

Part 1, Chapter 7: Getting Old is Inevitable; Aging is Optional

If you would have asked me in my 30s if I ever considered getting old, I would have just looked (probably glared) at you. Even though I was seeking knowledge on what constituted optimal nutrition, it wasn't a pressing issue. The fact is, none of us can do anything about aging chronologically. That's just physics. Of actually aging, of suffering from any number of symptoms of degeneration—five years ago I would probably have assumed it was as inevitable as chronological aging. If you ask Dr. Bragg, however, his opinion is that "We believe it is possible to live in a perfect state of agelessness."^{1} As I've juiced more and more I've come to feel better and better. To be sure, getting the nutrients into your body that your body actually needs has a huge impact. Still, up until about a year ago I figured that no matter how good our diet, your body is going to wear out. While it is true that eventually everyone's body will fail—that's called death—it doesn't mean that you have to take aging, of assuming that you're going to become old and decrepit, as a given.

I recently (June, 2017) had a discussion with a Banker's Life agent intent on selling me Medicare insurance whether I needed it or not. He showed up at the front door one day and wouldn't go away until I agreed to meet with him. At the time I was quite shocked to find out that I would be turning 65 in October. I actually thought I was 61. He showed up and asked a bunch of questions. I gave him my presentation on how important juicing is and that Emmale and I have a simple philosophy about insurance: It's something that sick people need. Our answer to ObamaCare is to not get sick, that is, to essentially not only stop the clock in terms of aging but to turn back the clock. He thought I was nuts but FINALLY agreed to leave without selling me one of his policies. He was young, in his thirties. He was also extremely arrogant. I guess you have to be to sell people policies they don't really want.

Getting old is, for most people, a genuine fear. I think most people approaching 65 feel intimidated into purchasing health care insurance, and probably rightfully so. In my mother's case, it was absolutely critical because she followed the path of the Standard American Diet and, true to the inevitable, developed several critical degenerative issues. When she was 60 she could have turned her health around. Instead she kept right on the Standard American Diet path.

Emmale and I do not subscribe to the same paradigm as my mother—and so many 'old' people. We are inclined to believe that Dr. Bragg is right. As Dr. Bragg expressed in the following observation on aging:

This unreasonable fear of old age is one we all must fight by living "The Bragg Healthy Lifestyle" combined with constructive and positive thinking. Let us reason this "dilemma" out together logically and intelligently. First, there is no such thing as old age. There is not a cell in our bodies that is over 11 months old, except our bones and teeth. Every day we tear down millions of body cells and every day we build millions of new cells. So what part of us is old? The answer is—"No part of us is old"! The toxic poisons that get into our bodies, prematurely aging us, [and] are

our main enemies—not our birthdays!

We hear this statement many times: “Man is as old as his arteries.” That is definitely correct! There are many people 70, 80 and even 90 years old who have healthy flexible, clean and rust-free arteries. They have good circulation, keen eyesight and good hearing. They have learned how to keep their arteries free from clogging waste and toxic material. On the other hand, you find people in their 40s, 50s and 60s who have clogged arteries and suffer from premature aging and health problems. Remember there are two kinds of ages—calendar years and biological years. The calendar years mean nothing if you live by the laws of Mother Nature! We have friends who are over 100 years old by the calendar, but are leading a life that’s superior to many people in their 40s and 50s. These people have found the “Fountain of Youth” by living “The Bragg Healthy Lifestyle!”^{2}

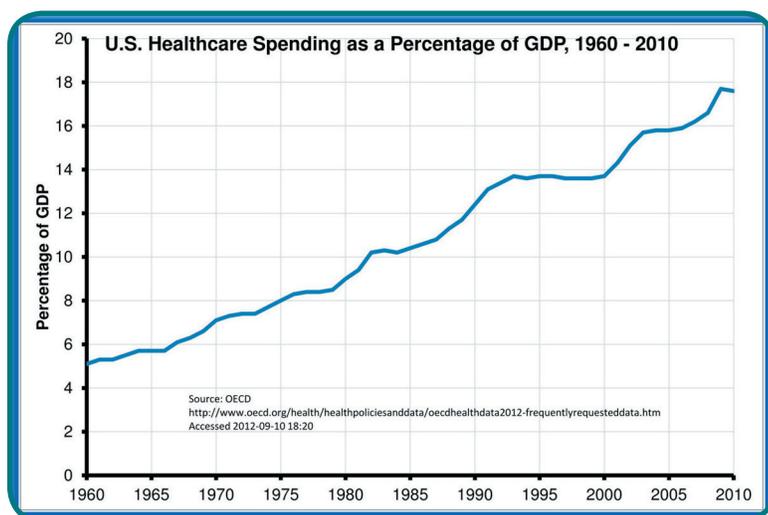
Call us crazy but I really don’t think we are.

Advancedhealing.com brings home the point, as illustrated here: “In America, we have a health care system known as ObamaCare. Under ObamaCare, we have a system that treats sickness, symptoms, and disease. Our so called health care is actually sick care or disease care, not health care.”^{4}

What I find even more disturbing is a graph shown with their article. It ends in 2010. From what I understand of ObamaCare, the actual cost of disease care is even worse.



{3}



{5}

I’ve realized, more than ever, that Emmale and I really do believe this stuff, and we are living the process of reversing aging. Consider the following:

Every 3 months you get an entirely new bloodstream, so it is not the bloodstream that gets old. Every 11 months, every cell in the body has renewed itself ... so you have a practically new body every 11 months. Every 2 years you get an entirely new bone structure, so in 3 years you

are really born again ... the renewal process has taken place! Now, if you keep the body clean and purified by eating a diet that continually cleanses the body, how can you get sick? How can you get old? The only thing that can kill you is a [viral or bacterial] disease or an accident. Time cannot kill you!^{6}

A self evident truth dawned on me one day. If we consume only quality foods, high in nutrients; if we avoid eating foods that are knowingly toxic; if we rest our bodies via periodic fasts—then the only thing your body has to build cells out of is healthy real food. If you don’t consume hydrogenated oil it won’t be available to build brittle cell walls. If you don’t drink soft drinks your bones won’t deteriorate in your body’s desperate effort to keep your blood in a safe pH range by leaching calcium from your bones. If you don’t flood your body with a thousand and one chemicals then your body won’t have to form copious quantities of fat to encapsulate these poisons so as to protect your body from them until

Radiant Health and a Kinder, Gentler World

it can hopefully get them out of your body. And the biggest revelation: Dr. Bragg is right. ***Over a three year time frame your body literally recreates itself.***

Every 90 days a new bloodstream, the river of life, is built in the body by the foods you eat, the liquids you drink and the air you breathe. From the bloodstream the body's cells are made, nourished and maintained. Every 11 months we have a new set of billions of miraculous body cells, and every 2 years we have an entirely new set of bones and hard tissues. There is no reason to get old because the body is constantly cleansing and renewing its cells to keep your precious human temple healthy for a long, fulfilled, happy life!^{7}