

## Part 1, Chapter 4: The Essence of Disease

I mentioned vital life-force and how important it is. It is the key to health and well being and there are many things that can be done to enhance this energy force. At the same time, there are habits that destroy it. A lack of vital force leads to a process called enervation. It is the underlying driving force of why disease develops in the first place. Dr. Bragg presents the following as it relates to enervation and disease, cause and effect.

Mother Nature always gives warnings when toxic poisons start to build up in the bloodstream—such as headaches. Some ache, others throb and then there are the worst of all, the severe migraine headaches! There are also many other symptoms of auto-intoxication—biliousness [bile or liver upset], nausea, mental depression, irritability, stress, tension and strain. The full list of symptoms is too long to enumerate here. Toxic enervation slows down the eliminative functions not only of the bowels, but also the kidneys, skin and lungs. Our bodies cannot efficiently eliminate the accumulating toxic wastes when our vital force is in a sluggish, low vibration, enervated condition!

For every effect there must be a cause! All disease conditions are effects of enervation. The basic cause of enervation is a poor diet and an unhealthy lifestyle. The average food of civilization has been so perverted and robbed of its life and energy that most of its vital nutrients have been removed! You cannot expect to build a high healthy vital force on poor fuel. Most humans in civilization suffer from chronic malnutrition. The prefix “mal” means ill or bad. So malnutrition means ill nutrition and in plain words adds up to bad health!<sup>{1}</sup>

Dr. Bragg calls an ace and ace and a spade a spade. Eliminate the cause and the effect will go away. A while back (June, 2017) I developed gout, a very painful form of inflammation, in my foot. It was so bad that I thought I might have broken a bone in my foot. At the time I was going through a difficult period and had fallen back into an old habit of consuming copious quantities of Keystone Light, alcohol, on and off. It came as quite a shock to me that beer is a direct cause of gout. Specifically, beer causes uric acid to build up in the body. The allopathic medical approach to gout is to use steroids to reduce the inflammation. That’s not a good idea. Understanding the cause, I forthwith quit drinking the beer, as well as started consuming copious quantities of fresh fruit and vegetable juice infused with Bragg’s apple cider vinegar. Wonder of wonders, within a week there was no indication of gout. I could walk again without pain. Thankfully, this was an easy cause and effect scenario to work out. It’s often not this simple. Still, the principles remain the same: Disease is essentially the effect caused by some form of toxicity working negatively in the body.

I’ve come to discover that alcohol is one of the most toxic substances you can consume, and it can wipe out a lot of otherwise really good progress when working on rebuild-



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ing one's health. From a note in one of Dr. Bragg's books: "The alcohol habit is the most harmful to the body and must be stopped! The Center for Disease Control and Prevention states [that] excessive alcohol consumption is the 3<sup>rd</sup> largest cause of death after smoking and obesity. Alcohol fosters cancer in the body and even moderate drinking is risky to your health!!!<sup>{3}</sup> What more needs to be said?

Unfortunately, we live in a fast paced society that wants instant answers. Got an ache? Take a pill. Got a headache. Take an Excedrin. (At one point I got a lot of headaches, took a lot of Excedrin tablets and ended up with a bleeding ulcer that almost killed me. Excedrin is not a headache solution!) Feel depressed, take a SRI (serotonin reuptake inhibitor) pill. Feel tired? Drink an eight hour energy drink. The problem is, none of these 'treatments' address the underlying cause. Too, all these 'medications' seriously drain the body's own inherent vital force. Dr. Bragg puts it this way:

TV, movies and videos are schools of wrong living, promoting junk foods and fast remedies, as well as crime, killing and the lowering of our morals and family principles! We must all protest! This unhealthy and unwholesome philosophy is accelerating the downfall of America's health and family principles! Look at the TV commercials—the old and new remedies flash on the screen. We have all heard many claims of get fast relief for headaches, with this remedy or the other. Fast relief for acid stomach, heartburn and indigestion. If your joints and muscles hurt, take this fast, fast remedy. Not only TV, but also radio, newspapers, magazines and the web are full of remedies for all kinds of human physical and mental ailments.<sup>{4}</sup>

Drugs are not the answer. Nor is living on a Standard American Diet which is slowly killing millions of Americans and, more and more, people all over the world. The fact is that what you eat can, and will, make or break your health. To achieve optimum health, however, requires an enormous amount of re-education and often serious changes in habitual behavior. Old bad habits die hard. There isn't a day goes by when I don't have to make a *conscious* choice to leave the Keystone Light alone. Moreover, every other day I go to the fitness center. I invariably end up in an argument with myself about "Do I really have to go?". Change can be hard. It can be very hard. It requires a significant amount of self discipline. Fortunately, the more you practice good habits the easier they become to stick with. Any more, after years and years in the crucible of change, I would not touch a soft drink, hydrogenated oil, high fat cheese, or anything with high fructose corn syrup in it.