

Part 2, Chapter 15: The Bottom Line: Getting and Keeping Toxins OUT of Your Body

I cannot emphasize enough that the Standard American Diet that is full of meat, chicken, pork, dairy, processed chemicals, hydrogenated oil, high fructose corn syrup, processed sugar and flour, drugs and other substances was NEVER intended as food. You cannot consume these substances without serious consequences. Granted, the consequences may take decades to be realized but they WILL be realized. The goal of this book is to get you eating a diet that is at least 90%-95% fruit, vegetables, nuts, seeds and sprouts. The other 5%-10% of whatever else your body can effectively deal with. Dr. Bragg puts this point this way:

If we could only burn into your consciousness the one simple fact that toxic wastes are poisonous agents that deteriorate and slowly kill human flesh, we'd feel that half of our work is accomplished! Naturally an adult that lives an active life in the sun and the fresh air is going to have a more mature skin than a 5-month-old baby, but that doesn't mean it must appear to be an old skin! We have seen men and women in their 80s, 90s and older who barely had a wrinkle or line on their face. Dr. John Harvey Kellogg was one of the greatest American health doctors who ever lived. The last time my father saw him, the famous doctor was giving a health lecture in his ninety-third year! He had the skin of a young man and a smooth face that literally shined with health like a polished apple! This is what my father and I wish for you, our new health friend and reader—a body glowing with super, optimum health for a long, happy life!^{1}

The big food interest and big Pharma should have such an altruistic intension toward their customers. They don't. In fact, big food companies add chemicals to their processed food to make them highly addictive. Big Pharma is only interested in selling you their inherently toxic drugs, and then selling you more drugs to treat the symptoms of what the initial drugs caused. The ONLY way to free yourself from disease, is to live at a level of true health, to be truly nutrifying your body and not dumping toxic poisons into it over and over again.

Juicing is an excellent way to provide the nutritional building blocks that your body needs to heal itself and to rid itself of poisons. At the same time, sticking to a 90%-95% plus vegan diet, preferably predominantly in its natural raw state, will eliminate the vast majority of toxins that inherently exist in the vast majority of the food supply. Food really can be your medicine but, even more importantly, make sure that what you eat is **real** food. Something that's been sitting on a grocery store shelf in a box for months, if not years, that has water added to it to reconstitute it before cooking it in the microwave is NOT food. Not only is it of no nutritional value, but it's adding to an invariable nutrient deficiency so prevalent in the Standard American Diet and creating a toxic overload that will result in innumerable health issues.

Admittedly, I'd be the first to admit that going from the Standard American Diet to a diet that is 90%-95% plus vegan is not easy. It takes time—potentially a long time—to make

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major changes. Still, one has to consider the alternatives. The consequences of a Standard American Diet, as my late mother discovered, is a plethora of degenerative diseases. Neither Emmale nor I believe that developing such disease is necessary or inevitable. Yes, if your body is continually poisoned by the majority of the crap sold in grocery stores, you **will** become sick. You will **suffer** degenerative disease.

Too, you will end up having huge medical bills. The fundamental issue that the government fails to recognize when it comes to so called affordable health insurance is that health insurance is primarily about damage control. The vast majority of people that end up in hospitals do so because of perfectly preventable disease conditions. The solution to out of control insurance cost and a failing medical system is not government regulation. The solution is to eliminate the underlying cause of disease, which is toxicity. Dr. Bragg expresses this point well.

When you faithfully follow "The Bragg Toxicless Diet, Body Purification and Healing System", you will see some startling changes in the mirror. When you start the elimination process, [it's a given that] occasionally you look wretched. This sometimes happens during the cleansing-healing crisis, when the greatest amount of toxic poisons are being flushed out of the pipes and vital organs of the body. After you have gone through several cleansing-healing crises you can then see the new, healthier you revealing itself! Your eyes become brighter, your skin and muscle tone healthier and the joints of your body more supple. Your entire body throbs with a state of well-being that makes you glad to be alive! [You literally form a new body.]

Each day when you live on "The Toxicless Diet, Body Purification and Healing System" you make changes and adjustments that help create a new, stronger, more vigorous and healthy body! To my father and I it's worth all the effort and dedication that goes into living this healthy lifestyle. Man has strayed from it because of the pressures of our modern, highly commercial world. If he is to survive in this world man must change his life over to a healthier, peaceful lifestyle (and in [the] future hopefully no wars or killing)!^{2}

Some people might consider Dr. Paul Bragg and his daughter to be idealist. Maybe they are. Still, I'll take idealism over what I watched my mother experience the last few years of her life any day of the week. She went from a mentally brilliant, highly creative dynamic human being to a debilitated weak and sickly mental vegetable functioning at the level of a four year old. That's not living!

It's all a matter of choice. I've said it before. The bottom line is that you are free to choose to eat whatever you want. However, you are not free to choose the consequences of those choices. To Emmale and my way of thinking the price of sickness and degenerative disease is simply too high. While living on a predominantly vegan diet is challenging, the benefits far outweigh the consequences of living on the alternative, a Standard American Diet.