

Part 1, Chapter 1: Human Life Span

The first point of interest is how long should we, as human beings, live? It's a fair question. No one lives forever, at least not in the temporal form of human being. Still, most of us probably expect to live quite a long time.

Early on the Bible stated: "Your days shall be 120 years."—Genesis 6:3^{1} This was after the flood. Apparently, when man was first created he was intended to live indefinitely. In the Genesis account there are people reported to have lived for many centuries. What changed between man's initial creation and Genesis 6:3? One big change was that man went from being wholly vegan vegetarian to eating meat. According to some theorist, meat was allowed initially after the flood only because it would be a while before plant based food was available again. Still, it has never seemed to me that man was intended to make meat a primary part of his diet. I personally believe that man is essentially a vegetarian by nature.

Actually, there's no doubt to my way of thinking that man is intended to eat a primarily vegetarian diet. The Standard American Diet is replete with meat, dairy, eggs ... animal products. It's well documented (see "Diet for a New America" by John Robbins) that there are inherent problems with animal foods. Moreover, there are **many** issues with the American food supply. Likewise, there are 'foods' far more toxic than animal products.

The one thing that can be said for certain is that there is every indication, early on, that man was not intended to develop critical lifestyle diseases. Worse, people are developing such diseases earlier and earlier. My mother developed Alzheimer's disease in her early 70's, heart issues, kidney problems, osteoporosis ... She died at 87 because her heart gave out. Still, all her issues were brought on by the fact that she lived on a Standard American Diet all her life. She clearly DID NOT follow the principles presented by Dr. Bragg.

In a perfect world, I think people are intended to live a very long time. In some parts of the world living to 120 is not uncommon. But living to 120 is only a blessing if you're healthy. As my mother was, for her to have lived even another ten years ... it would have been our worst nightmare. To be sure, living a long life is good. Living a healthy life, however, is what is really important. Suffice it to say that I think the intention of Genesis 6:3 was to live to 120, effortlessly and in excellent health. Getting 'old' does not have to be scary. In fact, as Emmale and I are discovering, we are only now beginning to reach our true potential. However, living old, sick and debilitated—that's got to be anyone's worst nightmare. The good news is: Life doesn't have to be that way.