

Part 4, Chapter 34: The True Cost of Living on a Standard American Diet

Please understand that man cannot break a natural law. He only breaks himself while attempting to break the natural law. Can man break the law of gravity? Can man jump off a 25 story building and live? No! This also applies to Mother Nature's laws. Man is brainwashed into eating the processed, devitalized foods that has propelled him into a pitiful physical condition. Americans are so gullible they believe the false propaganda passed out by big special interests, saying Americans are healthy and long-lived [but on a Standard American Diet, **nothing** could be further from the truth!]^{1}

The fact is that millions in America are sick by their own choice. Of course they don't realize it's by their choice. Unless a person is well educated on the truth about what the Standard American Diet will do to him or her, he or she will keep on doing and eating what they are conditioned to eat. It takes a tremendous amount of re-thinking and commitment to resist the status quo when it comes to a Standard American Diet. What a different world it would be if everyone lived on essentially a 90%-95% vegan diet. Consider the following from Dr. Bragg. The answer to each of these questions is: **AMERICA DOES!** It's more than a little on the insane side.

- Who spends more money in the pursuit of health than any other nation in the whole, wide world?
- Who spends more money for doctors, nurses, clinics, hospitals, surgery, drugs and health insurance?
- Which nation has more "drives" to collect funds to fight the many diseases that plague our population?
- Who has more convalescent homes, mental clinics and institutions than any other country in the world?
- What nation spends the most money on magazine, newspaper, TV and radio advertising promoting "do it yourself," over-the-counter drug medication?
- What nation takes the most sleeping pills and diet pills, laxatives, aspirin and other pain killers?^{2}

The people in this country pay a terrible and exceedingly high price for the poor food choices they make on the Standard American Diet—and the problem is only getting worse. Still, the more disease management, so called health care, insurance gets, the more doctors and hospitals charge, the more drugs that big Pharma pushes on society ... the more sick people continue to get. The fact is that the best cure of all for the current out of control health care system is to not get sick. Really. This is not an unrealistic goal. The cure to health care cost? Don't get sick! Still, to do so requires a huge paradigm shift.

Thousands of people every year pay thousands of dollars for state-of-the art testing to learn their risk for heart disease. However, experts say that fresh vegetables and fruits and health club membership may [and most likely are] ... better buys than any lab test. People who eat a diet low in fat and cholesterol and rich in healthy plant foods, who don't

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smoke, who exercise regularly, and keep their weight and blood pressure in the normal range are less likely to have a heart attack than those who don't, despite any predisposition or genetic tendency toward heart disease.—Harvard Health Letter^{3}

Being sick really sucks. Nevertheless, it's virtually totally avoidable. To be sure, the best hope for our failing health care system is that more and more people will wake up to what's really going on and realize that Dr. Bragg had the answer to real health care over a hundred years ago. Perhaps within another hundred years, maybe even sooner, his discoveries and education will become main stream 'medical' thinking again. Probably not, but, still, one can hope.