

transformation and change occur only through energy. The easiest type of conversion is turning fats into glucose, and the hardest is converting protein into glucose.

7. The belief that protein directly produces energy is incorrect. Protein is a burden on the body. I must explain again that the body must spend 70% of its energy digesting protein to obtain 30% of energy from it. The body needs to convert protein into starches, then starches into fats, and finally fats into glucose to derive energy from them. These processes happen very quickly. That's why overweight people, who store fat, are often starch eaters. In my first book, "Fat and Sick or Thin and Healthy," I explained that starchy foods like grains and potatoes contain so much starch, especially when cooked, that the minerals become inorganic. The body cannot burn them but instead stores them, particularly cooked calcium-rich foods that lack the calcium supplement magnesium. The body is forced to store this unnatural calcium in the soft tissues, resulting in muscle stiffness. Fruits quickly provide energy to the body without depleting stored energy.

8. Energy is the force of movement, and today, due to destructive and exhausting lifestyles, we constantly lose energy.

Pg 106 translated from the translated book to Farsi "If you want to stay healthy and live a long life, forget the pot!"

— **Helmut Wandmacher**

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