

Part 3, Chapter 16: Supporting Lifestyle Habits

Beyond living on a 90%-95% plus vegan diet, the ideal, there are several other habits that are very helpful in restoring one's health and then in staying incredibly healthy. Ultimately, it's all a matter of habit. Doing the things that are beneficial to your health every day and avoiding doing what doesn't promote health is of critical importance. Everything you can do to promote health and wellness puts you that much closer to the goal of vibrant health. At the same time, negative habits and unhealthy foods pull you back towards the sick side of the health continuum. It's all a matter of choice and, as I've said multiple times, you are free to consume whatever food you want. You are just not free to choose, or ignore, the consequences.

A case in point, I was having a particularly bad hair day yesterday. I missed juicing and, by the middle of the afternoon, had gone and consumed a 4-pack of Keystone Light. I had actually been working in the garden and there is a long term conditioned reflex between gardening and Keystone Light. Still, the sugar infusion with nothing to counterbalance it started me on a down hill slope. I ended up having a vegetarian pizza for dinner—I was feeling depressed. Finally, probably worst of all, I bought some strawberry ice cream and had a bowl of that. I find strawberry ice cream 'therapeutic' when I'm feeling 'bummed out'. We are basically talking sugar on top of sugar on top of sugar. Still, I *chose* to consume these foods. In the morning I woke up with a nasty headache and my sinuses were seriously congested and my nose was seriously drippy. I was also coughing up mucus. Dairy is, inherently, mucus forming. My body was very much in a detoxification mode that included diarrhea. One of the drawbacks of living on a really healthy diet is that your body quickly responds to dietary indiscretions—which is actually a good thing. It very readily defends you from your own poor decisions.

To be sure, I brought these symptoms on myself. I'm back on track today after reminding myself: "Ow! It hurts when I do that!" For everything you do to either facilitate your own health and well being or damage your body—it's always a choice. Thankfully, I don't have very many days like yesterday any more.

I'm going to be covering the following in more detail in this section of this book. These are adjunct lifestyle habits that enhance your dietary choices. These subjects include the following:

- Patience is a Virtue, or at Least an Annoying Necessity (chapter 17)
- First Steps (chapter 18)
- Obesity, Malnutrition, and Over Eating (chapter 19)
- A Survey of Healthy Buying at your Local Grocery Store (chapter 20)
- High and Low Energy Foods (chapter 21)
- The Value of Bragg's Apple Cider Vinegar (chapter 22)
- Systematic Fasting (chapter 23)
- Juice Fasting—Introductory Path to Water Fasting (chapter 24)
- Buying in Bulk (chapter 25)
- The Importance of Exercise (chapter 26)

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- Breaking Bad Habits (chapter 27)
- The Importance of Drinking and Using Pure Water (chapter 28)
- The Amazing Properties of Lemon Water (chapter 29)
- The Food Journal (chapter 30)
- Life Simplification and Nerve Force (chapter 31)