

### Part 1, Chapter 5: The Choice is Yours

There is section of Dr. Bragg's book titled, "Health Road or Sickness Road? Which Road Will You Take?"<sup>{1}</sup>

It really boils down to choice. Again, you can choose to live whatever lifestyle you want, but you cannot choose the consequences of those choices. I have a tremendous admiration for Joe Cross (<http://www.rebootwithJoe.com/>). To quote from his site, "Joe Cross was obese and sick with a crippling autoimmune disease. He chronicled his 100-pound total weight loss, along with his 60-day juice fast, in his film "Fat, Sick & Nearly Dead." He called his diet a 'Reboot.'"<sup>{2}</sup> It's an amazing journey, and now he spends his life helping others to regain their health through juicing. By his own admission he lived a horribly unhealthy lifestyle and it just about killed him. His lifestyle would have killed him had he not radically turned his life around via a juice fast. Still, while I'm a strong advocate of juicing, going on a 60-day juice only protocol is a little extreme. It took enormous will power on the part of Joe Cross to do this program like he did.

Nevertheless, Dr. Bragg's observation, which brings the point home, could have easily been written for Joe Cross before he turned his health around:

Your health and the length of time you are going to remain on this earth are strictly up to you and you alone! You must make your choice! You can decide to travel the average (unhealthy) road. But seldom will someone tell you the errors of this way. No one will stop you! You will have lots of company. The average person takes their health and youthfulness for granted. They want the big thrills of life, or what they think are the big thrills ... they don't have a sense of real values. "Live it up!" is their cry, "Eat what agrees with you and makes you happy."

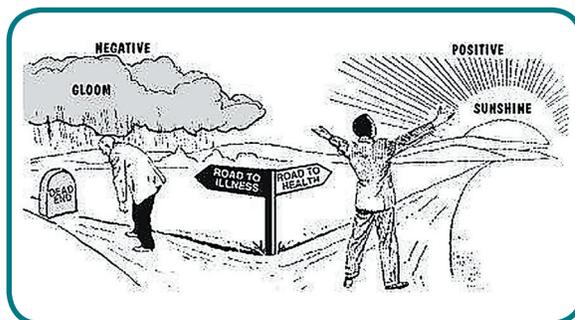
Again let us give you a serious warning ... remember that you are going to pay dearly for every sin you commit against your body! The wages of sin are physical suffering, aches, pains and often a premature early death!<sup>{3}</sup>

As I said, Dr. Bragg calls an ace an ace and a spade a spade. While I've lived on a better than average diet most of my life, I've discovered after I crossed the big six-O my body couldn't bounce back after an alcoholic binge or stuffing myself with 5,000 calories in a day. Compared to where I was at 60 my health has improved dramatically. To be sure, I've stopped a number of 'disease' conditions that were developing including ever increasing issues with arthritic pain, depression, and mental fatigue (brain fog). My two remaining goals are to get off of blood pressure medication and to get my weight down to a fighting 180 pounds. (I'm sure I'll add an Appendix chapter on this subject eventually.) While I'm determined, it's still a formable process. Ending up in the hospital in 2013 with a bleeding ulcer certainly got my attention. There have been major changes since having what Emma said, was a near death experience. (I passed out and had no vital signs for about 30 seconds.) To be sure, death doesn't scare me. My personal belief is that the soul simply moves to a new plane of existence. That is the essence of who we are never dies. However, living in a body full of aches and pains—I made a decision that this was not going to be my fate.

## Radiant Health and a Kinder, Gentler World

Seeing my mother, who lived on a Standard American Diet her whole life, develop osteoporosis, kidney failure, cardiovascular disease (her pacemaker was only partially effective) and, worst of all, Alzheimer's disease, convinced me that I definitely did not want to go down that path—and there's no reason that anyone needs to. You have a choice.

In Dr. Bragg's book he has an illustration that brings the choice home. Under it is says "NEGATIVE OR POSITIVE The choice of which road to take is up to you."<sup>{5}</sup> Emmale and I decided, several years ago now, that the left path, the path both my parents went down, was not the path that we were going to follow.



{4}