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A Cure for Those Dull, Dragged-Out, Hopeless, Helpless Feelings

If you arise every morning feeling dull and fatigued... if you are without ambition... if you feel old and dragged-out... if your future looks hopeless and you seem helpless... there could be something wrong with your nervous system...

How would you like to be a super human dynamo...

• To have three times the vitality and energy you now have?
• To have the extra endurance to do all the things you would like to do?
• To have an inexhaustible supply of vital nerve force?

Then there is just one thing to do... Start Building Powerful Nerve Force!

ERVE FORCE is the source of all life. Life flows through your nerves, please never forget that! When you are fully supplied with Nerve Force, you’re more enthusiastic and happy, you feel fit and ambitious for life! You overcome all difficulties, and are ready to accept every challenge that life offers. In fact, you welcome challenges of all kinds. You cannot defeat a person with powerful Nerve Force! That person will rise up for a new start again and again, no matter how often they may fail – and in the end they win. Five percent of humanity take the lead over and above the other ninety-five percent – and it is Nerve Force that is at the source of their success.

Your health, strength, vitality and endurance are directly measured by the degree of your Nerve Force! It gives you that reserve power which makes life rich and fascinating. The world is full of people with the necessary brains and ability to rise to the top, but who lack the necessary Nerve Force to push them forward. Beauty, charm and vivacity are directly related to Nerve Force that makes you sparkle with radiant health and super energy.

If you unduly tax your nerves through anger, worry, jealousy, hatred, envy, greed... stress, strain, tension, pressures, overwork... too much emotion or excitement... passion, self-pity, guilt or grief... poor nutrition, lack of oxygen, lack of regular sleep... if you subject your muscular system to excessive strain... if, in any way, you consume more Nerve Force than your body produces, the result will be Nerve Bankruptcy! In other words, you will suffer complete nervous exhaustion – or often called fatigue syndrome, nervous burnout, etc.

Nervous exhaustion is the source of much suffering. It can put a dark cloud over your life and cause untold misery. When your Nerve Force is low, you may go through life burdened with fear, never recognizing its presence. If left unchecked, nervous exhaustion can lead to its more serious relation – mental illness.

The good news is you can combat nervous exhaustion. The first step is to identify problems.

Five Danger Signals of Nerve Exhausation

Here are the major danger signals that warn you that your Nerve Force is low:

1. Do you tend to accept, without protest, whatever life offers? A low Nerve Force drains away ambition and makes you mentally and physically lazy, unwilling to make any effort to get out of the rut. Initiative, imagination, enthusiasm, and self-control are lacking.

2. Are you inclined to let others do your thinking for you? Would you rather be led than make decisions for yourself? A person with low Nerve Force is easily swayed. Others can capture your mind and manipulate you and you can actually become a human robot!

3. Do you secretly doubt your own ability to do things and also doubt the sincerity of those who want to help you? Low Nerve Force is often characterized by alibis and excuses designed to cover up, explain away or apologize for failures. It is sometimes expressed in the form of envy, criticizing those who have sparkling health or those who are successful in their personal, home, business and public lives.

4. Are you overlycautious? When your Nerve Force is low, pessimism is high. You habitually look for the negative side. Such overcautious pessimism leads to lack of poise, lack of self-reliance, tension and nervousness and can block you from making successful decisions. Your motto: “Do Nothing” – with this, all roads could lead to stagnation and eventual disaster!

5. Are you a chronic worrier? This is a major danger signal of low Nerve Force, and can lead to a nervous breakdown.

Worry can destroy you, if you let it get the upper hand! You should bar from your mind the feeling of worry, for you must know that nothing can be gained by it. On the contrary, the more you worry, the greater will be the strain on your Nerve Force, and the less able you will be to overcome your troubles!
It is always the optimist who succeeds, never the pessimist. When given lemons, make lemonade!

Nervous Breakdowns

If you do not heed the danger signals and take action, you could develop neurasthenia. Neurasthenia is a neurotic condition, which is characterized by worry, disturbances of digestion and circulation. It creeps upon you without warning. Neurasthenia is the most insidious of all dangers to your health and happiness, and in the end causes the greatest misery. The development varies from person to person, but it is usually as follows:

First Stage: First comes the lack of energy and endurance, “that tired feeling,” the feeling that your body is made of lead and it is an effort to move around! There is constant drowsiness and brain fog, sluggishness of the vital organs, extreme tension, stress, strain and then poor circulation. These are all red flag warnings!!!

