

## **\*\*Proper Consumption of Fruits (109)\*\***

Fruits help cleanse the blood, removing stored waste that leads to conditions like rheumatism and gout. Dr. Bozard recommended that patients with vitamin C deficiency (scurvy) consume lemon and orange juice in the morning, at noon, and in the evening. Another physician, in his book "Healing Fruits," writes that the minerals and acids found in fruits are completely different from those produced in laboratories. While chemists might be able to create an apple or orange in a lab, it would be entirely different from the natural version because it lacks the life force. We should only consume natural minerals and vitamins, as lab-produced elements are dead, unnatural, and toxic.

## **\*\*Balancing the Body's Acidic and Alkaline Environment (pH)\*\***

The discussion of acidic and alkaline substances is not new. In the last century, Dr. Lambe, an English physician, wrote articles about the miraculous effects of fruits, which were met with opposition from anti-fruit proponents. However, his work made the English community reconsider the benefits of fruits. For example, some dentists spoke of the harmful effects of fruit acids on teeth. They did not understand that the acid in fruits does not have a destructive effect, and the concern about the acidity of fruits is entirely unfounded. Unless someone personally adopts a fruit-based diet, they cannot understand the true impact of fruits, which requires a complete lifestyle change—abandoning all addictions and consuming only fruits...

**Pg 109 translated from the translated book to Farsi "If you want to stay healthy and live a long life, forget the pot!"**

— Helmut Wandmacher

**Translator**

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