

Part 3, Chapter 17: Patience is a Virtue, or at Least an Annoying Necessity

Over my lifetime I've read upwards of 300 books related to nutrition. On the web I've read hundreds of more articles. The one thing that annoys me about many of the books or articles I've ever read is that the author makes whatever they are proposing sound like it's easy. When I took a year to study to become a certified health coach the inevitable conclusion I came to was, when it comes to nutrition, there are no easy answers. There are thousands of books out there on health and nutrition and, very much, many of them blatantly contradict each other.

One book will say eat only vegan. Another will say you must eat meat. One book will say to avoid carbohydrates like the plague. Another will say to load up on a heavy carbohydrate diets for the energy. A different book will recommend a high protein diet. Another author will say that we need very little protein and that consuming too much protein is dangerous (which it is). Some books will say that processed sugar is a lethal drug. Still another will say that you have to have sugar for energy. Some texts will say to absolutely avoid fat. Another will say that fat is critical, especially for the brain and numerous body functions. One author will say that dairy is a good source of protein. Another will declare that milk will cause mucus and that it was intended for calves and not people.

When I was in my program, it about drove me nuts because every week it seemed like yet another different approach was being promoted. By the time I graduated, I didn't know what to think any more. It took me about a year thereafter to realize that the point of my program was to teach me to think critically for myself and to draw my own conclusions, which I have.

That said, I long ago sorted out what I consider to be a consistently rational approach to health and nutrition. The one author that was never presented in my courses was Dr. Patricia Bragg. Still, I've found her and her father's approach to be the clearest, most straightforward and incredibly easiest to understand concept about nutrition that there is. Human beings have the ability to survive on a variety of foods. Granted, some of these foods are anything but ideal but, in a pinch, they have their value. The body can process a huge array of different substances and still maintain a relatively healthy body. In fact, one of the reasons that it's so hard to tell what is ideal and what is toxic is because so many foods seem to have no appreciably adverse effect on one's health—at least not in the short term.

The essential conclusion that I've come to is that the ideal diet should be 90%-95% vegan: Fruits, vegetables, nuts, seeds and sprouts. The other 5%-10% is not that important. What is important, too, is to make sure that you eat real food. Processed and most fast food is food-like. It has little, if any, nutritional value. Some substances such as high fructose corn syrup, hydrogenated oil, carbonated soft drinks, alcohol, chemical preservatives and colorings—these clearly are not good for you, for reasons which are covered in more detail later in this book. Of meat, chicken, fish and dairy, my own thinking is that these are not ideal foods (not even close, actually). Are they toxic? That has a lot to do with

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how these animals were raised. Still, there are other inherent issues.

Most of us start with diets that look a lot like the one illustrated here (on top). The battle we almost all have is in going from the Standard American Diet side to the healthy side. Still, changing habitual eating habits is anything but easy. We tend to have habits that have been ingrained for years, if not decades. Dr. Bragg puts it this way:

Have patience. It takes time and dedication to reach internal perfection. Constantly keep in mind that it took you years to get in the condition you are now, through an unhealthy lifestyle and bad dietary habits! Now you must be patient with yourself and Mother Nature and your body. Do not throw caution to the wind! If you have been eating meat several times daily, or eggs and cheese every day, you must slowly eliminate excessive use of these clogging foods. Soon your body won't even miss them!{3}



Each individual must face the fact that only through their own daily constructive, healthful actions can they heal themselves! This is a cold, hard fact: Everything in this life has a price! If you want higher supreme health and wish to extend your life, you must pay the price with dedicated follow thru! This means being faithful to your healthy lifestyle and being consistent with your weekly 24 hour cleansing water fast.{4}

For myself it's taken a long time to eat healthy most of the time. The body very much becomes acclimated to certain foods. When Emmale and I first got married I was horribly addicted to frozen pizzas. Even now, as noted, I have one once and a while. There are many emotional triggers when it comes to eating. I mentioned strawberry ice cream which for me is the equivalent of taking an antidepressant. It's a 'food' that simply feels good to eat.

I used to eat Oreo cookies by the package. At the time they were full of trans fat, which gave the cream its silky smooth texture. I never really quit eating them until I discovered just how destructive trans fat really is. I used to drink coca-cola all the time until I learned how horribly soft drinks acidify your blood forcing your body to leach calcium from your bones. I used to love fried chicken until I found out what the oil they are fried in does to cell walls when your body tries to use this oil as a building block: It makes cells very brittle and prone to being damaged easily. Of Keystone Light, most of the time I avoid this beverage. It's tough on the liver, is almost entirely converted to stored fat and (as I learned recently) it contributes to the development of gout which can be incredibly painful.

Unfortunately, for many of us, pain is our best teacher. When a serious issue develops in your body and makes it very obvious that a particular food is damaging, it has a way of convincing you to avoid that food. For someone with celiac disease, for example, one learns to avoid anything with gluten in it, hopefully sooner rather than later.

But all change takes time and patience. Drinking several glasses of fresh made fruit and vegetable juice each day will go a long way to helping to change eating habits. It's the only way I know to make sure that you truly get enough nutrients. At the same time, having learned about all the negative effects of a lot of the foods on a Standard American Diet, tends to force one to eat much better. Change is a slow process. My best advise is to keep educating yourself, keep juicing and keep working on making better and better decisions based on ever increasing knowledge. Dr. Braggs puts it very well:

Keep in mind that "the wheels of time move slowly, but surely". You can't rush your

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body or Mother Nature! You can't be impatient and expect to reach perfect internal fitness in a few months! Rome wasn't built in a day! Achieving super health takes both dedication and time!^{5}