Second Stage: Here the warning is nervous indigestion – belching, gas, sour stomach, heartburn, constipation, over-activity of the bladder, auto-intoxication (an extreme toxic condition) and biliousness. Breathing becomes shallow and difficult with irregular heart action and palpitation. There is a weakening of eyesight, a decline in sex drive and decreasing mental endurance and concentration. Other symptoms include but are not limited to dizziness, sleeplessness, neuritis and other pains. The neurasthenic person is irritable and super-sensitive. There is sometimes a loss or gain in weight due to impaired metabolism.

How often do you hear of people running from doctor to doctor seeking relief for a mysterious “something the matter” with them? Although repeated examinations fail to show that any particular organ is diseased or weak, these people persist in seeking the causes.

In nearly every case, the real cause of this run-down condition is nerve exhaustion. There are many forms of nervousness. Each one is a red flag indicator to get busy at once rebuilding your depleted Nerve Force and your health!

Forms of Nervousness

Moodiness is one form of nervousness. Being “all keyed up” and unable to stop talking is another. Some people develop highly sensitive reactions, even crying and going into emotional tantrums. There are those who are argumentative and aggressive, ready to fight and quarrel over nothing important.

There is a long list of nervous conditions such as tension headaches, nervous stomach, sharp pains under the heart, heart palpitations and trembling hands. Some people lose interest in everything and sit around and brood.

Others are swept from time to time by waves of fear and panic. They feel that something terrible is going to happen to them or one of their loved ones. Unfortunately millions of people are overwhelmed by fears of all kinds.

Worrying Saps Life – Nerve Force Gives Life

Millions of people worry deeply over trivial matters, making mountains out of molehills. Many of these worries arise from excessive vanity, false pride, egotism and conceit. Some people constantly worry about what other people may think of them or say about them. Such petty worries undermine your health, prematurely wrinkle and line your face, and sour your disposition and life!

Worrying saps your life and ages you prematurely. It’s a sad fact that you can worry yourself into the hospital and into an early grave. Please do not do this!

Through my parents’ guidance, I learned to apply healthy thought substitution to worries. This became a mental habit that has saved me through the years from draining my vital Nerve Force, allowing me to attack problems and solve them quickly and efficiently!

DAILY HEALTH AFFIRMATIONS
To Build Vital Nerve Force:

1. I will this day live a sincere & serene life, repelling promptly every negative thought of impurity, anxiety and discouragement.
2. I will cultivate cheerfulness, peacefulness, happiness, kindness, charity & love.
3. I will eat healthy foods, exercise & drink 6-8 glasses of purified water to keep my human temple healthy & fit.
4. I will make every effort to improve myself physically, mentally, spiritually, & emotionally.

Only one thought can occupy your mind at one time. By an effort of will, you can force out worrisome thoughts, replacing them with happy thoughts. Worrying is a futile waste of your important vital Nerve Force.

“You would worry, too, if you had my problems.” That is not true. All people meet with problems as life goes on – often bigger ones than you have encountered. But a person who has powerful Nerve Force does not worry about a problem. They face it objectively and in a calm and logical way, find the solution.

Often, after carefully examining a problem, if an individual is unable to find the solution alone, they will turn it over to a Higher Power and meditate and pray for guidance. (3 John 2)

Worrying about a problem will not solve it. Worry can destroy your health and make you prematurely old and sick. Worry is a drain and a killer. Stop your worries by right thinking and living! Your health is your true wealth!

Start Now To Build A Powerful Nerve Force

No matter how low you are mentally or physically, know that your body is a miracle self-repairing and self-healing instrument when given a chance. Its recuperating forces and healthy lifestyle can make you an entirely new reborn person! Dad and I have seen miracles!

This is your precious life. You were put here to enjoy it. I firmly believe that the kingdom of heaven is within every person. But to reach the heavenly state of joyful living, you must work for it. You must earn it. It is not handed out on a silver platter. What you will get out of life is in exact proportion to the effort you put into it.

Nerve Force is the most precious gift of nature. It can mean everything – happiness, health, peace of mind and success in life. You should learn all there is to know about your nerves. You must learn how to relax, calm and soothe your nerves, so that after an upset or loss you can rebuild your depleted Nerve Force and keep yourself physically, mentally, spiritually and emotionally fit, healthy and happy.

