No system can “cure” disease. No person can “cure” you of your ailments, aches, pains and diseases. Only the internal functions of your own body banish diseases. The human body is self-repairing and self-healing. Every human body is a miracle with a built-in healing mechanism. Burn that into your consciousness.

To simplify, we are going to call this healing power your Vital Force.

You must have Vital Force in order to stay alive. When your Vital Force is exhausted, then there is death.

Every day of your life you meet people with a huge Vital Force. On the other hand, every day you see tired, exhausted, nervous people full of aches, pains, disease, stresses, strains and tensions. Most of these people become old – way before their time!

Every three months you get an entirely new bloodstream, so it is not the blood that gets old.

Every eleven months every cell in your body renews itself, so yearly you have practically a new body.

Every two years you get an entirely new bone structure, so in three years you are really born again.

People with a low quota of Vital Force have a low resistance to infection and diseases – they have frequent colds, flu, strep throat, headaches, rashes and many other health problems.

The people with a low quota of Vital Force are chronically fatigued. They have poor memories and are full of aches and pains. They are unhappy and irritable.

When the Vital Force is at a low ebb, then enervation takes over. When this happens, physical troubles can multiply!

Just remember it is impossible for any kind of germ or virus to attack clean healthy tissue. They only eat decaying matter.

Dirty blood picks up infections. Clean blood is your protection against infection!

If by wrong eating you create decaying matter in your body, it’s only part of Nature’s plan that germs will come and eat this dead substance. Germs never attack toxin-free, clean tissue or toxin-free, clean blood!

**If You Want to Attain Vitality Supreme . . .**

It is possible, in our opinion, to live in a perfect state of agelessness. Let’s reason it out together: Every three months you get an entirely new bloodstream, so it is not the blood that gets old. Every eleven months every cell in your body has renewed itself, so you have a practically new body every eleven months. Every two years you get an entirely new bone structure, so in three years you are really born again – the renewal process has taken place!

In our years of travel, we have met hundreds of people 100 or more years old. They had no hardening of the arteries, no blindness, aches or pains. These people never ate refined or processed foods, but ate foods that were close to Nature. Their natural diet continually purified and recharged their bodies with each meal.

Avoid toxic foods and drinks that clog, obstruct and throw waste into your arteries, organs and cells. Study the following list of so-called foods, drinks and other materials and never again let them into your body!
that most humans put into their bodies. Unhealthy, refined, toxic so-called foods. So start now – avoid forever these same year, yet few of those 86,000 souls are left on earth – this is not a good sign!

So start now – avoid forever these unhealthy, refined, toxic so-called foods that most humans put into their bodies.

