

Part 3, Chapter 18: First Steps

At this point you most certain have enough information to get started on your road to health. The following are first steps to take in the journey. Keep in mind that this is a process. They are also the initial steps that Dr. Bragg suggests as you start on your journey of health.

- 1 As much as possible, eliminate as many of the items previously discussed under “The First Step: Rid Yourself from Toxic Foods and Detoxify”. This includes, in brief: processed sugar and all products related to it, processed flour and all products related to it, salted snack foods, refined grains such as white rice, fried fast foods, Indian ghee, commercial cereals, anything made with hydrogenated oil or trans fat, margarine, coffee, all pork products, fried greasy meats, pretty much all lunch meat and cheeses, commercially processed dried fruit, turkey and chicken with any kind of antibiotics used in the raising, canned foods, any processed food in a box, and all commercial vinegars (except Bragg’s Apple Cider Vinegar). Dr. Bragg doesn’t mention this but laying off of alcohol is a good idea too. I realize this sounds like a lot—and it is—but do as much as you can. In chapter 20 I’ll take you on a tour of what are viable choices in your grocery store. Even though it doesn’t sound like it here, there are actually a wealth of foods that you can eat. Too, for suggestions, see my recipe book available at http://energy-inmotionnow.com/Bobs_real_food_recipes.htm.
- 2 Complete a short water fast as soon as is practical. Water fasting is discussed in considerably more detail later. At the very least, start with intermittent fasting (that is, not eating for 16-18 at a time).
- 3 Eliminate breakfast, or at least a typical American breakfast of foods such as bacon and eggs, pancakes, French toast, and other high sugar and fat entrées. If not skipped completely, at least restrict it to fresh fruit, fruit and vegetable juice, a smoothie or granola with almond milk. (For reasons I’ll get into later, I strongly recommend leaving dairy alone as much as possible.)
- 4 Drink something with Bragg’s apple cider vinegar in it. I find the easiest way to do this is to add it directly to fruit and vegetable juices and smoothies. I’ll cover Bragg’s apple cider vinegar in detail in chapter 22.
- 5 Absolutely get some exercise. My personal protocol is to go to the gym on Monday, Wednesday and Friday one week then on Sunday, Tuesday, Thursday and Saturday the next week. While there I do weight resistance exercises then move on to a cardiovascular workout. The body is designed to move and exercise. Exercise is important for many reasons. It’s also extremely important for getting lymph to properly flow. Properly flowing lymph is a critical part of your body’s detoxification process. At the end of a session I always feel as if I’ve achieved a major victory—and to a great extent, I have.
- 6 By noon eating is fine (unless your doing a 24-hour water fast). Eating a large salad with an olive oil and Bragg’s Apple Cider Vinegar is ideal. Vegetables eaten like this are also critical for providing fiber to your digestive tract to facilitate your body’s elimination processes. Too, a vegetable based juice is certainly an appropriate choice for a meal too.
- 7 At this point focus on eating vegan foods. Lightly steamed vegetables work well too.

Again, the central focus is to start getting healthy foods into your body and not add more toxic entrées. Later in the day, nuts are fine, in moderation, as are homemade soups (especially in the colder months). Keep in mind, too, that fruit and vegetable juices make an excellent dinner, too. The main thing is to avoid really heavy foods. Mexican enchiladas or an extra large pizza, even if vegetarian, may sound good but these entrées are not really a good choice.

- 8 Most importantly, the subject of how much protein is needed is always a hot topic. My personal discovery has been that you need far less protein than most people think. You certainly don't need to be eating meat or dairy to get protein. There is actually a lot of protein in green leafy vegetables—and it's vastly easier to digest than meat and dairy protein. Moreover, too much protein can actually be hazardous to your health in that it tends to generate ammonia in the body. Too, kidney stones can form from excess protein consumption. For your entire lifestyle, think light foods that are vegan: Vegetables, fruits, nuts, seeds and sprouts. Dr. Bragg makes an excellent point on this subject:

Don't worry about getting protein. Traces of protein are found in all foods. Just think, mother's milk is only 3.5% protein and a new human body is built with this small amount of protein. We never worry about getting our daily quota of protein. The body is a miracle chemical factory and can easily convert other foods into protein. We don't believe in heavy animal protein diets! For over 50 years we've heard doctors and nutritionists declare the value of high-protein diets. But in our health work, we've found that many who did high-protein diets got into serious trouble (high blood pressure, heart trouble and strokes, gout, kidney, prostate and liver disorders).^{1}

Dr. Bragg is absolutely right! Keep in mind that elephants, gorillas and horses, not to speak of cows, are totally vegetarian and have massive muscular systems and are enormously strong. Of all the nutritional myths out there, believing that you have to live on a high protein diet is not only one of the biggest lies but also one of the most dangerous ones. Keep in mind, too, that your body doesn't utilize protein from food directly. All protein has to be broken down into component amino acids and the easiest amino acids for your body to get is from raw plant sources—and there is actually a lot of protein in plants. Specifically in vegetables alone, this is the percentage of protein in each of the following:

Spirulina (plant algae) 60%, spinach 49%, New Zealand spinach 47%, watercress 46%, kale 45%, broccoli 45%, Brussels sprouts 44%, turnip greens 43%, collards 43%, cauliflower 40%, mustard greens 39%, mushrooms 38%, Chinese cabbage 34%, parsley 34%, lettuce 34%, green peas 30%, zucchini 28%, green beans 26%, cucumbers 24%, green peppers 22%, artichokes 22%, cabbage 22%, celery 21%, eggplant 21%, tomatoes 18%, onions 16%, beets 15%, pumpkin 12%, potatoes 11%, yams 8% and sweet potatoes 6%.^{2}

There is also protein in fruits. Specifically:

Lemons 16%, honeydew melon 10%, cantaloupe 9%, strawberry 8%, orange 8%, blackberry 8%, cherry 8%, apricot 8%, grape 8%, watermelon 8%, tangerine 7%, papaya 6%, peach 6%, pear 5%, banana 5%, grapefruit 5%, pineapple 3%, and apple 1%.^{3}

Not included in the list are legumes, grains, and nuts, which also have a significant amounts of protein. The bottom line is that there is no reason to eat meat, chicken, pork, fish, eggs, dairy or cheese as a source of protein.