's, friends', spouse's, etc. That's because after years of trying to change people, I have found that lasting change always comes from within. Also, to change a body without changing a mind is futile. So, I will attempt to change your mind, and I sincerely hope that your body will follow.

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## Chicken or the egg?

The greatest thing about this diet is that YOU don't have to change anything for the diet. This diet changes you. That's because of the fast way your body responds to this eating / fasting regimen. Just like the fast, your body will learn to crave good foods and lose all craving for sugar very quickly. Curious yet?

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## Why I needed something new.

First of all, the Lemonade DIET is new. That's because I created it for myself in early 2006, when, at 44, I finally decided to do something about the way I approached food. As a father of

Here's what I found out that you need to know.

- This diet is designed to completely get you off of sugar craving in less than one week!

- This diet will change your bad eating habits for you.

children under ten, and with a busy practice, I began to slowly slip into the undesirable weight zone. It has actually been a very slow process, but being a fun loving dad, sugar and fun food became a regular part of my diet. I started having digestive problems that started with lots of gas and belching. Morning discomfort quickly lead to regret after every regular meal. My belly form and sounds quickly became the family joke. I finally hit my point of ruin when weighing myself at my gym. It was very shocking. I was leaving with my family and decided to weigh myself on a very accurate scale available in the weight room. With my clothes on I weighed 236 lbs. That's approximately 16 lbs over what I thought I was at. Although I carry my weight well, it really put me over the top. Hello, midlife. Now, add that to the small fact that my life was, at times, very stressful. At one point, during a very hard time at work when I had to fire a few people, my blood pressure rocketed up to 170/100. I could literally feel myself slipping away. My doctor examined me and made one simple recommendation - start moving more and eating less. Time to wake up.

Here's what I found out that you need to know.

Most of us normal people with abnormal lives will eat too much and move too little. So when my massage therapist recommended the Lemonade FAST as a great way to detoxify the body and lose some weight, I listened. Actually, she was nice enough to bring me the official Lemonade Fast booklet from a health food store and the grade B maple syrup necessary to start the process. All I had to do is purchase the lemons (I had the cayenne pepper) and decide how long to fast. According to the book, the fast is a safe, fast and highly effective way to get your body back on track. After the first few days, my body would have energy, and vitamins to fast successfully and safely. The result of the fast is to adjust my digestive system, detoxify my body, rid sugar cravings and automatically make my body crave good foods. It should also allow for the loss of a few pounds and even help with skin tone and vitality. The problem was that I was in need of a weight loss program, not just a detoxification system. I wanted to lose some major weight and keep it off. Also, being a physician, I could not justify a long fast for fear of losing my edge. I am responsible for treating hundreds of people a week, and I have a personal policy of being well rested and well fed for every case that I do. So a long fast was not the answer for me, yet I was really intrigued by the book, and I saw some great merit in a program like this.

### Here is what I did and why it works so well

So I decided to adjust the program to fasting only 2 days a week. I figured that I could do this and keep up my energy. So I started by making the lemonade and trying it for taste. It tasted fine, so next I tried a full day of fasting. My fast started at 12:00 pm on Sunday so I had the benefit of having eaten breakfast. I had a glass of lemonade for lunch. According to the Author, the grade B maple syrup is not refined and therefore has less sugar than regular syrup. This is very important because this program was designed to get a person off sugar. Yet, the syrup measured at 2 tbsp per glass gives you 100 calories of usable energy. The lemons should be fresh, according to the author. One-half squeezed lemon is equal to 2 tbsp lemon juice, so I would just squeeze the lemons. The lemon juice is one of the best natural sources of vitamins which are important for obvious reasons. The cayenne pepper should be added to taste, but needs to be there for good reason. The pepper is a metabolism booster and a hunger suppressant. After a glass of lemonade I felt satisfied and never even thought of food.

Having never fasted a day in my entire life (I know I will hear from some Rabbi b/c of this confession), I really did not know what to expect. So I cautiously continued the program through dinner and into lunch the next day. I was never hungry. As I broke the first fast, I was careful about my lunch choices and resumed a healthy diet.

I next decided to fast on Thursday in the same fashion. I would eat a good breakfast, and go from noon to noon Friday. Again, no problem with hunger and energy. I felt fine. Actually, I felt better than fine. Something was happening, and I was not aware at the time how great this something was.

After 2 weeks of fasting from noon to noon Sunday and Thursday,

- ALL OF MY DIGESTIVE PROBLEMS WERE GONE.
- I HAD MORE ENERGY THAN I HAVE HAD IN YEARS.
- I HAD NO SUGAR CRAVINGS ... AT ALL!
- MY BODY WAS CRAVING GOOD FOODS.
- I WAS EATING LESS FOOD THAN BEFORE ON NON-FASTING DAYS
- I LOST A TOTAL OF FIVE POUNDS.

## I KNEW THAT I WAS ON TO SOMETHING

I had enough energy, that even on the AM of the fast after missing 2 meals, I was able to wake up and run or work out.