### Foods to Avoid:

- All Splenda, Aspartame and refined sugar products: jams, jellies, preserves, marmalade, ice cream, sherbets, Jello, cake, candy, cookies, chewing gum, soft drinks, pies, pastries, tapioca puddings, sugared fruit juices, fruits canned in sugar syrup.
- Catsup & mustard made with salt or sugar, Worcestershire sauce, pickles, salted olives.
- Salt & salted foods: corn chips, crackers, salted nuts, pretzels, potato chips, etc.
- Refined white rices and pearled barley.
- These vinegars: filtered, white, malt, synthetic & distilled. Use only Bragg organic raw unfiltered Apple Cider Vinegar with the ‘mother’ for any recipes calling for vinegar.
- Deep fried, greasy, fatty foods & meats
- Saturated fats and hydrogenated oils – enemies & premature killers of your heart.
- Foods which contain palm, cottonseed & coconut oils. Products that contain vegetable oils, do find out what kind before using.
- Margarine, Olestra and BakeLean– lard, saturated fats, hydrogenated oils clog arteries.
- Peanut butter that contains salt & any hydrogenated oils used for hardening.
- Coffee, decaffeinated coffee, caffeine energy drinks, black teas. (100% herb teas O.K.)
- Fresh pork & pork products.
- Smoked fish of any kind.
- Smoked meats: ham, bacon, sausage, etc.
- Luncheon meats: hot dogs and salami, bologna, corned beef, pastrami and meats containing dangerous preservatives and toxic sodium nitrate and sodium nitrite.
- Dried fruits processed with dangerous sulphur dioxide (a preservative).
- Chicken & turkey injected with hormones or raised on feed that contains toxic drugs.
- Canned soups (read all labels, look for and avoid sugar, salt, fillers, starch, white or wheat-white flour and preservatives).
- Alcoholic beverages, beer, wine, etc. paralyze brain cells causing problems.
- Refined flour products: bleached, unbleached, all white flours such as white bread, wheat & rye bread that use a mixed wheat-white flour, dumplings, biscuits, buns, gravy, noodles, spaghetti, pizza pie, ravioli, pastries, pies, cakes, cookies, packaged ready-mixes & puddings, refined bakery goods, etc. If you use wheat, it should read whole wheat on label; then you know it contains no white flour. Substitute organic whole grain flours in all recipes!
- Leftover cooked vegetables, premixed wilted old salads & old cooked potatoes.
- No self-drugging: no pain killers or analgesics, like ibuprofen, antihistamines or aspirin, no sleeping pills, tranquilizers, antacids, laxatives or fizzing upset stomach remedies. You are not qualified to prescribe drugs for yourself. Results could be serious!
- We want you to remember always that the ideal diet is organic raw fruits, salads & sprouts; raw, steamed, wokked or baked veggies; whole grains, brown rice, beans, lentils, raw nuts & seeds with ample raw & cooked green leafy vegetables (chard, beet tops, spinach, cauliflower, broccoli, collards, kale, turnip & mustard greens, etc).
- We do not expect you, unless you are very ambitious about internal cleansing, to try to reach the 100% state of purification. There are various degrees of health that can be obtained by controlling the diet. We feel in time you can balance the diet to 60% raw organic fruits & vegetables & lightly cooked vegetables. It’s wiser to have minimal or, better yet, no animal proteins and dairy products! This is a fact – vegetarians are happier, live in a higher state of wellness and enjoy a healthier, stronger, longer life!

### Purification Takes Time

Please don’t expect results immediately. Daily you will slowly feel better and more stronger once you start on this self-healing treatment. As you begin this program of purifying your body, you are going to stir up old toxins – and you do have plenty of them! Shocking fact: almost everyone carries five to ten pounds of deeply buried toxic poisons in their colon and body.

That is what sickness is, in the final analysis – your body becomes so corroded and loaded with vicious toxic poisons that it creates its own healing crisis in the form of fatigue, colds, flu, acne, pneumonia, fevers and hundreds of other indications that the body is self-cleansing. Disease is no mystery to us! It’s something that is slowly built up with toxic poisons in various parts and organs of the body.

So be ready for a series of healing crises if you want to attain vitality supreme. This is a compensation action – this is the Vital Force asserting itself. You cannot get away from paying your price to Mother Nature! There is no way to circumvent crimes you committed against your precious body. Body cleansing is important and needed!

You will not feel your best until you have eliminated all the toxic poisons from your body. Gradually through eating more raw fruits and vegetables you will flush out the heavy accumulation of toxic poisons.

Eliminate the greater portion of the heavy foods from your diet and eat more fruits and vegetables (organic is always best) and you will notice miraculous changes. Aches and pains and excess weight will melt away and your energy will soar. No longer will you suffer from excessive tiredness or exhaustion. These changes are miracles for sure!

When you start this program, you may look and feel terrible? This may sometimes happen during the crisis period, when the greatest amount of toxins are loosened from your pipes and vital organs and are being flushed out of your body. When you have gone through the crisis, then you can see the new you revealing itself. Your eyes will become brighter, your skin and muscle tone will become healthier, and your joints will become more supple. There is a state of well-being that will throw through your body and make you glad to be alive!

Keep in mind it took a long time of unhealthy living and eating habits to get into the condition you are in. Now please be patient with Mother Nature and your body. It takes faithful dedication and time to reach the high point of healthy internal perfection! It doesn’t happen over night. If you are used to eating meat several times a day and eggs and cheeses every day, you should slowly cut down your intake of these foods. Please remember, it’s safer and healthier being a vegetarian!

