

## Ashanti's lemonade diet helped her fight the bulge

Washington, Sept 23: Singer Ashanti kicked off her bulge by surviving only on lemon-pepper-maple syrup diet for a week.

Ashanti lost eight pounds by being on the Master Cleanser diet, which included eating nothing and surviving only on the liquid.

"I did the lemon-pepper-maple syrup diet for seven days. When I got really hungry, I ate fruit. I lost eight pounds and kept it off," Contactmusic quoted her, as saying.

### About the Author

From [www.topnews.in](http://www.topnews.in):

The who, what, where, when, why, how and everything else you ever wanted to know about the master cleanse diet. Including Anatomy, Colon Cancer, Cayenne.

The Master Cleanse program is a dangerous risk with absolutely no health benefits. Eat Less and exercise.

A doctor explains the myths and facts about the Master Cleanse Diet, also known as the lemonade.

With the Master Cleanse Diet you can lose weight, increase your energy levels, and dramatically improve your health.

The Master Cleanse Lemonade Diet summary of cayenne, maple syrup and lemon. The Master Cleanse diet has been tried and tested.

Master Cleanse aka The Lemonade Diet is the who, what, where, when, why, how and everything else you ever wanted to know about the master.

Sworn to by some, sworn at by others, master cleanse, a liquid diet, is back in vogue. Noah Berger for The New York Times.

As this is a cleansing diet, you need to help Nature to eliminate poisons. It is suggested by the Master Cleanser Diet to take the a Laxative.

Source: <http://www.productsherbal.com>