

Part 1, Chapter 3: Moving Toward the Ride of Your Life

Before I continue, a quote of some importance: It's talking specifically about "The Bragg Healthy Lifestyle" text but is equally applicable to the entire series of Dr. Bragg's texts as well as to this book.

This mind-opening, life-changing book helps you find and draw upon your body's own natural resources of health, energy and youthfulness! It teaches you to free yourself from the health wreckers that are destroying your health! It shows you how to flush out the toxins that cause most health problems. It also helps you eliminate stress, strain, tension and fatigue. Best of all, it helps you develop sparkling new supplies of health, zest and energy for a long, happy and fulfilled life!^{1}

Compare this option to what happens to many people on a Standard American Diet: they develop health problems, joint pain, obesity, diabetes, heart issues, dementia, kidney issues, even cancer. Now personally approaching 65 I'm more alive and vibrant than I've ever been. It's taken developing a lot of new habits, the habits discussed in this book. Developing degenerative disease is not the norm. It only happens because people neglect their health and eat diets that are essentially poisonous to their bodies. Dr. Bragg points out that "The Bible promises us 120 years and with faith and strict observance of God's eternal health laws we can make His promise good! "The Lord helps those who help themselves!"^{3}. Put a different way, it's not your doctor's job to keep you healthy. One of the most far reaching universal laws is you reap what you sow. No one can deny that if some one steps off the top of a building that the law of gravity will operate and that this individual has no one but him or herself to blame for any injury therein that happens. For myself, I discovered this principle to be true when I was 4 years old. I lived on a farm and my father had a two story barn. I was in the hay loft and my 'loving' cousin convinced me to jump to the ground. Thankfully, other than having the wind knocked out of me I wasn't injured. However, I developed an **immediate** appreciation for the law of gravity, even if I didn't know what it was called.



The same is true for the foods we eat. Man is essentially a vegetarian by nature. His natural food is fruit, vegetables, beans, sprouts, and herbs in their original uncooked state. Granted, in a survival situation the human body can survive on a variety of foods including meat and dairy. What was never intended was for food to become chemically processed to the point where it became food-like. Processed and packaged food is not natural and, because of all the chemicals in it, such 'food' has consequences. Granted, the body does everything in its power to keep you healthy in spite of huge amounts of toxic chemicals

dumped down the throat. The fact is, you are free to eat whatever you want, even if it leads to terrible health consequences sooner or later. The thing you do not have a choice about is ignoring the consequences. That you reap what you sow is an immutable law. The difference between the law of gravity and the laws related to a healthy diet, or not, is that the consequences of the later can take years to materialize; even decades.

At the same time, in implementing the principles discussed in this book, health can be restored far more quickly than it was destroyed. ***The body's natural state is to be healthy.*** It only becomes sick and diseased when it loses its ability to deal with the constant onslaught of toxic food-like substances that people consume.

That said, is changing easy? The answer is, no, not at all. There is no sugar coating this process. It takes time. It can take several years to undo the worst damage and to form new and healthy habits. When it comes to forming new health habits, patience is not only a virtue but a critical necessity. Old habits can be very formidable to change. It is also extremely important to realize the following, a very important caveat presented by Dr. Bragg:

First, we want it definitely understood that this [Dr. Bragg's] system does not claim to cure disease. No system can "cure" disease. No person can "cure" you of your ailments, aches and pains. Only the internal functions of your own body [will] banish disease! The human body is self-cleansing, self repairing and self-healing! You break a bone, the doctor sets the bone and puts it into a cast. The broken bone knits together again. After a certain number of weeks, the bone is again as strong as it was before the break—sometimes even stronger! There is no special diet, no special foods, no pill, no injection or prescription that can "cure" or mend a broken bone. The internal healing forces are within every human body—these are what rebuild and heal the broken bone!^{4}

Whatever the disease, and I'm talking about lifestyle diseases that are self-inflicted, the body has a miraculous ability to correct whatever the problem is—as long as we play by nature's inherent rules. Again it comes down to you reap what you sow, whether for good or bad. Dr. Bragg makes this point abundantly clear:

This brings us to the great law of compensation. You cannot get something for nothing! The precious health we teach and write about is a super-high health that you must earn by living a healthy lifestyle! No one can cure you ... NO ONE CAN BANISH YOUR AILMENTS! Health works with this great law of compensation. Health building requires individual discipline! Your mind and brain must take over the operation of your precious body, because flesh is dumb! You can put anything into your mouth and swallow it. Only a clear, intelligent and sound reasoning mind will carefully supervise what is put in the stomach. Always remember that what you eat and drink today will be walking and talking tomorrow [as part of your body]. Food is your fuel! Good healthy food makes fuel that gives good performance!^{5}