

## Eating Fruits Correctly

Some people say that they experience stomach pain after eating just one apple. They should not blame the apple because it is their digestive system that has become impaired due to excessive consumption of cooked and unhealthy foods. Dr. Ragnar Berg, who was commissioned by the German medical community to study the acid-alkaline balance of the body, explained how much alkaline substances should be consumed to maintain this balance. He explained his findings as follows: "You need to consume seventy percent alkaline substances to maintain this balance."

Well, now consider for yourself what most people eat. Eighty to ninety percent of common foods are acid-producing. In the past, fried foods were only eaten on special days, but now consuming excessively fatty sausage and cheese sandwiches every week is a certainty. Really, if there were no meat-based meals for just one day, what would these people do for seven days?!

**P 101 translated from the Farsi book "If you want to stay healthy and live a long life, forget the pot!"**

— **Helmut Wandmacher**

**Translator**

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