

*“The greatest medical discovery of our time is the power within the human body to heal and rejuvenate itself. This tremendous discovery is destined to change the way we practice medicine in America. In the future, instead of cutting the body—instead of drugging it, instead of working against its natural systems, doctors will strive to feed and enhance the body’s amazing power to self-heal.*

*The medical establishment still seems to believe that nutrition cannot prevent disease, and is practically useless in treating it. Yet, we now have scientific proof that diet is the single most powerful tool for the treatment of disease. More powerful than drugs. More powerful than surgery. More powerful than anything in the doctor’s bag.*

*And you can do it yourself. The medical profession is too narrow minded to admit the enormous value of nutritional healing.”*

Dr. JULIAN WHITAKER, M.D.  
WHITAKER WELLNESS INSTITUTE, NEWPORT BEACH, CA

© Copyright 2006 Scott Ohlgren and Joann Tomasulo

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, without the prior written permission of the authors. For information, contact [info@howhealthworks.com](mailto:info@howhealthworks.com).

**Published by:** Genetic Press Longmont, CO

**First Edition:** March, 2006

**Printed by:** Inland Books

**Cover Design by:** Desert Dolphin ([www.DesertDolphin.com](http://www.DesertDolphin.com))

**Library of Congress Cataloging-in-Publication Data**

Ohlgren, Scott, 1956–

Tomasulo, Joann, 1959–

The 28 Day Cleansing Program

\$28.00

ISBN: 0-9721483-4-5

# THE 28-DAY CLEANSING PROGRAM

The proven recipe system for  
skin & digestive repair.

SCOTT OHLGREN & JOANN TOMASULO

[www.HowHealthWorks.com](http://www.HowHealthWorks.com)

# Contents

---

|  |          |
|--|----------|
| <b>PREFACE: REAL STORIES, REAL HOPE</b>                        | <b>1</b> |
| Dr. Kristin, Shelly Cleator, Ginger Narmour, & others. . . . . | 2-8      |

---

|   |           |
|---|-----------|
| <b>PART ONE: UNDERSTANDING CLEANSING<br/>&amp; GETTING PREPARED</b> | <b>9</b>  |
| <br>  |           |
| <b>Chapter 1: Our Current Reality . . . . .</b>                     | <b>11</b> |
| The Good News & The Bad News . . . . .                              | 15        |
| <br>  |           |
| <b>Chapter 2: Why Bother? . . . . .</b>                             | <b>17</b> |
| Daily Internal Hygiene . . . . .                                    | 17        |
| Your Colon Needs Cleansing . . . . .                                | 19        |
| Your Kidneys Need Cleansing. . . . .                                | 19        |
| Your Liver Needs Cleansing . . . . .                                | 21        |
| It's Not Hard . . . . .   | 22        |
| <br>  |           |
| <b>Chapter 3: How To Use This Book . . . . .</b>                    | <b>24</b> |
| Different Ways, But No Excuse . . . . .                             | 25        |
| Make It Easy . . . . .  | 27        |
| Avoid The Food Wars. . . . .  | 27        |
| What Is Your Health Goal? . . . . .                                 | 29        |
| Be Prepared for the Upset . . . . .                                 | 29        |
| <br>  |           |
| <b>Chapter 4: What To Eat During a Cleanse &amp; Why. . . . .</b>   | <b>31</b> |
| On Animal Foods . . . . .   | 32        |
| Other requirements . . . . .  | 33        |
| Daily ReHydration . . . . .   | 33        |
| Daily ReMineralize . . . . .  | 34        |

|  |           |
|--|-----------|
| Daily ReEnzymize . . . . .                     | 34        |
| Physical Transformers . . . . .                | 34        |
| Skin Brushing . . . . .                        | 34        |
| Rehydrating . . . . .                          | 34        |
| Sauna Rounds . . . . .                         | 35        |
| Alkalinizing Baths . . . . .                   | 35        |
| Cleansing Bodywork . . . . .                   | 36        |
| Colon hydrotherapy . . . . .                   | 36        |
| Cardiovascular Workout . . . . .               | 36        |
| <b>Chapter 5: The Tools . . . . .</b>          | <b>37</b> |
| Creating a symptom-repairing kitchen . . . . . | 38        |
| Japanese vegetable knife . . . . .             | 38        |
| Juicer . . . . .                               | 39        |
| Healthy Cookware . . . . .                     | 40        |
| Grain Cooker . . . . .                         | 41        |
| Garlic Peeler . . . . .                        | 42        |
| Flame Tamer . . . . .                          | 42        |
| Hand Food Chopper . . . . .                    | 42        |
| Pressure Cooker . . . . .                      | 43        |
| Blender Wand . . . . .                         | 43        |
| Food Processor . . . . .                       | 44        |
| Slow Cooker/Crock Pot . . . . .                | 44        |
| Harsch Fermenting Pot . . . . .                | 45        |
| Salad Spinner . . . . .                        | 46        |
| Suribachi . . . . .                            | 46        |
| <b>Chapter 6: The Pantry . . . . .</b>         | <b>47</b> |
| Pantry Categories (entire list) . . . . .      | 48        |
| Grains . . . . .                               | 49        |
| Beans . . . . .                                | 50        |
| How To Make Beans More Digestible . . . . .    | 51        |
| Vegetables . . . . .                           | 54        |
| Nightshades . . . . .                          | 55        |
| Oxalic Acid Vegetables . . . . .               | 56        |
| The Energetics of Food . . . . .               | 57        |

|   |           |
|---|-----------|
| Oils & Fats . . . . .                                 | 58        |
| The Oil Muck . . . . .                                | 58        |
| The Cholesterol Muck . . . . .                        | 58        |
| Use History and Your Brain . . . . .                  | 59        |
| Suggested Oils for Eating and Cooking . . . . .       | 61        |
| Nuts & Seeds . . . . .                                | 61        |
| Raw, Sprouted or Roasted? . . . . .                   | 62        |
| Fermented Foods . . . . .                             | 62        |
| Tempeh . . . . .                                      | 64        |
| Miso . . . . .  | 64        |
| Umeboshi Plums, Paste & Vinegar . . . . .             | 65        |
| Sea Vegetables . . . . .                              | 66        |
| Beverages . . . . .                                   | 67        |
| Condiments & Seasonings . . . . .                     | 68        |
| Herbs & Spices . . . . .                              | 69        |
| Fruits & Dried Fruits . . . . .                       | 70        |
| Sweeteners . . . . .                                  | 70        |
| Freezer & Packaged & Canned Foods . . . . .           | 71        |
| Superfoods & The 3 Rs . . . . .                       | 72        |
| Crunch & Road Food . . . . .                          | 74        |
| <b>Chapter 7: Food Confusions . . . . .</b>           | <b>75</b> |
| Advocating Empiricism . . . . .                       | 75        |
| Carbo-phobia . . . . .                                | 76        |
| Soybeans . . . . .                                    | 77        |
| Chocolate . . . . .                                   | 79        |
| Sunlight & Cancer . . . . .                           | 80        |
| Other Questions & Concerns . . . . .                  | 81        |
| You are not doctors . . . . .                         | 81        |
| I don't have time . . . . .                           | 82        |
| I don't know how to cook . . . . .                    | 82        |
| Cleansing is hard . . . . .                           | 83        |
| Can I ever return to eating what I used to? . . . . . | 83        |