As you add more organic fruits and vegetables, you soon can estimate how many cleansing foods you can eat daily. Living the Bragg Healthy Lifestyle with ample live foods, soon you will enjoy a cleaner, painless, tireless, ageless body!

You will continually hear people say, “You should eat a hearty breakfast to get energy.” This is not true – for scientifically
it takes a tremendous amount of nervous energy to masticate, digest, assimilate and eliminate a regular heavy breakfast.

The morning is the time to drink fresh fruit juices. Better still, eat organic whole fresh fruits. This is the ideal nourishment for early morning because fruit requires an almost infinitesimal amount of digestion. The natural sugar of fruits gives you more blood sugar than any amount of eggs, bacon, sausage, meats, toast, rolls and coffee.

Your body operates on blood sugar. A healthy person produces \( \frac{1}{4} \) of a thimbleful daily. This blood sugar is where the muscles draw their energy. Fruit is light and does not require the tremendous amount of energy to digest that cereals, meat, eggs and other heavy foods do.

### We Saw People Banish Many Physical Problems

We have seen people banish physical problems by eating nothing but raw fruit or Bragg Energy Smoothie for breakfast! Both delicious, healthy and so easy to do.

Your noon meal should consist of a large raw vegetable salad, either chopped or grated cabbage, carrots, beets and celery. This forms the base of your health salad. To this combination you can add any raw vegetables you desire – cucumbers, lettuce, broccoli, cauliflower, radishes, parsley, avocados, tomatoes, green onions and sprouts. Or perhaps you would enjoy just a large cole slaw (grated or chopped cabbage) salad, a cabbage, carrot and raisin salad or raw grated beet, turnip and cabbage salad.

You can make salad dressings of Bragg Raw, Organic Apple Cider Vinegar and Organic Olive Oil or just squeeze lemon or orange or buy Bragg Salad Dressings. Always eat your full of raw salad first. Never let hot cooked food touch your mouth until you have had your raw salad. Salads and fresh fruits are the internal purifiers!

If you have not been used to eating a large raw vegetable salad, go slowly. You may say to us, “Raw salad fills me with gas,” or “Raw salads do not agree with me.” When a raw salad does not agree with you, it shows you have a mucus condition in the bowel. They are sick bowels. So there is only one thing to do and that is to change your diet slowly. It took a long time for the bowel to be in this condition and it will take time and conditioning to get the bowel ready to accept the raw salads. The daily raw salad is very important. It’s the master internal cleanser, Mother Nature’s Broom.

The next question is what to eat with this salad. The best would be a baked potato and fresh lightly cooked vegetables like stringbeans, steamed squash, peas, corn on the cob, carrots, beets, broccoli, greens or any fresh organic veggies desired.

Now what about protein? If you feel you need meat (hormone free), don’t eat it more than 3 times a week. You can have fresh fish several times a week. We prefer the heart healthy, safer, organic vegetarian proteins. Start enjoying our veg. delicious recipes.

The racehorse doesn’t eat concentrated animal proteins. She gets her great speed, strength and endurance from vegetable proteins. And we enjoy healthy delicious veg. protein sources like raw nuts, seeds, Bragg Nutritional Yeast flakes, whole
grains including brown rice, beans, soy beans, soy milk and tofu. These healthy foods contain no dangerous uric acid and no cholesterol to clog your arteries.

52% of Americans will die of cardiovascular disease!

You must always keep in mind that meat is a second-hand food. An animal ate the green growing things that produced the meat. When that animal was killed, it retained the poisons it had in its body. Meat has uric acid and heavy concentrations of visible and invisible saturated fats. These waxy fats (cholesterol) clog the human pipes and cardiovascular system. Studies show that vegetarians live healthier, longer lives.

Milk is mucus-forming! No animal except man drinks milk after weaning. Studies link milk to allergies, asthma, juvenile diabetes, indigestion, etc. Instead enjoy delicious healthy soy, nut & rice milks.

