

Alexander Haim strongly recommends that individuals with rheumatism consume lemons. Now, what do those anti-fruit individuals, who believe fruit acid causes rheumatism without having conducted the slightest experiment themselves, have to say? Dr. Carrington points out that the unpredictable effects of lemon and orange can be examined in people with gout and rheumatism. Only those who suffer from uric acid diseases can understand the dissolving power of citrus fruits. The natural acid present in these fruits, similar to the acid found in strawberries, helps cleanse the blood and provides calmness and strength to the nervous system. Strawberries contain a significant amount of iron, which is beneficial for the body and effective in blood formation. Fresh lemon juice is a healing remedy for people suffering from diphtheria and malaria, as the natural acid in lemons eliminates throat infections.

Only orange juice contains an anti-scurvy agent and treats diseases caused by vitamin C deficiency. For this reason, it has a therapeutic effect during colds, and a sick person can consume oranges for weeks without the threat of the fruit's acidity. Dr. Banga Field writes in the journal "Health" that Dr. Garrod, a prominent English physician, recommended to his patients with gout to consume lemon juice, oranges, strawberries, grapes, apples, and pears. A French researcher writes that the potassium present in fruits is an effective factor...

Pg 108 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)