---

**PART TWO: RECIPES** **85**
**Recipe Categories (entire list) . . . . . 86**
**Tips & Tricks . . . . . 87**
**Juices & Raw Soups . . . . . 90**

Quick Squeeze History . . . . . 90

General Juicing Tips . . . . . 91

Basic Daily Juice . . . . . 95

Wheatgrass Hopper . . . . . 95

Green Power . . . . . 95

Green Tang . . . . . 96

Apple Carrot . . . . . 96

Susan's Secret . . . . . 96

Hit the Spot . . . . . 96

Cold Gazpacho . . . . . 97

**Grains & Grain Bowls . . . . . 98**

Basic Tips . . . . . 98

Amaranth . . . . . 99

Barley . . . . . 99

Buckwheat . . . . . 100

Job's Tears . . . . . 100

Kamut . . . . . 101

Millet . . . . . 101

Oat Groats . . . . . 102

Overnight Oats . . . . . 102

Quinoa . . . . . 102

Brown Rice . . . . . 103

Pressure cooked rice . . . . . 103

Nutty Stovetop rice . . . . . 103

Wild Rice . . . . . 104

Teff . . . . . 104

Wheat Berries . . . . . 104

|   |            |
|---|------------|
| <b>Grain Dishes</b> .....                             | <b>105</b> |
| Quinoa with Jicama, Cilantro and Lime .....           | 105        |
| Millet Lentil Pilaf .....                             | 106        |
| Tabbouleh with Quinoa .....                           | 106        |
| Wheat Berry Waldorf Salad .....                       | 107        |
| Coconut Rice .....                                    | 107        |
| Slow Cooker Mushroom Risotto with Peas .....          | 108        |
| Millet Cauliflower Mash with Pesto .....              | 108        |
| Stir fried Rice .....                                 | 109        |
| Savory Quinoa Pilaf with Pomegranates and Leeks ..... | 109        |
| Marinated Portobello with Barley Pilaf .....          | 110        |
| Barley Pilaf .....                                    | 110        |
| Breakfast Grains .....                                | 111        |
| Oat Cream .....                                       | 111        |
| Creamy Rice Cereal .....                              | 111        |
| Cream of Rice with Cardamom & Cranberries .....       | 112        |
| Millet Morning .....                                  | 112        |
| Congee .....  | 113        |
| Toasted Rice Cream .....                              | 113        |
| David & Michelle’s Morning Groats .....               | 114        |
| Almond Cream .....                                    | 114        |
| Barley & Kamut Breakfast Cereal .....                 | 115        |
| Overnight Oats .....                                  | 115        |
| Muesli .....  | 115        |
| Grain Bowls .....                                     | 116        |
| Spring Grain Bowl .....                               | 116        |
| Summer Grain Bowl .....                               | 116        |
| Fall Grain Bowl .....                                 | 116        |
| Winter Grain Bowl .....                               | 117        |
| Anytime Grain Bowl .....                              | 117        |
| Ume Quinoa Grain Bowl .....                           | 117        |

|   |            |
|---|------------|
| <b>Bean &amp; Bean Product Products</b> .....           | <b>118</b> |
| Savory Fava Beans .....                                 | 118        |
| Kale, Chickpeas & Pine Nuts .....                       | 119        |
| White Bean & Black Olive Spread .....                   | 119        |
| Quick Refried Beans .....                               | 119        |
| Sweet & Sour Tofu & Vegetables .....                    | 120        |
| Sautéed Corn & White Beans with Parsley .....           | 120        |
| Raw Almond Hummus .....                                 | 120        |
| Chickpea Hummus .....                                   | 121        |
| Tuscan Bean & Vegetable Salad .....                     | 121        |
| Mexican Refried .....                                   | 121        |
| Maple Refried Beans .....                               | 122        |
| Curried Chickpeas .....                                 | 122        |
| Cuban Black Beans .....                                 | 122        |
| Coconut Curry Tempeh .....                              | 123        |
| Crispy Sesame Tempeh (or tofu) .....                    | 123        |
| Quick & Tasty Tempeh (or tofu) .....                    | 123        |
| Tempeh Quick Bake (or tofu) .....                       | 124        |
| Tempeh Chimi-Churri .....                               | 124        |
| Tofu Scramble .....                                     | 125        |
| Beans Fast Track Pressure Cooking .....                 | 125        |
| <br>  |            |
| <b>Soups &amp; Stews</b> .....                          | <b>126</b> |
| Miso Quickie .....                                      | 126        |
| Dashi: .....  | 126        |
| Miso Soup .....   | 127        |
| Stocks .....  | 127        |
| Vegetable Stock .....                                   | 128        |
| Sweet Potato, Chipotle Pepper & Kidney Bean Chili ..... | 128        |
| Spicy Thai Soup with Coconut Milk .....                 | 129        |
| Creamy Squash Soup .....                                | 130        |
| Roasted Vegetable & White Bean Soup with Pesto .....    | 131        |
| Lentil & Escarole Soup .....                            | 131        |
| Miso Shiitake Soup or Stew .....                        | 132        |
| Miso Quinoa Stew .....                                  | 132        |

|   |     |
|---|-----|
| Veggie Jambalaya . . . . .                | 133 |
| Italian Vegetable Ragot . . . . .         | 133 |
| Vegetarian Hot Pot . . . . .              | 134 |
| Potato Leek Soup . . . . .                | 134 |
| Fish Stew . . . . .                       | 135 |
| Harvest Stew . . . . .                    | 135 |
| Asian Seitan Soup with Cinnamon . . . . . | 136 |

