

Part 2: Chapter 11: Transitioning for Change

Now that I've totally alienated my readers and convinced them that I'm a lunatic, I need to emphasize something REALLY important. CHANGE IS NOT GOING TO HAPPEN OVERNIGHT. You didn't get yourself into your current health state overnight. In fact, it probably took decades. Even if you suddenly started living on the 'perfect' diet, you wouldn't undo past health issues quickly. I've compiled a recipe book based on years of ongoing research. It's called "Bob's Real Food Recipes".

(Bob is my evil twin brother, my alter-ego one could say. He's also the scapegoat for everything that goes wrong and for any bad behavior that Emmale accuses me of. It's Bob that leaves dirty socks sitting on the side of the couch. I would never do that! There is also Bobette and Bob-dog, two of them, and Bob-cat, three of them.)

The book is available at http://energyinmotionnow.com/Bobs_real_food_recipes.htm. It's a big book, 378 pages as of this writing. The **vast** majority of it consists of really healthy recipes. The biggest section is of fruit and vegetable juices—another discussion—a section that is 74 pages long. There is also a section called "Traditional and Transitional Recipes". It's only 38 pages. It's were I put all the less than 'ideal' food choices. Granted, they are mostly improved versions of more traditional entrées, but I wouldn't recommend them as a steady diet.

Unless you're in a life and death battle, transitioning into a healthy lifestyle is the way to go. I've been transitioning for some five years now. Most days I do quite well. Some days I don't, and I'm reminded of my poor judgment the next morning—sometimes sooner. A case in point is that I had a commercially made pizza a while back. It wasn't that great to start with but, in the morning when I woke up, I had a seriously bad runny nose, was unusually tired, and had a noticeable headache—all a direct consequence of eating a flour-based product (the crust) and cheese (dairy). Dairy is notorious for causing mucus to form as flour is essentially like eating glue.

My point is that change IS difficult. You most likely got to where you are through ignorance. Moreover, there's a lot of industries out there that don't want you to be enlightened. To be sure, making major dietary changes and adopting the Dr. Bragg's principles is not easy—though it clearly is worth the effort.

At this point, this is where the Bragg text and I somewhat differ. To read their discussion they suggest procedures that are more than a little tough to implement. Case in point:

The transition diet starts first with a distilled water fast for 24 hours. Fasting is the greatest of all miracle detoxifiers [which is true] because, when we stop eating, all of our vital force which was used to masticate, digest and assimilate food and eliminate waste is now used to purify the body! All this energy is then used to release and flush out accumulated obstructions and stored toxic poisons from the body! After each 24 hour fast make it an iron-firm rule always to begin every meal with something raw. This will reeducate the 260 taste buds of your mouth to the delicate natural flavors of raw foods. This can't be accomplished if a person smokes

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cigarettes, cigars or a pipe, because taste and flavors are wasted completely on a smoker. The same goes for alcohol, coffee, cola and soft drinks.^{1}

It's not that I don't agree with Dr. Bragg on the above. It's just that doing so is really tough. The above is the ideal. To be sure, there is nothing redeeming about tobacco, alcohol, coffee, cola and soft drinks. They are all very destructive substances. Still, I'm also very aware that old habits die hard—sometimes VERY hard. The best strategy that I have discovered is to transition via fresh fruit and vegetable juices.

For those of you so addicted, your first task is to break these addictions. They are doing you no good and much harm. Too, you'll be hard pressed to make serious forward progress if these addictions are still part of your life.