

Only after someone eats can they make a judgment on this matter.

Dr. Richter writes in his book **The Healing Nature**: 'Do fruits make the stomach environment acidic? The answer is no. You can eat oranges, lemons, grapefruits, pears, or any fruit you like for days on end without experiencing any discomfort. None of them will produce acid. The sourest fruit is the lemon, but if you eat it ripe, it turns into sugar after a few seconds; it is sour when exposed to air, but when fully mixed with saliva, it becomes sweet. You can try it. Now you understand that those who constantly consume acidic and cooked foods blame the fruits, while the reality is the opposite. The natural acid in fruits cleanses and heals the overly acidic and diseased bodies of people who have become overly acidic due to consuming acid-producing foods cooked in pots, especially lemon juice.

Most doctors fear that if people become aware of this, their profession will suffer. Let me give you two interesting examples. During World War I, a German warship whose crew was suffering from scurvy was forced to stop at an American port. This disease had paralyzed the entire crew, but after consuming lemons at the port, they became healthy again and continued their journey. The second example is about workers who were employed to build a railway line between Brazil and Bolivia. They were fed daily with bread and jam, butter and sugar, meat, and enough coffee. As a result of this diet, all four thousand of them died, and today there is a cemetery...

Pg 110 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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