

Acidic foods should be avoided. Only fresh raw fruits, various vegetables, and alkaline water are recommended. Fresh milk can also be included, provided you can milk it directly from the cow, goat, or sheep and drink it immediately, as milk becomes acidic within minutes when exposed to air. Refrigeration does not solve this problem. Nowadays, milk undergoes processes such as pasteurization, sterilization, or homogenization, which turn it into a dead and acidic substance that severely disrupts the body's acid-alkaline balance. Opponents of fruit-based diets do not give much importance to the experiences and research of the Swedish Dr. Berg (Dr. Ragnar Berg), because he considers fruits to be alkaline. However, in America, his research is regarded as credible due to his long life and raw food diet.

All heated foods create an acidic environment. All animal products, except blood, all grains except millet, all fats, tea, coffee, cocoa, and chocolate are acid-producing. It is no surprise that today, due to the consumption of so many acidic substances, we suffer from conditions like osteomalacia. Each time we consume fried foods, we lose 660 to 800 milligrams of calcium from our bodies, which must be replenished from our bones. Acidic foods destroy bones.

Dr. Carrington writes: "The life-giving effects of lemons and oranges cannot be compared to anything else. They leave an alkaline ash in the body, dissolve acidic waste, reduce fats, and nourish our bodies with their vitamins and minerals."

**P 102 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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