

Part 6, Chapter 59: Concluding Remarks

I've covered much in this book. In truth, however, I've barely scratched the surface. Still, with Dr. Bragg's and John Robbins' insights (among many others) I've covered what I consider to be the critical issues. Toward the end of Dr. Bragg's book on fasting he makes the following observation:

During my long study and research into the value of food, I have come to regard nourishment as something more than habitual eating. The body can be fed with anything that is put into the stomach to subdue hunger. Food, however, plays an important role in our lives because the body is built from the food we eat. With food we either build strong, disease-free, youthful cells or we build sick cells ... cells that do not support us as they should. So we must always eat food that builds sturdy, strong cells which are converted into healthy body tissue. We see a lot of people who are amply-fed, but they are far from well-nourished! They have poor skin and muscle tone and lack health and energy, even though plenty of food is going into their bodies.^{1}

The same truth keeps emerging: You can choose to eat whatever you want, but you can't choose, or ignore, the consequences of the choices you make. The knight in *Raiders of the Lost Arc* was right: Choose wisely. Considering that he lived for over 700 years, he obviously knew what he was talking about.

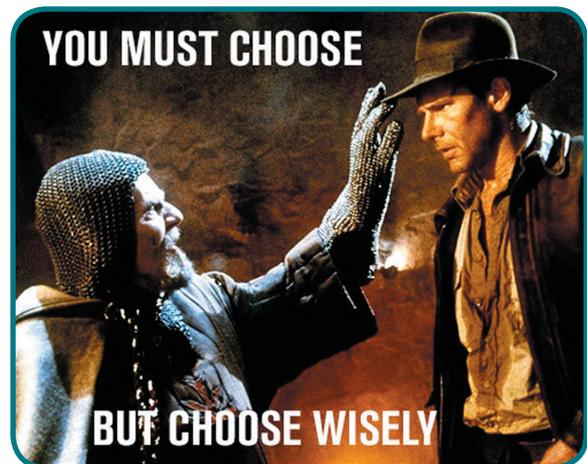
To end this book:

There is no trifling with nature; it is always true, dignified, and just; it is always in the right, and the faults and errors belong to us. Nature defies incompetence, but reveals its secrets to the competent, the truthful, and the pure.—Johann W. Goethe^{3}

My advice to the reader is to take what's presented in this book seriously. Your health and well being very much depend upon it. At the very least, think long and hard about what's been written here.

I can hear Mother Nature saying directly and to the point, to quote the old FRAM oil filter slogan: "You can pay me now, or you can pay me later." There are no short cuts when it comes to having excellent disease free health. You **must** play by Mother Nature's and God's laws.

It's true. God has no favorites. The most universal law of all is that you reap what you sow.



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