## **Vegetable Dishes . . . . . 137**

|   |     |
|---|-----|
| Slow Cooker Artichokes . . . . .                            | 137 |
| Asparagus with Lemon, Capers, and Onions . . . . .          | 137 |
| Vegetable Burgers . . . . .                                 | 138 |
| Jerusalem Artichoke, Peas and Shiitake Mushrooms . . . . .  | 138 |
| Live Burritos (from Mikala) . . . . .                       | 139 |
| Green Beans—quick and easy . . . . .                        | 139 |
| Queen Kinpira . . . . .                                     | 140 |
| Aduki Beans with Carrot, Kale and Hijiki . . . . .          | 140 |
| Rutabagas Rustica . . . . .                                 | 141 |
| Sweet Potato with Lime and Cilantro . . . . .               | 141 |
| Cooking greens . . . . .                                    | 142 |
| Sautéed Greens with Garlic and Olive Oil . . . . .          | 142 |
| Version 1: Joann's method . . . . .                         | 143 |
| Version 2: Gary's method . . . . .                          | 143 |
| Version 3: Scott's "Hurry up" method . . . . .              | 143 |
| Sesame Bok Choy . . . . .                                   | 143 |
| Sweet potatoes with Pineapple and Coconut . . . . .         | 144 |
| Green Coconut Potatoes . . . . .                            | 144 |
| Sea Palm: Weed of Darkness . . . . .                        | 144 |
| Indian Potato Croquettes . . . . .                          | 145 |
| Maple Roasted Acorn Squash . . . . .                        | 145 |
| Roasted Salt & Pepper Squash . . . . .                      | 146 |
| Sweet Potato Bake . . . . .                                 | 146 |
| Mashed Potatoes, Turnips and Greens . . . . .               | 146 |
| Onions Braised with Rosemary, Walnuts and Raisins . . . . . | 147 |
| Zucchini and Leek Sauté . . . . .                           | 147 |

|  |            |
|--|------------|
| Capers and Onions and Parsley . . . . .                  | 148        |
| Sautéed Corn, Beet Greens and Onion with Basil . . . . . | 148        |
| Collard Green Pesto . . . . .                            | 148        |
| Roasting Vegetables . . . . .                            | 149        |
| Roasted Root Vegetables . . . . .                        | 149        |
| Cabbage or Collard Green Roll Ups . . . . .              | 150        |
| Italian Artichokes . . . . .                             | 150        |
| Slow Cooker Artichokes . . . . .                         | 150        |
| Roasted Summer Squash . . . . .                          | 151        |
| Sushi Salad . . . . .                                    | 151        |
| Corn on the Cob with Miso . . . . .                      | 152        |
| Marinated Arame . . . . .                                | 152        |
| Cod with Rapini, Garlic and Olives . . . . .             | 152        |
| Super Simple Carrots . . . . .                           | 153        |
| Wild Salmon with Miso Sesame Glaze . . . . .             | 153        |
| <b>Sauces &amp; Dressings . . . . .</b>                  | <b>154</b> |
| Arame Tapenade . . . . .                                 | 154        |
| Nut Butter with Lemon and Tamari . . . . .               | 154        |
| Basil Pesto . . . . .                                    | 154        |
| Black Cabbage Pesto . . . . .                            | 155        |
| Cilantro Peanut Pesto . . . . .                          | 155        |
| Tahini Applesauce Spread . . . . .                       | 155        |
| Coconut Curry Sauce . . . . .                            | 156        |
| Lemon Caper Sauce . . . . .                              | 156        |
| Raw Cashew Sour Cream (from Mikala) . . . . .            | 157        |
| Miso Sauces: . . . . .                                   | 157        |
| Spicy Thai Peanut Sauce . . . . .                        | 158        |
| Sesame, Miso, Maple Sauce . . . . .                      | 158        |
| Miso, Ginger, Lime Sauce . . . . .                       | 158        |
| Classic Middle Eastern Tahini sauce . . . . .            | 159        |
| Mushroom Onion Sauce . . . . .                           | 159        |
| Mango Orange Sauce . . . . .                             | 159        |
| Walnut Miso Topping . . . . .                            | 160        |
| Mango Relish . . . . .                                   | 160        |

|  |            |
|--|------------|
| Broiled Seitan with Broccoli & Mushroom Burdock Sauce . . .  | 160        |
| Roasted Garlic Lemon Sauce . . . . .                         | 161        |
| Gomasio (sesame seeds and sea salt) . . . . .                | 161        |
| Super Seed Gomasio . . . . .                                 | 161        |
| Wasabi Sauce . . . . .                                       | 162        |
| <b>Dressings . . . . .</b>                                   | <b>162</b> |
| <b>Fermented Foods . . . . .</b>                             | <b>162</b> |
| Kimchi . . . . .   | 163        |
| Mikala's Perfect Sauerkraut . . . . .                        | 164        |
| Basic Pickles . . . . .                                      | 164        |
| <b>Salads . . . . .</b>                                      | <b>166</b> |
| Tips for great salads: . . . . .                             | 166        |
| Asian Sesame Coleslaw . . . . .                              | 167        |
| Fresh Fennel & Citrus Salad . . . . .                        | 167        |
| Chopped Arabic Salad . . . . .                               | 167        |
| Fast & Light Napa Cabbage Salad . . . . .                    | 168        |
| Carrot & Beet Salad . . . . .                                | 168        |
| Jicama, Red Cabbage Salad with Sprouts and Lime . . . . .    | 168        |
| Jicama with Lime and Chili . . . . .                         | 169        |
| Mango & Avocado . . . . .                                    | 169        |
| Sweet and Sour Cucumbers . . . . .                           | 169        |
| Papa Joe's Celery & Olive Salad . . . . .                    | 170        |
| Quick Pickles . . . . .                                      | 170        |
| Daikon & Red Cabbage Quick Pickle . . . . .                  | 170        |
| Guacamole . . . . .  | 171        |
| Pomegranate salad . . . . .                                  | 171        |
| <b>Quick Energy Foods &amp; Desserts . . . . .</b>           | <b>172</b> |
| Fruit Smoothies and Sorbets . . . . .                        | 172        |
| The Best Applesauce . . . . .                                | 172        |
| Baked Peaches and Blueberries with crispy, nutty topping . . | 173        |
| Creamy Nutty Topping . . . . .                               | 173        |
| Infused Syrups . . . . .                                     | 173        |

|                                   |     |
|-----------------------------------|-----|
| Brown Rice Pudding .....          | 174 |
| Date Walnut Balls.....            | 174 |
| Cranberry Grapefruit Compote..... | 174 |

**Snacks and crunch .....** **175**

**Drinks .....** **176**

|                            |     |
|----------------------------|-----|
| Miso Hit the Spot.....     | 176 |
| Hot Toddy .....            | 176 |
| Joann's Broth .....        | 176 |
| Potassium Broth.....       | 177 |
| The Water Cure Drink ..... | 177 |

---

**PART THREE: SAMPLE 28 DAYS OF RECIPES  
AND CLEANSING TIPS** **179**

|   |     |
|---|-----|
| Things to remember                            |     |
| Water, Juicing, 7 PTs .....                   | 180 |
| Supplements & Superfoods .....                | 181 |
| Chewing, Food Combining .....                 | 181 |
| Don't Go Hungry, Animal Protein.....          | 182 |
| Stop Using Toxic Personal Care Products ..... | 182 |
| Detoxification & Energy Levels.....           | 182 |
| Mini Cleanses .....                           | 182 |

