

****Proper Fruit Consumption 105****

2. The best time to eat fruit is in the morning because the elimination process begins after 4 a.m., and we should not interfere with this process by consuming slow-digesting foods. The best aid during this time is juicy fruits, not bananas or dates.

4. Spend the entire morning eating fruit, and whenever you feel hungry, only eat fruit.

5. You can extract the juice of any fruit you like and sip it slowly, but only juice that you have made yourself, not bought from outside, as those contain chemical preservatives and are not fit for consumption. Be careful to drink the juice immediately because, if exposed to air, it becomes oxidized and toxic. Also, if your teeth are not in good condition, you can blend the fruit in a mixer; this way, you benefit from all the vitamins and minerals of the whole fruit.

Fruit digests quickly, allowing the body to easily receive the best and most valuable energy and immediately use this energy to expel residual waste from other foods. Due to this cleansing property, fats melt away in a short time, and the body returns to its natural state. Know that only the sugar from fruits (glucose) provides energy for the body and brain. Neither protein nor starches can directly supply energy to the body or brain because they must first be converted into glucose before being used by cells and tissues. This...

P 105 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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