

From Behind Our White Picket Fence Week 92
By Freddy and Eddy (www.freddyandeddy.com)

Lemon Juice, Basketball Farewells, and Prepping for Burning Man



Day 10 of our latest cleanse passed mercifully yesterday. For those who are new to or don't read our column regularly, we follow a program called "The Master Cleanser," based on a book by the same name by Stanley Burroughs. Twice yearly, we forsake all food, save for a lemon/maple/cayenne/water mixture for 10 full days, augmenting the detox with a nightly cup of laxative tea (called Smooth Move) and daily salt flushes (drinking a quart of warm salt water each morning). The program is designed to rid the body of accumulated toxins built up by bad eating habits, our dirty environment, and even negative mental disposition by imposing a strict regimen of zero solid

foods, mental strength, and moderate exercise. So far, we've completed four cleanses and have felt invigorated after each, with a nice shedding of about 10-12 pounds (though this isn't the reason we undertake cleansing and unless eating habits are changed the weight WILL return).

One great byproduct of the Master Cleanse is a definite increase in our sex drives, respectively. After day two, when our bodies are done rebelling against deprivation of Pink Berry, sushi, and Tito's Tacos, we seem to get a boost in desire and performance. Erections are harder and orgasms more intense, which we'd love to explain but don't have a clue. Suffice it to say, though, that we're not complaining.

For anyone wanting to try the cleanse, it's easy enough: drink a cup of smooth move each evening, wake up early each morning and drink 32 ounces of warm salt water (2 teaspoons of natural sea salt and stay close to the bathroom for at least 90 minutes), then drink 8-10 eight ounce glasses of lemon drink per day. For each 8 ounce glass, add two tablespoons fresh squeezed lemon juice, 2 tablespoons grade-B maple syrup, and a pinch of cayenne pepper. Drink throughout the day and whenever you feel hungry for ten days, breaking your fast with diluted orange juice for a day, then gentle foods for a couple of additional days before resuming normal (hopefully healthy) eating. Note that the first two days can be murderous the first time out; going without food is one of the toughest things you'll ever attempt. Also, expect moderate to severe headaches if you're a heavy coffee drinker and obviously refrain from cleansing if you have any sort of significant health problems. You can find tons more information by typing "master cleanse" into Google.

The Man burns in 30 days.

It's hard to believe almost a year has gone by since our trip to Burning Man last summer. We're planning on attending again this year –we purchased our tickets when they became



available in January - and have begun preparations in earnest. Originally, we'd planned to buy a cool-as-hell camper trailer called a Tab, into which we could escape when the inevitable dust storm swept across the playa, as well as avoiding the setup and breakdown of our rather large tent. We'd justified the expenditure with reasoning that we'd use it on other trips throughout the year, saving hundreds, perhaps thousands, of dollars in hotel/motel fees over the course of its long life. Reality reared its

ugly head, however, when we discovered the purchase price of a BASIC Tab hovered in the 12 grand range, meaning a decently equipped model would more likely top 18-20k. With our ONLY camping trip to date being last year's Burning Man festival, we doubt enough trips are in our future to justify such extravagance. Sigh. If only it weren't so damned cute!



The Burning Man gods being what they are, however, we noticed a cool old camper trailer in a home's driveway right behind our business. The home's owners happen to be regular visitors and offered up the vehicle for us to take to the playa. Talk about good fortune!

Music Selections

Grab "Waltz for Koop," from Koop and chill out to a truly hip sound that goes perfect with the Southern California summer. Airy and mellow, you'll be transported from your dreary commute into martini sipping lounges, sudsy Malibu surf, and easy cruises along the Venice Boardwalk.

Final Quickies

The squirrel/hawk face off continues with the rodent still alive, the persistent hawk getting closer branch by branch. It's only a matter of time. We have only one tournament left before our basketball team will be disbanded. Unfortunately, about half our team's

parents wish to stay with the Venice Japanese Community Center, meaning we won't have enough players to switch to another organization and continue. It's a bummer, but the fun memories of the last three years will live on.

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