**Day 1-28 .....** **184-238**

**Sources Section .....** **240**

**Biographies.....** **242-243**

**Medical Disclaimer.....** **244**

**Index .....** **246**

*“Every life form on the planet survives in a specific environment. Change the environment and you automatically change the species which resides in that habitat. As you will never see a giraffe in the arctic, nor a penguin in the tropics, you will also never see the normal friendly microorganisms that we were meant to have in an acid bowel. Nor will we see pathogenic bacterial, yeast, and parasites in a clean healthy body.”*

DR. RICHARD ANDERSON, ND

# PREFACE

REAL STORIES,  
REAL SOLUTIONS

*I was walking through a Seattle health food store and I saw this book, called **Cellular Cleansing Made Easy**. Its title screamed out at me. I am a 48-year old professional woman that has struggled for decades with low energy, weight gain, depression, allergies, dry skin, and moments of memory lapses. I decided to do Scott's program.*

*I had many challenges with this cleanse. It was a radical lifestyle change to the way I had been living. Even though I did not do everything Scott talks about, I did what I could do and stayed focused on it every day.*

*When I look back, I am amazed at what I accomplished in those 28 days. People need to hear these results:*

- *I no longer have depression. I am happy, and deal with life's daily challenges.*
- *I no longer have sinus headaches (a minor miracle).*
- *My skin is beautiful! No longer dry, do not need lotions and does not itch!*
- *No more constipation or bloated feeling.*
- *I lost 17 pounds.*
- *I am off of the 3 prescriptions I was on for depression, allergies and thyroid.*

*Thank you for opening my eyes, freeing me from the medicated fog, and helping me live a better life.*

SHELLY CLEATOR  
EVERETT WASHINGTON

*Before doing the cleanse, I was depressed and tired all the time. My left knee and shoulder were constantly in pain. I did the program outlined on Scott's 28-day system, and much to my surprise, the pain in both joints disappeared. Who would have thought that these were, in any way, connected to my food choices? Better still, my depression has left, and my mind is so much clearer. No more pills and medication. Thank you for a healthier body and mind.*

ELIZABETH BLACKBURN

*A year ago at age 46 I began experiencing tiredness and an unusual blistering and extreme itching of the skin of my fingers. I couldn't sleep, the pain was so intense at times. I visited a dermatologist who spent one minute with me, and then wrote out a prescription for both topical and oral steroids. At my wits end, I dutifully and foolishly filled the prescriptions. When the last dose was used, the condition returned, worse than before. I knew that there must be a cause, and that I needed to find it, and not just cover it up with drugs. Exasperated, I researched online for any hope, and found Scott Ohlgren's website. I read all the articles and participated in his online chat board, where he graciously answered my questions personally. I purchased his CD/book program, and went shopping for new foods, cookbooks and supplements to take care of my own condition. After a few days of initial detoxification (which he had warned about) and feeling very tired, I began to feel better... look better... and my fingers showed improvement within a week. After a month on the regime, my condition was completely gone, as were a few unwanted pounds and under-eye circles.*

*It has been a year since that awful experience. My skin now has a new softness and smoothness, and I have so much energy again. The real surprise, a true bonus, is that I have a new, more joyful outlook on life.*

*The information Scott shared in his 28-Day Regeneration Program allowed me to participate in my own healing, and I am a loyal fan. Blessings!*

GINGER NARMOUR

*Rosacea runs in my family and I'd been plagued with it for several years. The traditional creams and gels were only moderately effective. When I started Scott's cellular cleansing program, I was not particularly thinking about it improving the rosacea.*

*What a pleasant surprise to find that within a couple of weeks, my Rosacea was completely cleared up. In fact, whenever it reappears has become my gauge for knowing that it's time to do some internal cleansing, just as Scott's program taught me. Thank you for these skills.*

KATHRYN LINVILLE

*By the time I found this cleansing program, I had a growing list of ailments, including Irritable Bowel Syndrome so bad that I had to go many times during the day. I had headaches almost constantly. My skin was so oily that my makeup would not stay on longer than 2 hours, and I would constantly have to wipe my face off with a tissue. I also had a mild depression going on. I would worry about my health and really felt powerless to do anything about it.*

*I heard about your program and knew immediately that I had to try it. As soon as I started, I realized it was something I could actually do, that it wouldn't be hard. Soon I was juicing, and colon cleansing, and sweating, and eating delicious healthy foods. I began to see the connection between these symptoms and what I had been eating. The results were amazing:*

*Within three weeks, I noticed not only was I not depressed, I was exhilarated and felt like dancing in my kitchen. As a matter of fact, I did dance. Some other changes:*

- I completely got off of the antidepressant medication. I have had moments of feeling truly ecstatic.*
- I started having normal bowel movements. I can not tell you how that freed me up to go about a normal schedule during the day.*
- My skin cleared up and became much less oily. I don't even get oily hair after half a day.*
- My Irritable Bowel Syndrome completely went away.*
- No more headaches!*
- I no longer depressed; I honestly had never felt better in my life.*

*It is now been 9 months. I will not give up this healthy lifestyle. I refuse to ever go back to eating the way I used to eat. I will be eternally grateful for what you and your website have done for me.*

BARBARA ALLEN

*I hate to speak of something so personal, but I feel that it is so important for other women to know about. I am now 44, and in the midst of menopause. When it started, I was sluggish, gaining a lot of weight (over 30 pounds), and my sex drive had driven away. I heard about Scott's book, and did my first cleanse in May, 2005. The first week, my digestive system kicked in, I could actually feel it. The second week, I felt charged with energy and the third week, my sex drive pulled up in front of the house. By the fourth week, I had lost 12 pounds and established some new habits.*

*I feel women in this stage of life can truly keep their metabolism going, and hardly feel the symptoms of menopause. I am so sincerely pleased.*

CAROLYN G  
MCKEAN, PENNSYLVANIA

*I found Scott's book while searching for a way to improve my health. At 43 years old, I have survived 4 teenagers, cancer, thyroidectomy, a spine rebuild, rheumatoid arthritis, and McDonalds. I have followed the program for almost 5 months now. My biggest win is that I have removed 8 daily prescriptions.*

*I don't do this program perfectly at all. Yet the progress is unbelievable. I hope that's an inspiration to others, because you can get results without being perfect. JUST DO IT.*

*And my students have commented frequently, "boy you are happy today!" And you know I am! Thanks, Scott, truly!*

SANDY SCOTT

*As a professional adventure racer, I'm always looking for a way to improve performance. Last year, my boyfriend convinced me to read Cellular Cleansing Made Easy. I thought it would be easy, since I didn't smoke, drink caffeine and work out five to seven days every week. Was I ever in for a surprise.*

*One evening during the first week, I started choking up some phlegm. My boyfriend grabbed (I'm not kidding) a bucket and I started spitting out all this gunk. It was draining out of my nose and throat and lungs. I spit up clear goo for about an hour and a half. My boyfriend, who had done other cleanses, was elated. He told me all about detoxification and explained that my body was ridding itself of toxins. I immediately shared my story on Scott's online forum.*

