

They describe that we must learn that what indicates whether a food item is alkaline or acidic is the percentage of fat, starch, and sugar it contains, as well as the amount we consume. The mentioned substances are all acidic. According to this principle, all fruits, vegetables, and milk directly milked from the udder are alkaline because their protein, fat, and starch content is low. On the contrary, all substances with high percentages of starch, protein, and fat are acidic.

We must strive to keep the blood always alkaline. Otherwise, we will die. Blood acidity is the beginning of death, while its alkalinity means health; however, excessive alkalinity is the beginning of cancer. Our body constantly tries to maintain an alkaline environment and controls this state. To do this, it uses all its alkaline substances in the defense system. If, in this state where the body is overstimulated to keep its environment alkaline, we mistakenly further acidify it with other acid-producing chemicals (drugs) due to ignorance, it can lead to excessive alkalinity, resulting in cancer.

Consuming fruits will not disturb the body's natural alkaline state. The small amount of benzoic acid found in some plums poses no danger because this acid binds to glycerin in the kidneys and is easily excreted as hippuric acid. Therefore, the alkaline environment will not change. Additionally, tomatoes are also...

Pg 112 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)