

regulate your digestive system and then eat fruits. To achieve this, fast for a few days and then start eating vegetables, and subsequently, fruits. You will then see how well you can tolerate fruits. Fruits have an alkaline effect. Don't forget, four parts alkaline and one part acidic. People who are against fruits consume a lot of acidic foods and then complain that they cannot tolerate fruits, blaming the poor fruit for all their problems. Remember to be cautious of those selling food products. They are only thinking of their own profit and don't understand what health truly is.

Rules for Eating Fruits:

1. Always eat fruit on an empty stomach. Mixing it with other foods is dangerous and causes fermentation and bloating in the digestive system. The fermentation and bloating caused by fruit sugars lead to an increased heartbeat, pressure on the diaphragm, and expansion of the digestive system. In this state, you turn into a small alcohol factory. The carbon dioxide gas produced from the fermentation of materials in the digestive system puts pressure on your heart and destroys its cells, which is the major cause of heart disease. Never eat fruits with a short digestion time after foods that take a long time to digest because the passage of the fruit through the stomach is delayed, leading to fermentation and bloating.

P 104 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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