*Around the 10th day, I started seeing unexpected results. I felt clearer; my brain seemed less foggy. I started doing some of the physical transformers outlined in the book, like saunas, skin brushing, and colon care. A few weeks in, a friend and I cheated and went out for pizza. We both felt so heavy, mucus-laden, and constipated the next day. What a lesson!*

*The end results: I have never felt so sharp or light or good. I am regular now for the first time in my life. My skin has a glow it didn't have before, and friends actually comment on it. I lost 17 pounds that I didn't need; and a problematic knee no longer hurts when I run and bike. Although my diet is not pristine, I have become very aware of what I put in my body now. I know what's right for it and what's wrong. I have lent out the 2 copies of the book to numerous friends who have each done the cleansing program. Thanks for everything Scott, you changed my life.*

MICHELLE LYMAN, ADVENTURE RACER

*I found that this cleanse not only changed my views on food, but other people's views of me as well. I look healthier, and people often tell me that I'm glowing. I have a much more consistent positive outlook—no more emotional sugar roller coasters.*

*What Scott talks about is a common sense that has been lost to a world of convenience. But once people actually see the results that internal, cellular cleansing provides, they start to realize how food impacts health.*

*To those considering doing their first cleanse: rest assured you will feel these results, too. You will naturally begin to apply aspects of what you learned during your cleanse to your everyday life, because falling back into your old habits just seems so unappealing. The basic wisdoms you will obtain are well worth a little extra time and effort. I recommend that everyone does this.*

*Thanks, Scott.*

JOSEPHINE MARTORANA

*I have struggled with acne since the age of 15, and within the initial week of Scott's program, I realized my face was clearing up—for the first time in over 20 years. What a powerful, powerful message. Here I had tried almost every acne medication available (as an MD, I had access to them all), and yet within a week, I realized that Scott was dealing with the true cause of the why acne and other skin problems happen in the first place.*

*With acne in particular, the role of a clean colon became obvious; a clean, well-working colon also had a nice side benefit: it took about 5 pounds off, and gave me a trimmer waist.*

*Scott's detoxifying methods have also made a big difference in my mental clarity and all-around energy. I feel better than I have felt in a long time.*

*Since I have experienced the healing power outlined in Scott's program, I now pass this knowledge on to my patients. What we eat has a profound effect on our health. I knew this in my mind before my cleanse, but now I know it in my body and spirit.*

*Thank you for this amazing, life-changing experience.*

DR. KRISTIN, MD  
MEMBER, AMERICAN ACADEMY OF FAMILY PHYSICIANS

*“As a nation we have come to believe that medicine and medical technology can solve our major health problems. The role of such important factors as diet in cancer and heart disease has long been obscured by the emphasis on the conquest of these diseases through the miracles of modern medicine. Treatment—not prevention—has been the order of the day.*

*The problem can never be solved merely by more and more medical care. Our greatest bulwark against the interests that have helped to create the present problems is an informed public.”*

DR. PHILIP LEE, PROFESSOR OF SOCIAL MEDICINE  
AND DIRECTOR OF THE HEALTH POLICY PROGRAM  
UNIVERSITY OF CALIFORNIA, SAN FRANCISCO

# PART ONE

UNDERSTANDING CLEANSING  
&  
GETTING PREPARED

Acid Reflux, Acne, Allergies, Barrett's Esophagus,  
Biliary Tract Diseases, Bloating, Boils, Candida,  
Celiac Disease, Cholecystitis, Chronic Belching, Chronic Gas,  
Colitis, Colon Cancer, Constipation, Crohn's Disease,  
Cysts, Dandruff, Dermatitis,  
Dermatofibroma, Diarrhea, Diverticulitis,  
Dry Skin, Duodenal Ulcer, Eczema, Endometriosis,  
Exocrine Pancreatic Insufficiency, Intestinal Dysbiosis,  
Intestinal Permeability,  
Fatty Liver, Fecal Incontinence,  
Fibromyalgia, Folliculitis,  
Gallstones, Gastritis,  
Gastro-Esophageal-Reflux Disease,  
Gastroparesis, GERD, GI infections, Heartburn,  
Hemorrhoids, Hernia, Hiatal Hernia,  
IBD, IBS, Indigestion, Inflammatory Bowel Disease,  
Irritable Bowel Syndrome, Kidney stones, Leaky Gut Syndrome,  
Malabsorption Syndrome, Peptic Ulcer,  
Pimples, Proctitis, Psoriasis,  
Rosacea,  
Ulcerative Colitis...

## CHAPTER I

---

# Our current reality

**T**ake a quick look over at the facing page. The list of symptoms is alphabetical for easy viewing.

If you live in a western culture, chances are good that you suffer from one of these symptoms.

Chances are even better that you know someone who suffers from one or more of these symptoms.

But the highest odds—almost 100%—are that you have been taught the following:

**Number 1:** these symptoms have little to do with what you eat;

**Number 2:** the best way—the only way, really—to get rid of these symptoms is through pharmaceutical drugs; and

**Number 3:** if there is no cure yet, it will be forthcoming, once a few billion more dollars is spent in drug research. We just need more research money, and another drug to put into your bloodstream. Once that is accomplished, you will be cured.

What you have been taught is not true. Every one of those symptoms, from Rosacea to Crohn's to IBS, is there because of the internal condition your current diet has created. More importantly, every single one of those skin and digestive and allergic injuries can be healed, completely, through little else than a cleaner choice of food.

In case you glossed over that last sentence, let's restate it, because it is the central theme of this book: **a change to a clean nutritional intake can eliminate all of these symptoms.**

If you don't believe that, I don't blame you. Thirty years ago, I was entrenched in the same health model that we're talking about here, the one most of us have come to view as truth. Essentially, it is a belief that says *"these health problems have little to do with your lifestyle, and even less to do with your food choices. Just keep eating whatever you've been eating, because your symptoms did not appear on account of your diet, and they certainly won't disappear by a change in diet. That's just silly, because these symptoms are diseases, and you can't reverse that through food."*

*"The greatest part of all chronic disease is created by the suppression of acute disease by drug poisoning."*

DR. HENRY LINDLAHR, M.D.

Armed with this belief system, I found myself at the age of sixteen, dutifully taking a pill—called tetracycline—twice a day, waiting for the next pharmaceutical acne cure that I knew was just

around the corner. Every now and again, I would ask my dermatologist in Waukesha, Wisconsin, "Are you sure my skin problem has nothing to do with my food choices?" He would give me that "don't be silly" look, and explain that his entire profession had ascertained that skin problems were the result of a complex process that had nothing to do with diet. He would then hand me another three month prescription of tetracycline, and I would go back to eating my daily normal food choices. I say "normal," because it was what I was fed growing up, and because everyone around me ate this way. This included boxed cold cereal, pasteurized cow milk, luncheon meats, mayonnaise, Tang, Pop-Tarts, Twinkies, Hostess Ding Dongs, Spam, Rice a Roni, Swanson TV dinners, SpaghettiOs, Kraft Singles and Velveeta cheese, candy bars, McDonalds, ice cream, Welch's grape juice, hydrogenated oil and margarine, canned meat, canned fruit and canned vegetables. There were many other weekly ingredients, but remember, *none of it mattered*, since the world's top skin specialists were betting their reputation on the certainty that acne and other skin problems had little to do with someone's daily food choices.

