

****Are fruits acid-forming?**— 95**

Here, you encounter two types of theories about fruitarianism: the first theory is a biological one based on prescribed medication, while the second arises from extensive medical experiences that only recommend fruit consumption to their patients, without charging any fees. Even scientists and researchers cannot abandon their habit of consuming cooked foods and are in search of true health, yet they remain trapped in the complexities of this issue. They are focused on the financial benefits derived from chemical medications, while even some natural and so-called healing substances hinder the body's self-healing processes. These individuals, who are dependent on chemicals and oppose fruitarianism, do not allow any insults to be directed at their steak and cooked foods, despite lacking sufficient experience with fruitarianism. Many of these individuals, even after accumulating significant wealth from selling medications, continue to live only with pain and sorrow.

Translated from the Farsi translated book

"If you want to stay healthy and live a long life, forget the pot!

— Helmut Wandmaker

Translator

— Seyed Mashallah Farokhande (Kashfi)"