

Especially, they contain a lot of calcium and iron.

Proper Consumption of Fruits

Let's get back to the main topic of properly consuming fruits. Every fruit contains a small amount of organic acid, which is essential. These kinds of acids must first be neutralized in the mouth and then in the stomach, which happens in a second. A body that has become overly acidic and lacks alkaline reserves to neutralize the acid can suffer from ulcers in the stomach and intestines, among other issues. Some people cannot tolerate splendid fruits because their bodies have become completely acidic, leaving no room for the fruit acids.

The sugar content in fruits ferments and causes bloating of the dead matter inside the stomach. In this state, what does a bloated person do? They turn to antacid tablets. These alkaline substances have the task of compensating for the person's dietary mistakes. What an ingenious system! Of course, billions of dollars are exchanged this way, and thousands of people are employed. However, this method cannot solve or compensate for nutritional problems. Have you ever heard of Alzheimer's? The German doctor who first discovered this disease and named it after himself says that the aluminum present in antacid drugs contains aluminum derivatives. The aluminum foil used to wrap food, aluminum pots, fluoride in drinking water, cleaning toothpastes, and fluoride tablets are factors contributing to this disease. Now, to all those who cannot digest and absorb fruits, I say first...

P 103 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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