Ask anyone who has ever used antibiotics for skin problems, and they will tell you that the problem never goes away. Neither did mine, even though I continued using that powerful drug every day, twice a day, for just over four years.

Finally, at the age of 20, a friend who was a student of natural health pointed to my face and said, *"That will go away if you stop eating that,"* pointing to my

baloney, mayonnaise, and white-bread sandwich. She then explained how to do something called a nutritional cleansing program, where I would exchange my sludge-producing diet for what she called “cleansing” foods—foods closer to their whole, original form.

Within five weeks of starting the program, my acne was gone. Within two months, a growing sinus problem completely disappeared.

I knew right away that what my friend had shown me was not just about acne. It was about something much deeper, and about health problems far beyond my face.

From that first cleansing program, I was hooked. I learned everything I could on the diet/disease, diet/symptom connection. In the pre-Internet 1970s, this meant searching around for hard-to-find books, like Dr. Weston Price’s *Nutrition and Physical Degeneration* (originally published in 1939), and anything from authors like Bernard Jensen and George Ohsawa.

As with any new field of study, you start to uncover a network of students, teachers and practitioners who have followed a thread of inquiry that often goes back many years. In this case, I learned that this diet-symptom/diet-disease connection was not some new revelation, something just discovered. In fact, there was a thread that could be traced back to Hippocrates (“*Let food be thy medicine, and medicine be thy food*”) and beyond.

It was an odd cast of characters, those of us following this natural food, natural healing thread, ranging from hippies to Nebraskan housewives, to a few MDs trying to remain anonymous, to registered dieticians no longer able to live with the methods and message of their profession, and to young guys like me, just trying to figure out how to stay healthy. While at first glance there seemed to be no commonality among us, there was often one shared experience: we had all rescued ourselves from a health challenge. We had each changed what we were eating, and lost a set of symptoms in the process. The other common theme was that we didn’t want a diet. We wanted a health plan for our lives.

That first cleanse occurred in 1976. Bar none, periodic cellular cleansing has been the single biggest reason why I have stayed drug free, pain free, and symptom free for the past 30 years. After practicing the food/health connection, becoming a teacher and lecturer on the topic, and selling over 60,000 books, tapes, and videos on health, **here is what I know for certain: the large majority of every digestive problem, skin condition, allergy,**

**heart condition, blood/ bacteria/ fungus/ yeast/ internal terrain mess is the result of a metabolic toxic overload, stemming directly from the life-deadening and historically new food chain we and our children are currently consuming.** Any witness to this healing process can no longer conclude that Crohn's and Proctitis and allergies and eczema are not diseases that just happen, but instead are each the end, visual result of a nutritional toxic process that started a long time ago, and are as close to home as hand to mouth.

By reading this book, you are entering this same knowledge base that threads back for centuries. And as you start to apply this knowledge to your daily life, here are some of the things you will discover:

- Those of us living in western cultures are eating a diet that is historically new. At no other time, since the birth of humankind, have humans chosen to eat what we are eating. We are doing a giant nutritional experiment, and it is not working.
- Our food choices are constantly affecting our internal environment. Change this environment, and your symptoms will change.
- Real food can repair a diseased state.
- Most diseases should be viewed as an system-wide “ecological” problem, not a disease problem.
- There is no complex trick to healing. It's like getting in shape: you just need to work at it a bit every day.
- Your diet is the very first thing to look at once you start getting symptoms. Everything else is secondary.
- You can get rid your skin or digestive problem in the next month or two.
- Many allergies are caused by a clogged up digestive tract and liver. Clean them up, and your allergies can disappear.

## THE GOOD NEWS & THE BAD NEWS

**The good news** is that you don't even have to believe in the diet/disease, diet/symptom connection—that your skin or digestive disorder is connected to your current food choices. This is because your body will prove it to yourself by following this 28-day program. It will become self-evident.

**The bad news** is that you are going to have to stop eating the way you've been eating, and learn to eat a healing, cleansing diet. There is no other way. You can not dance around this one particular requirement. Nutrition is the foundation on which everything else is built. While other modalities can be crucial—even life-saving—to your health, a change in what you feed your cells, at every meal and every snack, is the biggest imperative. You simply can not eat the same diet and expect to heal your symptoms by adding other modalities—even the ones that Joann and I advocate here.

This is hard news for some people to hear. Eating can be one of the most emotionally-based actions we humans do each day, and because of this, messing with your food can mess with your emotions. Yet if you are interested in getting rid of that symptom that has hounded you for years, there is no way around it: you have to start eating as if your digestion, your skin, and the loss of your allergies depended on it.

After years of teaching the diet/disease, diet/symptom connection, I find at this point, people fall into two distinct categories: those that are ready to just jump in and start, and those that can't quite believe that this is true; that their current set of symptoms can actually be reversed by simply changing what they're eating.

For those that belong to the first group: turn to the section that describes the 28-day program outlined in this book. Just do it. In a few short weeks, you'll be emailing us in elation, describing all the changes your body is going through.

For those that belong to the second group, I would suggest a couple things.

The first would be to read this entire book, from beginning to end, just to get used to its ideas. Next, realize that this idea that better food choices can reverse a disease is no longer considered a wacky idea. It is now well accepted that dietary changes can enable diabetics to get off their medication. Heart diseases can be reversed through a change in diet. Breast cancer is related to

hormones in the blood, which are determined by the foods we choose each day. Kidney stones can be prevented—actually, dissolved— by a stopping certain foods, and adding others.

Next, pick up a copy of *Cellular Cleansing Made Easy*, as well as the 3-CD audiobook, *Real Food, Real Health: How to eat our way back to a health nation* (both can be found at [www.HowHealthWorks.com](http://www.HowHealthWorks.com)). These will introduce you to more ideas on how the food/symptom connection works, and why. Also visit our online forum, to hear from some of the people with success stories who post there.

*"The person who takes medicine must recover twice, once from the disease and once from the medicine."*

DR. WILLIAM OSLER, M.D.

## CHAPTER 2

---

# Why bother?

**W**e are a funny culture. We acknowledge the importance of daily body hygiene: we clean our skin, our hair, our teeth. But we are very blind to the parts of our body that we can't see.

