

## Part 3, Chapter 27: Breaking Bad Habits

I need to emphasize that living on a diet that is 90%-95% vegan is no easy task. Realistically taking three years to get there is not an exaggeration. In fact, getting there in three years is a major accomplishment. Dr. Bragg puts it succinctly:

The human being craves sudden miracles. Not fully aware of the actual achievements of natural nutrition, exercise and fasting—which are in themselves miraculous—he [man] searches in the realm of the unknown for manifestations that he cannot understand. Simply obeying Mother Nature’s great laws is too simple a procedure to follow! People full of miseries and premature aging want a quick, easy way to find health and youthfulness. Just remember: You must earn your health! You cannot buy it. No one can give it to you.<sup>{1}</sup>

And it’s true: There is a price to pay. Part of that price is to let go of entrenched habits, cravings and addictions. Addictions can be a bear—and that’s putting it politely. A few personal ones come to mind: Alcohol, caffeine, potato chips, processed sugar, cheese, strawberry ice cream, Oreo cookies and McDonald’s Big Macs (the last two are old ones) ...

For most people they go through their whole life eating pretty much whatever they want. After all, if it’s available, it must be safe to eat, right? Surely the government *wouldn’t* let companies sell foods that are unsafe—or so many people think. Nothing could be further from the truth. Unfortunately, most people, unless they take it upon themselves to do their own research, go through life building up huge amounts of toxins over the years, decades in most cases. The body is truly incredible in its ever endeavoring effort to keep you healthy in spite of years and years of abuse. The wheels of justice turn slowly. Still, my own observation is that because of the ever increasing level of poisons in the food supply, specifically in processed and fast food, the consequences of a poor diet are being realized at younger and younger ages. Childhood obesity and type 2 diabetes are developing at an astronomical level at younger and younger ages.

The above said, we do not develop a state of poor health overnight. Of course, for most people, when a health crisis actually happens, their first response is to run to the doctor for a quick fix. Even in my own case when I was first diagnosed with high blood pressure, I simply assumed that the medication would keep it under control and that I could go on with my life pretty much unencumbered. It wasn’t until I started gaining weight at an alarming rate that I finally realized that there was a serious problem, and that problem was brought on by years of poor food choices including copious quantities of Keystone Light, my poison of choice. Too, the idea of exercising was tantamount to slow torture. Moreover, to admit that I brought on my own health problems—as I used to say all too often: It **wasn’t** me—was tough to finally acknowledge. The fact is and I did: It **was** me. I developed my own health issues, and I’m the only one that can resolve them. This is true for everyone.

The good news is that we can regain our health, even if plagued by relatively serious problems—for the most part. It is also true, as was the case with my mother, that you can reach a point of no return. Once the Alzheimer’s disease sets in, there very little we could

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do any more. (I'm fully convinced that Alzheimer's disease is preventable but one needs to make major lifestyle changes **long** before symptoms appear. The same is true with many degenerative diseases.) Nevertheless, if one still has a reserve of vital energy, healing is possible. Easy, no; possible, yes.

But make no mistake about it. Healing is a multi-pronged process. One, you have to stop poisoning your body with crap. Two, at the same time, one must start consuming truly nutritious **real** food, primarily vegan in nature, to provide the body with the essential building blocks it needs to heal and rebuild itself. Three, and this a most critical consideration, one has to fast—or at least engage in a juice or intermittent fasting. Fasting needs to become an intricate part of one's life.

The bottom line remains: One is not going to be able to regain abundant energy and health overnight. It took a long time to get into the shape one is in when disease symptoms show up. It's going to take time, usually considerably less time, to reverse those symptoms. Nevertheless, reversal is possible. It's just not easy. It requires a lot education and even more profoundly, positive, committed and focused action.

There's no saying just how far the body can heal when we stop poisoning it and start truly nutrifying it. The ability of the body to heal when given the resources that it needs is nothing short of incredible. Nevertheless, healing is not going to happen with the snap of a finger. Nor will wishful thinking get you there. It will take serious effort and it can take years.



Which brings up the subject of addictions. The standard answer, "just say no"—good luck on that one. But there are processes that can help.

- 1 Realize that you ARE addicted. For myself, I am wholly addicted to Keystone Light. I will be addicted to it forever. The desire to drink never really goes away. I understand that smoking is the same way. Emmale used to smoke, many years ago.
- 2 Educate yourself about your addiction. Knowing the enemy and how toxic something is at least provides a working background for letting an addiction go.
- 3 Remove all known addictive substances from your living space. It's no guarantee that you won't eat or drink the questionable substance, but it does make it more difficult. You can't consume what's not there. To be sure, when it comes to potato chips, I can't eat just one. In fact, I can't eat them without onion dip either. My solution has been to not buy either for a very long time. Stay off something long enough and the desire to have it fades.
- 4 Sometimes it helps to 'journalize' the problem, to basically write about the addiction until you've beat it to death. In the process, important revelations can become apparent. I've written much about Keystone Light. I finally started to get a handle on the issue when I realized that there wasn't a single positive benefit to this habit—and a lot of not so beneficial side effects.
- 5 Sometimes rewarding yourself for good behavior can be motivating. Set up a reward, a perk as it were, that you can give yourself, and feel good about, for going say a week without some particular food or substance.
- 6 Admittedly, a certain amount of will power is necessary. I find this particularly true when going to the grocery store. I make it a point to avoid the potato chips and beer isles. Sometimes you just have to remind yourself of what the end game is and ask yourself: Which is stronger: You or your addiction.
- 7 Be involved in a good exercise program. Exercise has many benefits but one of the biggest is that it takes the edge off of stress. You burn off the energy that fuels the addiction.
- 8 At the same time, as the old saying goes: Count to 10 (or 20 or even 30). A lot of times that much of a break will provide a sufficient enough of a distraction to move past whatever the craving is.

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- 9 As the late Dr. Wayne Dyer would say, don't put it in your mouth. He had a point. It's really hard to consume something if you don't put it in your mouth—it works for cigarettes, alcohol and drugs for sure—in the first place.
- 10 Most of all, and this is by no means definitively all you can do, but heavily nutrifying your body is the most important step of all. SO MANY food cravings exist because you want something and think that the addiction will provide it. The desire for sugar is very much controlled by getting the nutrients your body needs. (A good vitamin B complex supplement is really helpful, too.) When your body is not getting what it needs it can create a five alarm fire until you at least try to satisfy the craving. Heavily nutrifying your body, and juicing is, in my opinion, the best way to do this, effectively puts out a lot of fires not only for cravings but from simply eating too much.

The bottom line is that you're fighting an up hill battle. It takes education and all the awareness and living in the immediate present to keep making progress—and, yes, sometimes you just have to say "no".