I was still enjoying food, just not on my fasting days. In fact, I believe that I was enjoying food in a way that I hadn't in years. Have you every worn swim goggles outside with blue or green tint? After you wear them for a while and then you take them off, normal color seems richer. I used to love this feeling in the pool with my kids in the summer. Well, I definitely feel that the fast does the same thing. After a fast, I feel like I have momentum and that I have won a very significant battle. So Monday and Friday lunch is a sort of celebration. I also know that I just lost weight. So I am really guilt-free here.

I have been on this program now for 5 weeks and have lost 16 lbs without very much effort at all. I am a muscular person and like weight workouts, and I can tell you that I have not lost a single ounce of muscle power or mass. I believe that this is due to the fact that I do eat high protein when not on the fast, and the calories that I am getting during the fast appear to be enough. I should say that I am doing 10 k runs once in a while as an experiment with this program, as well as some weight workouts with IMPROVED ENERGY.

I know that I will meet my goals on this program very quickly. My current goal is to get to 200 lbs (my college weight) and then cut down to fasting only on Sundays.

## Why does this work so well?

DO THE MATH... PLEASE. First of all, going 24 hours without food choices twice a week means fasting for:

- EIGHT DAYS A MONTH.
- ONE HUNDRED FOUR DAYS A YEAR.
- ( OVER THREE MONTHS A YEAR )
- ( ONE QUARTER OF A YEAR )

- 3500 cal = one pound of fat.

\* Use any calculation you want and compare it to any diet and you will believe that this is one of the most results oriented diets ever.

## Why else does this work so well?

BECAUSE THIS KIND OF FASTING IS GOOD FOR US.

- GOOD FOR DIGESTION
- GOOD FOR CONTROL
- GOOD FOR DETOXIFICATION
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Remember, I said THIS kind of fasting. In the book, the author examines in detail not just what to do to get better, but also what NOT to do. For example:

- NO SUBSTITUTES. i.e. honey for grade B syrup.
- Water good. Soda kills.
- Tea is ok.
- Read the book.

## Final Thoughts or “Food” for Thought.

I really think this final blog should be entitled “thought for food,” because I don’t think that I have been thinking right for a long time. Let’s start with eating. I agree that if you are in great shape and have the time to workout, you can and probably should eat 5 -6 small meals a day and drink lots of water. But I also know that many of us are caught in a rut with our bodies. When I was tipping the scales at 236 and well over 30% body fat, it seems to me now that my body was making too many bad decisions for me. In other words, the sugar intake was causing sugar cravings and the dwindling spiral went out of control. Breads, sweets, and cereals can be very addictive. A good dieter knows this, but that doesn’t make it any easier to control it. The fast, however, does get this under control very quickly once and for all.

What about protein? Well, I agree that protein is important. But I also know that a fat body is not a healthy body. So I buy into getting healthy first and then getting fit. Now, I know that programs like Body For Life work very well, but I can tell you that not everyone is self-determined enough to do this type of program long term. I am talking about FAT here, and FAT is best handled by LIMITING INTAKE OF FOOD. Exercise takes many forms. Weights are great for tone, and muscles are the machines that burn fat, so you ultimately need them to have long-term success. Aerobic exercise is great, but we know that a FAT body will not run well. We also know that once a body gets used to an aerobic routine, it becomes harder to rely on this activity for weight loss. Even marathon runners will agree with this. I will say it again. A FAT BODY WILL NOT RUN WELL. A FAT BODY WILL NOT EXERCISE WELL OR PERFORM WELL.

A FAT BODY DOES ONE THING VERY WELL. IT GETS FATTER!

So this program of mine really works well. It works well because of its cycles of sleep, eat, fast, sleep. As I said before, I fell into this program as a matter of necessity. I needed my day to run well, and I needed some food in the day for this to happen. So, by eating breakfast the day of the fast, I had plenty of energy to go through the day. And missing breakfast the next day was never bad because lunch was right around the corner. Sleeping was not bad because I had enough in me to easily be comfortable at night. It just works that well.

### Other Benefits.

No one can deny the spiritual history of fasting. Lent and Yom Kippur are typical of what very wise men gave us to use to help achieve enlightenment. Without getting into a complete historical perspective on the subject of fasting, I do want to point out that there are benefits that are experienced with regular fasting that go much further than the scope of this paper.

I do want to say that experiencing the confidence boost in knowing that I have found a long term way to stay really healthy is very good for my spirit. For some time now I have realized that a healthy spirit is necessary for a healthy body and mind. I believe that I am one of a growing contingency of medical professionals that are actively applying what they know about medicine to the body with complete attention on the affect that the medical intervention has on the spirit. The mind is simply the communication axis between the spirit and the body. Knowing this, I always try to stay away from long-term and unnecessary use of drugs. I am also constantly aware of the effect of surgery on the body and spirit and try to adjust my practices to the advantage of both. Know that for a good game to be played here on planet Earth, we need a good body and a whole spirit.

As organic and holistic medicine make advances into the “scientific” medical world, I make one very simple observation. I see very clearly that alternative medicine works very well in cases (on patients) that are open to the idea that they are a spirit in a body. Patients that are not open to this more usually become the affect of their body and do not do very well -as the body will not take responsibility for much more than itself - if that much. But the person that takes hold of his or her body with purpose and aligns it well is a recognized spirit and can be addressed as such with full expectation of getting better.

I hope that I have helped you with my program.

Warmest Regards