

## **\*\*Proper Consumption of Fruits\*\***

9. Do not consume any stimulants such as coffee, tea, cocoa, or alcohol. These completely paralyze the digestion of fruits. You gain enough energy from fruits and do not need such toxins.

We should also remember that nicotine is one of the most foolish pleasures. Here, I want to quote Dr. Norman Walker for you. He writes that the carbon dioxide produced by consuming starchy foods causes heart failure. These sticky and hard-to-digest foods lack the necessary alkaline substances, whereas fruits do not have any deficiencies in this regard.

He also writes, "Do you know why you have heart trouble? Our dear doctor, who is 116 years old, explained the cause of heart disease in detail in his 1985 book *\*You Can Be Young Again\**. He says he does not pay attention to days and calendars, and aging means nothing to him. At 116 years old, he still visits his patients by bicycle. He is the best role model for us fruit eaters. We do not deal with diseases here; rather, our lifestyle is incorrect. If we correct these mistakes, diseases will naturally be resolved and disappear on their own. We can never cure a disease, but we can heal a sick body, and this is possible when we organize our diet."

I want to share some information about eating fruits with you.

**Pg 107 translated from the translated book to Farsi "If you want to stay healthy and live a long life, forget the pot!"**

— **Helmut Wandmacher**

**Translator**

— **Seyyed Mashallah Farakhande (Kashfi)**