

Part 1, Chapter 2: Overview of the Toxicless Diet, Body Purification and Healing System

The official name of Dr. Bragg's system is a mouthful: The "Toxicless Diet, Body Purification and Healing System". It consists of several core principles. More simply, it's called the "Bragg Healthy Lifestyle".

- Principle 1 is to not consume foods knowingly harmful to the body. Sadly that would cover about 80% of the food carried in your typical grocery store.
- Principle 2 is to purify the body of known toxins. This essentially involves letting the body cleanse poisons from itself which is facilitated by intense nutrition. As an adjunct to nutrifying the body, I personally think that consuming a lot of fresh fruit and vegetable juices to be critical.
- Principle 3 involves periodic fasting, abstaining from food altogether.

There's more principles, but I'll cover these as I continue. These three principles listed here involve the bodies' synergistic healing system. It's pretty simple: Give the body what it needs, nutrients. Don't load it with crap, which is mostly what the Standard American Diet. Finally, systematically rest the body's digestive process via fasting. This last point, fasting, is absolutely critical.

There are lot of details in the process, helpful protocols that facilitate healing and health. And there are a few add on considerations to these basic principles.

- Not specifically included in the above title is to exercise. Exercise is important. To someone my age it's a matter of not losing what capabilities I still have. I'm certainly no Jack LaLanne though he was certainly an avid follower of Dr. Bragg's principles.
- Clean water is important, too. Dr. Bragg recommends drinking distilled water, because it's absolutely chemically inert. He has a good point. My own thinking is that the water in fruits and vegetables, inherently purified by nature, too, is an excellent choice, too. Health guru David Wolfe claims that hardly every drinks water but rather gets almost all his purified water from fruit and vegetable juices—and I think that doing so is a good strategy.
- Implicit to this program is to eat organic fruits and vegetables as much as possible. (Organic food is what your grandparents (or great grandparents) simply called "food".) Even better is to grow your own organic fruits and vegetables. In my own garden I grow all of the following: arugula, basil, beets, blackberries, broccoli, cabbage, carrots, cucumbers, dill, garden peas, kale, lettuce, mustard greens, onions, parsley, peppers, pole beans, potatoes, radishes, shallots, spinach, strawberries, Swiss chard, tomatoes and turnips. These fresh



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fruits and vegetables add a great deal to my own diet. They also facilitate keeping cost for produce down.

- There is also the issue of vital force. Vital force is the inherent energy that keeps the body alive. (Dr. Bragg also calls it nerve force, and the two terms are freely used interchangeably.) When vital force finally leaves the body, the body ceases to function. Sadly, many people function at a very low level of vital force. When vital force fails, sickness begins. Following the principles prescribed by Dr. Bragg goes a long way towards increasing vital force. It is, ultimately, your level of vital force that determines how healthy your body functions. In fact, it's such an important subject that the Bragg series has an entire book on the subject.

To summarize Dr. Bragg's concepts:

We want you to thoroughly understand that "The Toxicless Diet, Body Purification and Healing System" is not made up of special diets for specific ailments. There are no special diets given. It is based on the simple principle that the body will naturally heal and maintain itself after the individual begins to follow the "Bragg Healthy Lifestyle" which eliminates the deeply buried toxic poisons, obstructions and encumbrances that have been accumulating in the body for years. If any drugs have been taken, residue of these chemicals will still be buried deep in the spongy organs and tissues of the body and must also be removed before they cause trouble.^{2}

"The Toxicless Diet, Body Purification and Healing System" goes directly to the root cause of your physical problem. The system has no interest in the symptomatic effect of an individual's ailments. Sadly, most people just overlook warnings, rather than deal with the root cause of their ills. We believe that most all physical problems are caused by an excessive accumulation of toxic waste and poisons (from unhealthy foods) in the pipes, tissues and organs of the body. We also believe only a combination of a healthy lifestyle with a balanced natural diet and regular fasting program will help flush these long-buried toxic poisons out of the body.^{3}

I'll get into all these systems in much more detail as I continue.