

Part 3, Chapter 30: The Food Journal

When all else fails, use a journal to solve your problems. It may not always lead to resolution, but you'll feel a lot better for it. I'm rather religious about journaling and then periodically reviewing my journal entries. I learn a lot in the process.

One of the most useful practices there is when it comes to improving one's health is to keep a food journal. I actually integrate entries from a food journal database into my main journal. In addition to writing down what I ate, and when I ate it, I write down noticeable effects. It was using this process that helped me to discover that every time I consume dairy—milk, cheese, sour cream, ice cream, even yogurt—I develop mucus. Dairy in general is mucus forming but I've got it down to a science what to expect based on a food I have eaten.

Keeping a food journal is also very helpful if you're trying to discover a potential allergy or food sensitivity. There are a lot of things that people tend to be allergic to. In my own case I happen to know that I'm reactive to cheese. If I eat cheese, my sinuses flair up and I develop a nasty headache. It never fails. It doesn't seem to make any difference what kind of cheese it is if it's made from cow's milk. Interestingly, I don't react to feta cheese, which is made from goat's milk. Interestingly, too, if it's truly organic cheese I don't react to it which leads me to think that it a chemical used in processing commercial cheeses.

When water fasting one takes in no food, of course. When on a juice fast one takes in only fruits and vegetables in essentially a liquid form. In either case, such is an excellent time to slowly re-introduce other foods, if you want to see how you react to them—one at a time. Keep good notes, including any physical symptoms. You will likely discover patterns and connections that form. For example, Emmale and I have noticed that neither of us handle canned or frozen corn very well—it causes bloating—but we can eat fresh corn on the cob without any problem. We've concluded that the underlying issue isn't actually the corn but rather that most canned and frozen corn comes from GMO crops. For the same reason, we stay away from soy milk, which is typically made from GMO soy.

Of food allergies, Dr. Bragg suggests the following common ones.

- Milk: Butter, cheese, cottage cheese, ice cream, milk, yogurt, etc.
- Cereals and grains: Wheat, corn, buckwheat, oats, rye
- Eggs: Cakes, custards, dressings, mayonnaise, noodles
- Fish: Shellfish, crabs, lobster, shrimp, shad roe [a type of fish]
- Meat: Bacon, beef, chicken, pork, sausage, veal, smoked products
- Fruits [hard to believe but it can happen]: Citrus fruits, melons, strawberries
- Nuts: Peanuts, pecans, walnuts, chemically dried preserved nuts
- Miscellaneous: Chocolate, black tea, cocoa, coffee, MSG, palm and cottonseed oils, salt, [certain] spices and allergic reactions often caused by toxic pesticides on salad greens, vegetables, fruits, etc.^{1}

Keep in mind, too, that it might not be the food as much as what's in the food. Chemicals, and in particular MSG in it many forms, can cause a host of symptoms that have nothing

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to do with the core food itself. Fundamentally, of course, the entire goal of this program is to get to where 90%-95% of your diet is vegan. In the process of doing that a lot of food sensitivities, and perhaps allergies, too, will simply go away.