The millions of nerve cells that make up your vast nervous system are your reservoirs of nerve energy. The amount of nerve energy they store represents your precious nerve storehouse.

It is evident that if your nerve reservoirs are only half full, your nerve energy reserve will be only half what it should be. Thus, your organs and muscles will receive only half the supply of Nerve Force necessary to enable them to respond to life’s rollercoaster of ups and downs.

Miracle Workers

When your nerve cells are full of stored nerve energy, the nerve reservoirs are at their greatest height. You are then fully alive with physical and mental energy. No task seems too great, no strain too severe. You crave a means of “letting off steam”. You crave challenges.

It is then that you become a human dynamo. You have double the energy and vitality of the average person, and you never know what it is to be fatigued. You have so much Nerve Force in your reservoir that you are absolutely tireless. Nerve Force works miracles for you!

When your Nerve Force becomes depleted, you feel mentally, emotionally and physically fatigued. You try to fight your fatigue with unhealthy stimulants such as sugar sweets, tea, coffee, alcohol, “pep pills”, and other drugs, further depleting your nerves and leading you towards total nervous exhaustion.

It is then that you feel yourself getting old, although you may still be young in years. You lose your life spark, your sex drive, the sparkle goes from your eyes, you lose the spring in
indigestion”. These conditions include fermentation, gas, heartburn, sour stomach, hyperacidity – and dilation of the stomach, resulting in shortness of breath and pressure on the heart, which can produce heart irregularity and palpitation. Dr. Gabriel Cousens, author of Conscious Eating recommends sipping 1/3 tsp. Bragg Apple Cider Vinegar before meals to activate the flow of digestive juices and to stop heartburn, gerds, and improve digestion.

Frequent stomach dilation and bloating is uncomfortable and most often due to formation of gas, which often leads to permanent dilation and forming of colon pockets from which the food cannot drain. It is in these pockets that a very serious ulcer condition may begin.

Nerve depletion is one of the main causes of illness and constipation. The action of your bowels depends as much upon the nerve stimulation as does the action of your heart and lungs. The bowels of a constipated person will move freely when the nerves receive a violent shock, as in extreme fright, sudden bad news and emotional upsets and mental traumas.

Nervous Indigestion or Why is My Stomach Upset?

Your autonomic nervous system governs the ody’s vital organs. The master branch of this system is the pneumo-gastric nerve, whose center is the solar plexus or “abdominal brain”. Health teachers often call this your “second brain”. The pneumo-gastric nerve governs breathing and digestion, hence its name pneumo (lung) and gastric (stomach). It is closely allied with the functioning of all your vital organs.

The slightest upheaval of your nervous system seriously affects your pneumo-gastric nerve. You know that when you worry, there is an uneasy feeling in the pit of your stomach, your solar plexus is affected. In cases of severe nerve strain, your stomach may rebel against taking food and if you do, will throw it up.

Nearly every form of indigestion, gastric, and other abdominal trouble may be traced directly to the disturbance and abnormal condition of your pneumo-gastric nerve. This applies especially to gerds and “nervous
The Bragg Healthy Lifestyle Produces Peaceful Nerves

Certain foods unquestionably do increase constipation. In order to be entirely free of sluggish bowels, your foods must contain ample bulk, moisture and lubrication. These vital elements are found in fresh organic fruits and raw coarse vegetables such as celery, beets, cabbage, turnips, broccoli and carrots.

Many people will tell you they cannot eat raw fruits and vegetables. This is because the Nerve Force in the stomach and intestines is at a low ebb, and they do not have enough nervous energy to digest such foods. In fact, people on a bland diet often do not have the nervous energy to digest even the softest foods. That is one reason so many people are nervous wrecks. They cannot properly digest their fresh food and the food just goes through. Therefore the nervous system, as well as the rest of the body, then suffers from malnutrition. The answer is to feed health to your nerves; don’t whip them!

Caffeine drinks – coffees, tea, and colas – are actually brutal whips that push your nerves into actions when they do not have the energy to accomplish. The drug caffeine stimulates your central nervous system. When you drink coffee, you get a “lift” because the caffeine activates your nervous energy from the nerve reservoirs. In time, of course, this brings on nervous depletion and causes serious problems with your nervous system and general health!

No wonder there are so many nervous breakdowns! You cannot whip your nerves with stimulants and expect to live a normal, healthy, well-adjusted, peaceful, happy life.