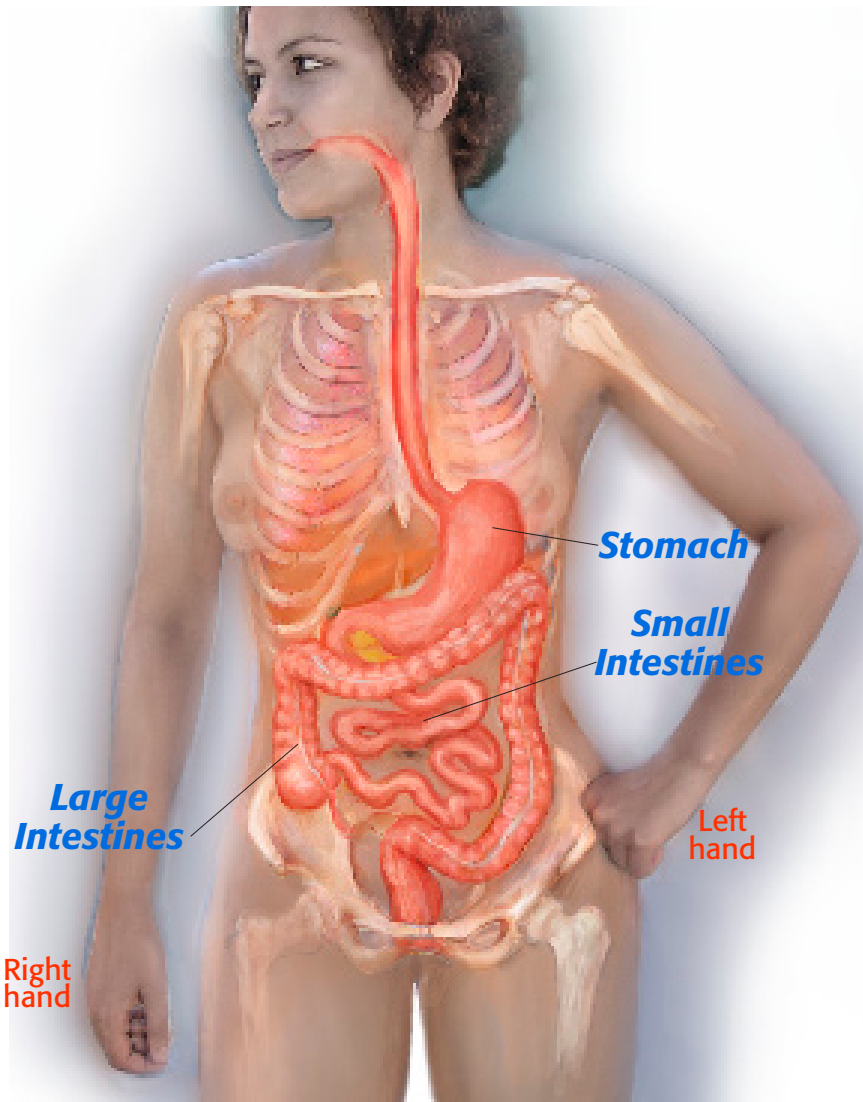
Think about it: most of us know that brushing our teeth is an important part of staying healthy; we have figured out that by gently scrubbing our teeth, even carefully cleaning between each one, our mouth and teeth stay clear of health problems. We have also figured out that daily showering is a good thing for the health of our skin. We further know that it is important to wipe crumbs off the counter, to wash our dishes, and to wash our clothes on a regular basis.

## DAILY INTERNAL HYGIENE

Yet we have no acknowledgement—we don't teach it in school—of the importance of doing a similar cleaning up of our internal organs, like the liver, the gall bladder, the large and small intestines, or the kidneys.

In terms of living a life free from disease, this is a very big oversight. Clogged up and toxin-filled organs are the main reason for the breakdown of physical health, and it doesn't take a whole lot of extrapolation to see that they are the main reason behind out-of-control health care costs.

Look at the following section on our internal organs (as well as the images



commissioned from Dr. Nina Ollikainen, M.D., one of the finest present-day anatomical artists). You will start to get a sense of the far-reaching effects that malfunctioning organs have on our health. External hygiene like daily showering and hair grooming is good, but they pale in comparison and importance to internal hygiene. Let's look at why cleansing might be a good idea.

## YOUR COLON NEEDS CLEANSING

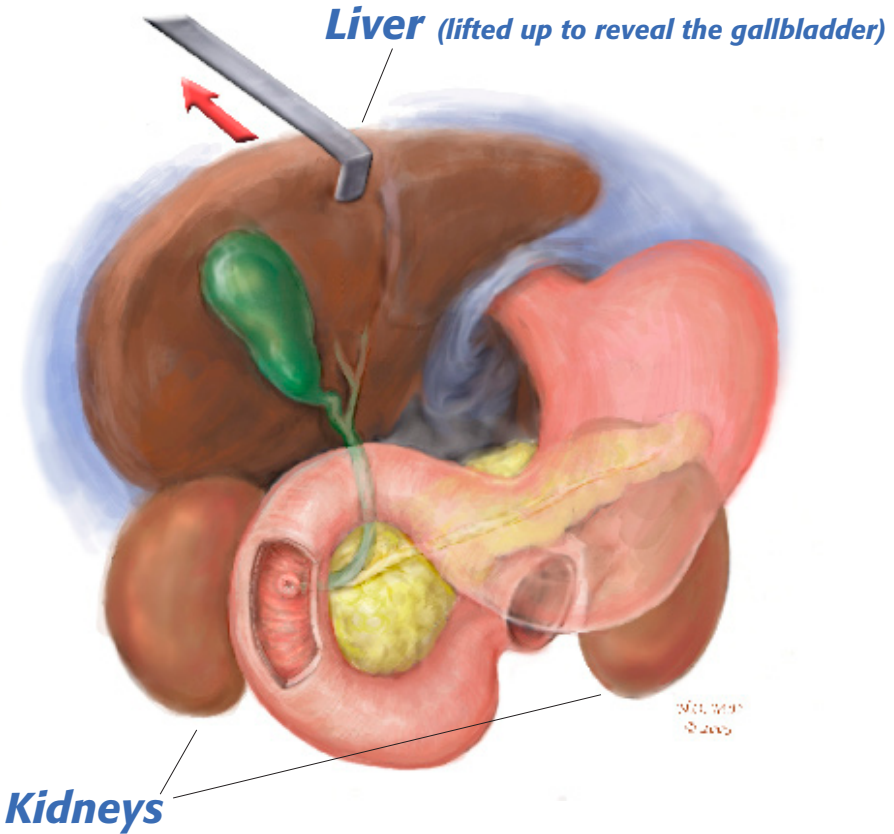
After 20 years of teaching cleansing principals, I am now starting to see friends go under the knife from digestive auto-poisoning problems. Some of them have died. None of those good friends ever gave their digestion system any thought. For years, I could not figure out why they didn't treat their colon like they treated their hair, skin or teeth.

