

# Part 2, Chapter 10: The First Step—Rid Yourself from Toxic Foods and Detoxify

There are three key steps to vibrant health. Most important is to heavily nutrify your body with nutrients from *real* food. Equally as important is to quit eating knowingly toxic foods, which means eliminating a lot of crap from your diet—most of the Standard American Diet in fact. It's not an easy process. Third, and an entirely separate subject, is to periodically fast, to give your body a complete break from food once a week while drinking only distilled water. It's a three pronged process. I'll focus on what needs to be eliminated from your diet first.

I need to preface this discussion to say that this doesn't mean that these foods necessarily have to be totally purged from your diet. The occasional pizza or family feast (such as Thanksgiving) won't do any appreciable damage. What I am saying, however, is that these foods should constitute no more—and preferably less—than 5%-10% of your diet. The other 90%-95% needs to be fruit, vegetables, nuts, seeds and sprouts. The goal here is to tremendously minimize the substances that do the most damage to your internal plumbing as it were. The sad truth is that on the Standard American Diet typically 90%-95% of a person's diet is exactly these foods while only 5%-10% is fruit, vegetables, nuts, seeds and sprouts.

I should also point out that the list that Dr. Bragg presents will initially seem extreme—and it is. When I first read this list I thought it to be a bit fanatical. I have discovered, however, that he totally understood what he was saying and was absolutely correct. My own personal experience has verified the veracity of just how beneficial eliminating virtually everything on this list is.

From a section titled "Avoid These Processed, Refined, Harmful Foods" I've included Dr. Bragg's list in its entirety (with minor textual editing).

Once you realize the harm caused to your body by unhealthy refined, chemicalized, deficient foods, you'll want to eliminate these "killer" foods. Also avoid microwaved foods! Follow "The Bragg Healthy Lifestyle" to provide the basic, healthy nourishment to maintain your health.

- Refined sugar, artificial sweeteners (*toxic aspartame*. [There is an entire chapter on this most lethal of chemical sweeteners later in this book.]) Eliminate filled products such as jams, jellies, preserves, marmalades, yogurts, ice cream, sherbets, Jello, cake, candy, cookies, all chewing gum, colas and diet drinks, pies, pastries, and all sugared fruit juices and fruits canned in sugar syrup. (Health Stores have delicious healthy replacements, such as Stevia, raw honey, 100% maple syrup, and agave nectar, so seek and buy the best.)
- White flour products such as white bread, wheat-white bread, enriched flours, rye bread that has white flour in it, dumplings, biscuits, buns, gravy, pasta, pancakes, waffles, soda crackers, pizza, ravioli, pies, pastries, cakes, cookies, prepared and commercial puddings and ready-mix bakery products. Most are made with danger-

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ous (*oxy-cholesterol*) powdered milk and powdered eggs. (Health Stores have huge variety of 100% whole grain organic products, delicious breads, crackers, pastas, desserts, etc.)

- Salted foods, such as corn chips, potato chips, pretzels, crackers and nuts. [Processed salt is a disaster. If you use salt at all, make it Himalayan sea salt].
- Refined white rices and pearled barley.
- Fried fast foods.
- Indian ghee. [Supposedly a 'safer' form of butter, but it isn't.]
- Refined, sugared (*also aspartame*) dry processed cereals—cornflakes, etc.
- Foods that contain Olestra, palm and cottonseed oil. These oils are not fit for human consumption and should be totally avoided.
- Peanuts and peanut butter that contain hydrogenated, hardened oils and any peanuts with mold ... molds that can cause allergies.
- Margarine—combines heart-deadly trans fatty acids and saturated fats.
- Saturated fats and hydrogenated oils—enemies that clog the arteries.
- Coffee—even decaffeinated, caffeinated (even if in green) teas and alcohol. Also all caffeinated and sugared water-juices, all cola and soft drinks.
- Fresh pork and products.
- Fried, fatty, greasy meats.
- Irradiated GMO foods.
- Smoked meats, such as ham, bacon, sausage and smoked fish.
- Luncheon meats, hot dogs, salami, bologna, corned beef, pastrami and packaged meats containing dangerous sodium nitrate or nitrite.
- Dried fruits containing sulphur dioxide—a toxic preservative.
- Don't eat chickens or turkeys that have been injected with hormones or fed with commercial poultry feed containing any drugs or toxins.
- Canned soups—read labels for sugar, salt, starch, flour and preservatives.
- Foods containing benzoate of soda, salt, sugar, cream of tartar and any additives, drugs, preservatives; irradiated and genetically engineered foods.
- Day-old cooked vegetables, potatoes and pre-mixed, wilted lifeless salads. [I took issue with the 'day-old cooked vegetables' suggestion initially. I've since discovered that Dr. Bragg was quite correct on this point.]
- All commercial vinegars: pasteurized, filtered, distilled, white, malt and synthetic vinegars are dead vinegars! (*We use only our Bragg Organic Raw, unfiltered Apple Cider Vinegar with the "Mother Enzyme" as used in olden times.* [I would absolutely agree with these suggestions, 100%, and will discuss these in much more detail in chapter 22.])<sup>{1}</sup>

Interestingly, beef, chicken, eggs, dairy and cheese are **not** on Dr. Bragg's list per se. My own experience has been that these foods are tolerable as long as they fall within the 5%-10% of the diet. They are okay ... occasionally, though you'll likely be thinking twice once you've read the chapters on animal products. Of the list provided by Dr. Bragg, these are the foods that are best avoided completely, or as close to as completely as possible. At the top of the list is refined sugar and flour, and all their related products. I'll get into the foods on Dr. Bragg's list, as well as beef, chicken, eggs and dairy in much more detail later in this book.