The Power of Meditation

“Be still and know that I am God”. . . It is in the dead silence of meditation that you find a power higher than yourself – a power that can help, guide and direct you to the goals in life you are seeking. 3 John 2 is important to read. Place your mind into deep meditation to build inner peace and strength. There must be order and a clear outline to your thinking. Silently restate your new goals in life. Remember, you must displace the old, useless, damaging habits of thought with new ideas and positive goals. Every constructive thought stimulates your nervous system with great vitality and vigor. By praying and meditating, you are building your powerful, vital Nerve Force. Prayer opens up your spiritual arteries and God will give you this beautiful inner peace and joy.

Everyone has the capacity for prayer. It’s like talking to your best friend and this is what God becomes. Faithfully put aside time through the day for prayer, this will bring amazing healing results. It does for me and it will for you!

Within you, you have the mind power to be anything you want to be. Remember within your being you have the kingdom of heaven. Actually envision your future. You may change those plans and visions, but have them you must. Something from the creative force within you must reach out toward the future.

You are what you think. Let nothing or no one stop you in your quest for inner strength and happiness. The future starts now! You are the captain and light of your bright future!

As you follow this simple program for building new, powerful Nerve Force, you will feel this new power flowing throughout your entire body. Be faithful with your new Bragg Healthy Lifestyle and every day work on yourself – positive actions bring miracles!

Ingredients For The “Will-To-Win” Philosophy

I’d like to share with you what I believe to be the ingredients of a winning philosophy, as I have seen it personified in the successful people my father and I have known.

You’ve probably heard the “will to win” so many times that it has become a cliché. But stop and look at it afresh and realize its significance. If you are going to build powerful Nerve Force in your body, you have to have this “will to win”. It’s the indispensable first instinct to live!

There is no better place or time to build that “will to win” than in your prayer meditation periods. Tell yourself that nothing and no one is going to stop you from building a healthy, powerful Nerve Force and a happy full life!

In your daily morning prayer and quiet meditation, especially tell yourself you are not going to let anyone drain your precious nervous energy – no matter what the provocation! If someone tries to irritate you, nag you or torment you, you are going to have the “will to win” over such circumstances. That “will to win” will keep you from dropping to the other person’s low level. It is not always possible to avoid such people, who are so miserable, so unhappy, so low in Nerve Force, that they want to drag others down into the same state. Build your Nerve Force so strong and healthy that you will not be affected by these negative personalities.

Inspiration is the Key

Keep a daily journal to plan and plot your direction through life. You must know where you are going. The compass which will guide you in the right direction is inspiration!

Even those people who rely upon their inspiration can’t tell you what it is. The poets, the artists, the musicians – they don’t know what it is! But they all recognize its results.

I’ve seen nervous, physical wrecks, who become suddenly inspired by Bragg Health Books and Bragg Health Crusades. They then rebuild their minds and bodies and then they accomplished what often seemed impossible!

See Yourself Not As What You Are But As What You Can Become

Although I cannot describe or define inspiration, I would like to give you one facet of what I think it means when you are inspired: It is when you see yourself not as you are, but as what you can become. It’s when you see yourself – not in terms of your weaknesses, poor health, low vitality, depleted nerve force, failures and inadequacies – but in terms of what you desire and want to be. Say to yourself . . .

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

When you begin to believe that you can be what your vision tells you that you can become, that’s when you’re inspired! When you no longer see your weaknesses, but only your strengths, then you can forge ahead to do the things you never dreamed of before. Ephesians 3:11.

In your daily meditations, I want you to completely forget your inadequacies and dig down and find your inner strength. It’s there. See yourself as you know you really can be. Paint the picture in your mind. Carry that image before you in your meditations, and then carry it with you all day long. By living The Bragg Healthy Lifestyle, you’re working with God and Mother Nature, powers higher than yourself. You are then living by inspiration, one of the most tremendous forces in this great universe!

Dream Great Dreams

These are the secrets of what I call a healthy winning philosophy – the blessings of life: First, in your meditation and prayer, dream great dreams, and through this develop the “will to win”. Secondly, find inspiration in some great goals, worthy causes and real challenges. Let something or someone inspire you to see yourself, not for what you are, but for what you can become. You can and will accomplish miracles and the impossible!

Start now to plan, plot and follow through to accomplish your desired dreams. It’s exciting and I have given you the outline for success. It’s never too late to be what you want to be!

With blessings of health, peace, joy and love,

Bragg

Read this life-changing Book

“Build Powerful NERVE FORCE”