

Introduction

Back in 1985 I did a research paper under the title “Optimum Nutrition”. It was a start. A lot of new information has come to the surface since that time 32 years later. Discovering what optimum nutrition is has been a life long quest. Now, in my 60’s, I remain essentially healthy in no small part because of following the years of research that I’ve done.

Still, the term “Optimum Nutrition” can be a bit confusing. Too, as my editor, Emmale, points out, it’s already used in a lot of book titles. In its simplest definition it means: “The greatest degree or best result obtained or obtainable under specific conditions.”^{1} While it is true that the dietary protocols discussed in this book fit under this definition, the scope of this book goes beyond good to really excellent. “Radiant”, on the other hand, means “emitting rays of light; shining; bright” and more specifically “bright with joy, hope, etc.”^{2} It takes into account the entire scope of life-force that is generated for a being’s essence and that really goes beyond optimum, beyond just doing the best possible. There is much more to health than simply what you eat though what you eat certainly is at the core of how much life-force you will have. As such, the real purpose of this book is for people to develop radiant health—health that is brimming with life energy. In fact, the term energy and life can almost be used interchangeably.

Too, a major portion of this book is dedicated to living a vegan life style which means to eat no meat or dairy. That takes out a major portion of the Standard American Diet. Still, to be 100% vegan is ... extremely difficult at best. It certainly can be very socially inconvenient. Nevertheless, there is an emphasis on living on a 90-95% vegan diet but still allow for a few more traditional foods. A very few. More importantly, it’s a diet that accepts that animals—all animals—are sentient beings with feelings and intelligence. The current factory farming system is tantamount to barbaric animal slavery. By avoiding dairy and meat, almost 100%, one is in a position to seriously not support these barbaric farming practices. If we all lived on a 90-95% vegan diet, not only would medical cost from preventable disease drop, immensely but the world really would be a kinder, gentler place as there would be very few animals made to suffer the atrocities of factory farming. In fact, farming practices might indeed be forced back to a system where animals were treated with respect instead of with the utter and total disregard for sentient life that exist in these tortuous meat production facilities.



Long before 1985, Dr. Paul Bragg discovered the core principles of living a healthy life. He was very much a pioneer.

Paul Chappius Bragg was a nutritionist and a pioneer in America’s wellness movement. Born as Paul Chappius Bragg, Bragg claimed he was born in 1881 in Fairfax County, Virginia, but genealogical research indicates he was born on February 6, 1895 in Batesville, Indiana, where his father was Editor/publisher/printer of the “Batesville Democratic Herald” newspaper.^{3}

In my research in 1985 I never referenced Dr. Bragg’s work. Still, his books, co-authored

Radiant Health and a Kinder, Gentler World

by his daughter Dr. Patricia Bragg, have come to impress me for their astounding level of *common sense*, truth and clarity. Living a life brimming with health and well being is not rocket science. Unfortunately, it's not easy either. The principles to do so are not well publicized. They run contrary to just about everything put out as government standards, taught in medical schools, promoted by big pharmaceutical companies (big Pharma), by the corporate food industry and by the meat, egg and dairy industries. There are **MANY** special interest groups that would rather this information not be made available. Nevertheless, more and more people are discovering it.

This book is my own reflections on the work of Dr. Bragg, Paul and his daughter. It also includes much of the work of John Robbins who wrote "Diet for a New America 25th Anniversary Edition: How Your Food Choices Affect Your Health, Your Happiness, and the Future of Life on Earth". Finally, it also includes my own personal research and experience. Moreover, I would be the first to admit that for much of my life I have not followed the principles suggested in this book. That does not invalidate the core truth by any means. Truth remains truth whether we choose to implement it not. Universal law is still universal. Jump off a tall building and the law of gravity goes into effect immediately. Spend decades living on a Standard American Diet and the damage is just as serious, though the underlying cause far more subtle.

I've presented what I have concluded to be essential truth in this book. It's truth that I very much personally practice these days. To be sure, as one gets older the body is far less forgiving than it was at the time of my original research. Of Dr. Bragg's and his daughter's writing, and of John Robbins, I share their philosophy. It's a philosophy that is very relevant to the spirit of this book. By way of my disclaimer:

[Neither I nor] we are not in the curing business! We recognize no cures—except those that the body's internal, basic biological functions perform themselves! The body is self-cleansing, self-repairing and self-healing! Your body will do its best work when you do your best to give it a fair chance by following the Bragg Healthy Lifestyle.

Assist Mother Nature in this purification process and your physical problems will soon vanish. This system is not interested in the name of an ailment. We are only interested in what kind of wrong foods and beverages you have ingested and how long you have used them. If you have been saturating your tissues with toxic poisons for years, then you have built up large amounts of toxins which put pressure on your nerves and organs. This can cause aches, pains and worse, premature death!

When students ask us what they should do for a special ailment, we give but one answer, and that is to follow the Bragg Healthy Lifestyle and the water fasting [protocol] to detoxify and cleanse. So many seem to think they should have a special diet for their special physical problem. That's not true. When the body is cleansed, it releases the toxic poisons and becomes purified—then there are no longer toxins to cause health problems!^{4}

Yes, that about covers it except to say that the ideas in this book will doubtless run contrary to much of what has been engrained into the social consciousness—and especially so by the big meat, egg and dairy industries, not to speak of the equally egregious Wall Street advertising conglomerates. That said, so be it: you are free to choose and eat whatever foods you choose. However, you are not free—as in there are consequences to everything you eat—to ignore the consequences of those food choices. As the knight in "Raider's of the Lost Arc" admonished: "You must choose but choose wisely." To be sure, your very quality of life and life span itself is dependent on those choices.