I now believe that one of the reasons for this blind behavior is this: we are a culture deeply embarrassed by basic human biology. We're embarrassed by bowel movements, to the point where we now have millions of people pooping once or twice a week, thinking that is enough, and normal, never wondering why we have the world's highest percentage of colon disease. We are a culture that thinks flushing out the colon with pure water is weird and unnatural, yet it is considered polite and normal and good logic for someone to walk into a building (called a hospital), be knocked unconscious, have their belly slit open with a sharp knife, and have twelve feet of intestines removed because that section has become necrotic and poisoned. People who go to colon hydro-therapists are considered "really out there," yet we live in a culture that considers it normal to spend \$14,000 (*"Don't worry, it's covered by my health insurance, so no one is actually paying for it."*) to have a half-inch flexible hose/light/video camera and cutting instrument placed five feet up in through the anus in order to remove balls of toxic fleshy material protruding into the intestinal wall. And where high school kids are regularly taking drugs for uncontrollable diarrhea, and where over 80,000 American adults are now daily wearing adult diapers.

Our colons need our help and our attention. A cleansing diet helps strengthen peristaltic action, so the contents move along more regularly. Real food helps create the internal environment where friendly bacteria thrive and Candida and yeast and fungus have a hard time surviving.

## YOUR KIDNEYS NEED CLEANSING

Have any doubt? Just ask the 300,000 Americans currently on dialysis machines. Then look at the other 80,000 that need to walk around with adult diapers each day, and just over 1 million suffering and bleeding from kidney stones. Each one of these statistics speak about one thing: kidneys that have



lost their ability to function. This loss of function is often self-created, and can be self-corrected.

Although not often acknowledged in the West, kidney health has a close connection to sexual health. They also help regulate the chemical composition of blood, and play a role in hormones. A little known fact: about one and a half quarts of blood pass through the kidneys each minute. What's in our blood must pass through the kidneys. When the kidney's filtration system gets blocked, the body can no longer get rid of waste products, and these build up in the body. This buildup of metabolic waste results in uremia: literally, urine in the blood. According to western medical texts, symptoms associated with this backed up waste include headache, nausea, vomiting, poor appetite, extreme fatigue and mental cloudiness. From the eastern viewpoint, kidney problems can show up as excessive fear, anxiety, sexual insecurity, fear of letting go, and being chronically "pissed" off.

Again: we acknowledge the importance of cleansing our teeth and skin... why not our internal organs, like the kidneys?

## YOUR LIVER NEEDS CLEANSING

Oh boy, does it ever. Our largest and most complex organ, the liver is responsible for over 600 different tasks. Look at the following short list, and think about the larger effects of each one:

- The liver filters and cleans about two quarts of blood *every minute*.
- It removes the large majority of the body's waste products, including absorbed plastics, smog, drugs, alcohol, skin creams, etc.
- Each day, it produces up to a quart of bile, the body's ultimate fat breakdown juice.
- The liver breaks down hormones, playing a vital role in our endocrine system, as well as our emotions.
- It stores extra vitamins, minerals, glucose, and even extra blood.
- It plays a major roll in our energy levels, our emotional levels, and is the key organ to getting rid of allergies.

And that is just the start. According to Western medical texts, symptoms associated with liver problems include bad breath, abdominal bloating, poor digestion, headaches, moodiness, coated tongue, sluggish metabolism, a weakened immune system, excessive body heat, menstruation problems, sugar cravings, and many others. Both Multiple Sclerosis and ALS (Amyotrophic Lateral Sclerosis, or Lou Gehrig's Disease) have been associated with severe liver dysfunction.

From the Eastern viewpoint, liver problems can show up as short temper, frustration, trouble falling asleep, inappropriate strong anger and rage, trouble with decision making, irritability and bitterness. Clearing out the liver/bile ducts is considered by some health professionals to be the most powerful procedure that you can do to improve your health.

I believe that the next big advance in understanding health will be in acknowledging the importance of self-detoxifying and de-sludging our liver. True, if you look into any human biology book, it already tells us that there are now over 600 known functions of the liver. But what we don't realize is how that functionality is dependent on how unclogged it is.

I can't say this enough: **a cleansed liver is a felt sensation.** Improving its function seems to affect everything, from mental clarity and focus, to emotions, to sleep, to how stress is handled, our digestion, our skin, even how we perceive and deal with—at least in my experience—relationships.

There are so many other reasons for doing a cleansing diet. Weight loss, joint pain, regaining sexual function, pre- and post-diabetic symptoms, better brain function... the list is endless. Cleansing repairs the body deeply, and gives it a chance to operate at a higher level of function.

The good news is that a cleansing diet has a cleansing effect on all of our organs. What we eat directly changes the quality of our blood. Our blood is then carried to the every cell of our organs. Clean blood makes for unclogged, fully functional organs.

## IT'S NOT HARD

People ask all the time: is cleansing, like, *hard*? My response is always the same: What is hard is living with symptoms. What is hard is living with a self-created, slightly diseased body. *That* is hard. That is downright difficult.

Cleansing is not hard. As a matter of fact, we've been doing it all our lives. We are cleansing right now, and have been since the moment of conception. Every one of our 100 trillion cells is constantly peeing and pooping, constantly taking in nutrients and getting rid of the old and used up, and has been doing this since that first cell division while in utero. Every time we breathe out, we've cleansed our body of the metabolic waste known as carbon dioxide. Every time we have a bowel movement, our body is eliminating old cellular material (interesting: up to 40% of every bowel movement is not our last few meals, but dead cells being sluffed off from all over the body). Cleansing occurs because our body's cells are constantly dying and being replaced with new cells. Our spleen and liver and stomach cells do it, our intestinal walls

do it, even our bones and muscle cells do this regeneration circle of life. **All a cleansing program does is intensify the results.**

If you are not happy with the level of your health, you need to learn the art of building your fundamental biology. Just as a master gardener learns to build strong soil, impervious to blight and bugs, we can do the same and learn to build strong blood. **Strong blood means strong immunity.**

We know that if we pollute our external environment—the air, the water, the soil—then that which lives off those things is sickened. We need to extend that same awareness to our internal environment, our internal terrain. If what we are eating is not creating a healthy bloodstream, then this sea of nutrients that we float in, and are fed by, will not support vibrant health. We get symptoms.

It is now time that our culture acknowledges the role that a cleansing diet and lifestyle can play in eradicating many of these problems we are suffering from. It is learning how to build and repair our own biology, something that should have been taught in grade school. But it's never too late: you can start now, today, regardless of your age.

*In most cases, impaired health is more the result of indulgences and practices that are absolutely harmful, than it is the result of omissions. Most sick people are very anxious to find out what they can do to get them well. What they fail to ask is, 'What can I stop doing that is making me sick?'*

DR. RALPH CINQUE, M.D.