

****Proper Fruit Consumption 111****

in Candelaria, this disaster serves as evidence. Despite being cared for by forty doctors, they all died like flies. Only their leader, who was unable to continue working due to illness, was sent to London and escaped death. On the way back, he was told that he should eat oranges. Fortunately, there were enough oranges on the ship, and he ate only oranges for a long time. After returning home, his condition improved, and he was able to resume his daily work. Therefore, we see that the natural acid in oranges cleansed this person's acidic body and gave him a new lease on life.

Now, how is it that so many doctors and workers are blind and unwilling to care about the natural principles of life? There is a secret to this, and its key is foolishness. Thousands of monkeys in tropical regions eat tropical fruits and live healthy and happy lives. Only humans have trapped themselves with white bread, coffee, jam, and the like. Blind and foolish, we spend our days in pain and sighs, wondering why we are not healthy. Today, even doctors themselves are getting cancer, but how much is common sense worth?

Forget everything you've heard about the acidity of fruits. Try to follow a fruit diet for a few days, of course in the correct way, and then let your body judge for itself. Fresh fruits will not destroy your bones or teeth; it's the pots and pans that do the damage—not just to your teeth and bones, but to every part of you. Remember those four thousand people who died as a result of eating unwholesome foods. Some nutrition experts consider beans and almonds to be alkaline.

Pg 111 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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