

Part 1, Chapter 6: The Body: Essentially a System of Pipes

According to Dr. Bragg the body consists of a complex network of pipes, “small pipes, medium-sized pipes and large pipes like the gastrointestinal tract ...”^{1} Of these various systems, with perhaps the exception of [the] heart valves, the digestive system is the most critical plumbing structure in the body. Fresh fruits and vegetables are critical for the digestive system to work properly. Emmale, as a nurse, has told me of patients that she’s had that had bowel movements once every three days, and thought that was **normal**. The fact is having 2-3 bowel movements a day are ideal. The transit time between eating food and related waste products leaving the body should be no more than 12 hours. When food ends up left in the intestinal tract for an extended period, it ferments (rots) and poisons end up being re-absorbed back into the body. That sort of auto-toxemia can have very serious consequences. Of the bodies plumbing system in general, Dr. Bragg points out that:

In our opinion, every disease — no matter what its scientific name — is basically caused by the clogging of the human pipe system! Any localized symptom is therefore merely the result of a local clogging by the buildup of toxic waste poisons at that particular point. Any part of the pipe system can become clogged. The Number 1 killer of them all in America is “heart disease,” the accumulation of matter (cholesterol, fats, toxins) that clogs the cardiovascular system and the heart! Yes, this is the world’s most deadly disease — hardening of the arteries. The vicious toxic material that hardens the arteries can completely block them so that your vital life giving oxygenated blood cannot pass through. Hardening of the arteries does not happen overnight; it takes a long time to develop this fatal condition! Yet, recent studies show that some people start to get hardening of the arteries at a very early age. The cause is their unhealthy lifestyle!^{2}

Keeping your ‘pipes’ unclogged and fully functional is critical to good health. To be sure, as Hippocrates, the father of medicine, pointed out “Everything in excess is opposed by nature.”^{3} In the United States, excess is the norm. As a general consideration, people consume way too many calories, way to few nutrients, and invariably a plethora of toxic substances that, at best, your body is able to eliminate. The great benefit of juicing is that you gain a wealth of nutrients in a very easy to assimilate form. For example, for breakfast I had, juiced, 2 bananas (blended), 1 cucumber, a large head of kale, 6 apples, and 3 stalks of celery. There were a total of 966 calories in this meal. To be sure, I would have been hard pressed to eat all this food in its solid form. The great value of juicing is in getting a tremendous number of nutrients in a relatively small caloric package. Too, very little of it goes to waste. Compare this to the 550 calories in a McDonalds big Mac (260 of which are calories from fat), 600 calories in a Quarter Pounder Bacon and Cheese, 500 in a large French fries, and 690 in a Strawberry McCafé Shake^{4} — which would have been a typical lunch for me five years ago. That’s a total of 2,340 calories. This is more in calories for one meal than I would consume on a typical day in total these days. Too, there’s a lot of crap in this McDonald’s entrée that your body can’t do anything with except to try to dispose of it. In short, this McDonald’s lunch has much to clog the body’s pipes with; the

fresh made juice does not.

There is also the question of aging. A few years ago I was developing very noticeable joint pain. I could barely get up off my knees. I hurt all over my body. I was tired all the time. I was depressed, listless and, in general, as Emmale would be quick to tell, not much fun to be around. Too, my posture was starting to sag as muscle and joint inflammation increased. Much of the problem was caused by drinking two liter bottles of coca-cola. (I'll get into soft drinks and just how lethal they are in a later chapter.) Consuming copious quantities of Keystone Light certainly didn't help either. My diet was full of processed ingredients. My favorite snack was a bag of potato chips with 2 cups of onion dip. Did I mention that I gained a LOT of weight along the way? All the poisons that people tend to eat have the added horrific effect of aging the body. All these excesses were tantamount to pouring cups of sludge into a vehicle's gas tank. The car might still run but only badly.

... people may be in their 40s, 50s, 60s or 70's but they are far older than their calendar years — often prematurely old because of obstructions and clogging in their internal pipe systems. Their bodies are soaked and saturated with clogging, poisonous, toxic materials!

[To be sure] just because a person lives to be 60, 70, 80, 90 or more is no reason to believe that they should suffer from any degenerative disease such as hardening of the arteries. Most people's thinking is controlled by mob psychology. The average person has been trained to think falsely that as the years go by you are *supposed* to get old, decline and deteriorate in body and mind. "Age brings on troubles", they have been told and that is exactly what they believe! (Forget age — we feel ageless — life is great!){⁵}