

Part 1, Chapter 8: Going Back to the Beginning

Dr. Bragg—both Paul and Patricia—have an interesting opinion about what constitutes the perfect diet and it goes back to their thinking on the Garden of Eden mythology—or is it?

We believe man once lived in a tropical paradise. In [the] 16 [years of] all our research and study we have come to the definite conclusion that man once lived in a Garden of Eden, and his diet consisted of raw fruits and raw vegetables and some lightly cooked vegetables. We believe that the man of Eden ate many green leafy vegetables, and that he ate nuts and seeds. This is the diet we believe man lived on in biblical times, with freedom from disease, and that some lived to be as old as 900 years or more.^{1}

Again, this was assuming that man lived in a perfect equator-like environment. I once took a college course in geology. It was taught by a professor that attended the church I went to at the time. He was clearly a well educated man. When asked about the reality of the Genesis account of creation and early history, given that there seems to be much that the geological record contradicts, or at least that wasn't included in the biblical account, his answer was that there really wasn't any conflict at all. The Bible, as he put it, was not meant to be a scientific treatise. It supplied, in very long strokes, the essence of what doubtless took thousands of years to happen—and there were many gaps that were not included. Too, as we all know, the planet earth is in a state of perpetual flux, as many planets now seem to be.

His personal theory was that the earth was, initially, much smaller than it is now and that it was perfectly spherical and straight up and down on its axis. Something, he said, happened to cause the earth's axis to shift. One theory was that a large celestial body came close to the earth and the gravitational pull shifted the planetary axis. At the same time, the crust expanded and the land mass, apparently singular initially, begin to split apart to form the various continents. Up until that happened the planet very likely was in a stable tropical state. One thing seems clear, even from the Genesis account and its limited scientific data: Something happened that changed the original tropical environment to a much more unstable one. A case in point was that a rainbow appeared after the flood. Seemingly this was a new phenomenon implying that rain clouds were new. Too, the Bible talks about a wind that evaporated the water after the flood. Very likely this was cosmic radiation, and that radiation had a profound effect on the life span of human beings.

I'm not here to prove this point or argue the merits of the Bible, my geology teacher nor the opinion of Dr. Bragg. Still, it remains that the ideal human diet was intended to be fruit, vegetables, beans, sprouts, seeds, nuts ... essentially everything vegan. The Gideon Institute puts it this way via an amplified version of text from the book of Genesis.

This constituted our original diet which God gave us when we were in a perfect environment. Let us understand what it was. "Behold, I have given you every herb [a plant without a strong woody stem or trunk] bearing seed" is generally understood to mean grains (wheat, oats, corn, rice, rye, barley, millet, etc.), seeds (sunflower seeds, pumpkin seeds, sesame, flax, etc.), legumes (soybeans, kidney beans,

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lentils, split peas, peanuts, etc.), and other foods containing seed, some of which we call vegetables today (eggplant, bell peppers, pumpkins, cucumbers, tomatoes, okra, squash, melons, etc.). "... and every tree [plant with a strong woody stem such as a shrub, bush, or tree], in which is the fruit of a tree yielding seed." This is generally understood to mean fruits (oranges, lemons, cranberries, apples, pears, mangos, strawberries, dates, cherries, blueberries, bananas, coconut, avocados, olives, etc.), and nuts (almonds, pecans, cashews, walnuts, chestnuts, pine nuts, brazil, etc.). The green plants of the field were the food for the animals and birds. [Their insertions]^{2}

Dr. Bragg continues, and brings up an excellent point.

Now we want to clarify this whole statement so we will not be misunderstood. We believe that man lived in this tropical paradise and that at no time did they have to worry about being cold. They could lie down at night and sleep without any discomfort or chill. This is the true state of man. But then we find this was to change because of the approach of the Ice Ages. All over the world lifestyles were altered many times by these climate changes. As man was forced to live in colder areas, the variety of fruits and vegetables available to him was naturally reduced and limited to seasonal crops.^{3}

As a matter of adaptation, man resorted to eating other foods. Thinking about after the biblical account of the flood, it would have been a while before fruits and vegetables became available. Eating meat was probably a matter of survival. Does this mean that doing so was now considered ideal? I rather doubt it. Biologically man's physical structure still is best suited to thrive on a vegan diet. At the same time, while it appeared that man's diet greatly changed after the flood, so did his life span. As I've said before, you can choose to eat whatever you want. However, there are consequences to eating all foods with some being good and some being bad. Even more so, in the world in which we now live there are even more serious consequences to consuming food-like substances which aren't even close to the way nature intended them. As the saying goes, you can't fool Mother Nature—and you can't. Granted, our bodies are designed to handle a wide array of food (and food-like substances). But this doesn't mean we don't pay a price for this flexibility—or for our poor food choices. The prudent decision is to eat as close to what nature intended as possible, and that means a diet that is at least 90%-95% raw fruits and vegetables, nuts, seeds, and sprouts.