Allow at least four to five hours between meals. The digestive system must have time to do its important work efficiently. The evening meal must start with some kind of raw fruit or vegetable salad. Let us say at the noon meal you had a big raw vegetable salad, so now you would like to change to a fruit salad. This is perfectly all right because a delicious fruit salad is not only tasty, but it is a real toxin fighter. Fresh fruits are very aggressive; they will help dissolve and flush the toxic poisons out of your body.

You can start this meal with a fruit salad, as our principle is always to eat something raw at the beginning of your meals. But when you eat a fruit salad, you should always wait ten minutes before eating hot food. Fruit leaves the stomach faster and prepares the way for the hot foods you may be having at mealtimes.

You may have two cooked vegetables – one yellow and one green. Have a dish of steamed or baked carrots and a dish of lightly steamed greens such as spinach, chard, kale, mustard, beet or turnip greens. These yellow and green vegetables are rich in essential vitamins and minerals. Organic veggies and fruits are the healthiest for you.

If you crave sweets, try fresh fruit, baked apples, stewed fruit or even healthy pies or cookies made with whole grain flour, honey and top with soy ice cream or soy yogurt.

If You Are Filled with Anxiety and Stresses . . .

Be sure your diet includes plenty of foods rich in B vitamins: Bragg Nutritional Yeast Flakes Seasoning, blackstrap unsulphured molasses, brown rice, lentils, barley, soybeans, dried peas and beans, nuts, commeal, buckwheat groats, mushrooms, broccoli, turnip & mustard greens, spinach, peas, cabbage, grapefruit and oranges.

Never, under any circumstances, use mineral oil as a laxative! Mineral oil robs the body of fat soluble vitamins (A, D, E and K) waiting to be assimilated in the intestinal tract. Only use enemas or high colonic irrigations in cases of extreme constipation or blockage. Bowel elimination is vital to vigorous health! This waste matter must be removed from the body regularly by enough bulk, moisture, water and lubrication.

Your nerves move your bowels and they can do the job if your B-complex intake is adequate and diet is balanced daily with 8 glasses of distilled water, herb teas, fresh juices, smoothies, fruits and raw salads, vegetables and whole grains. For good elimination daily, mix 1 tsp psyllium powder or ground flaxseeds into: • Bragg Energy Smoothie • or in Bragg Aminos broth, juices, soups, herbal teas, whole grain cereals, etc.

Try Bragg Apple Cider Vinegar Drink or mix 1-2 tsps equally Bragg Organic ACV and (optional) raw honey or pure maple syrup (diabetics use Stevia) in 8 oz glass purified water.

Many people are sick simply because they are sunshine (D3) starved. The rays of the sun are powerful germicides. As your skin absorbs these rays, it stores up this healing and germ-killing energy. The sun can provide the best remedy for you if you are nervous and filled with anxiety, worry, frustration, stresses and strains. It’s best when you lie in the gentle early or late day sunshine. Its soothing warm rays give you what your body is crying for – relaxation!

The Bragg Stay Ageless Program promotes lifelong health and fitness through the simple Bragg Healthy Lifestyle! Remember – we are linked to Mother Earth through the food we eat, the water we drink, the air we breathe, and to the sun, with its life-power. Start today and say –

If it is to be . . . it is up to me!

Live as simple, pure & natural as possible with organic foods, purified or distilled water, to living in areas free from toxins in air, water and soil! Remember, you are what you eat, drink, breathe, think, say and do!

Blessings of health, peace, joy & love,

Patricia Bragg, N.D., Ph.D., Healthy Lifestyle Educator, Author, Lecturer and Nutritionist to Champion Athletes, Singers, Business Leaders and famous Hollywood Stars, is daughter of world renowned pioneer health authority Paul C. Bragg. Patricia conducts health and fitness seminars and health crusades for women’s, men’s, youth, church and business groups world-wide.

Paul C. Bragg, N.D., Ph.D., World Health Crusader, Originator of Health Food Stores and the Health Movement, was himself the best testimonial for the value of his health teachings. Devastated by tuberculosis in his teens, Bragg developed his own eating, breathing and exercise program to rebuild his diseased body into a citadel of glowing, radiant health and strength. Dr. Paul C. Bragg then taught and shared The Bragg Healthy Lifestyle Program with millions around the world.

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