

the presence of a small amount of oxalic acid is considered acidic; however, in people who consume 90% raw food, this negligible amount plays no role and has no effect on the body's alkaline-acidic balance, and the body of many can easily neutralize it.

Tomatoes contain alkaline substances like potassium, calcium, iron, and nitrate, and their low oxalic acid content does not have much of an impact. However, when all food, including tomatoes, meat, cheese, eggs, seeds, grains, etc., is overcooked and becomes overly acidic, tomatoes can contribute to the formation of kidney and bladder stones alongside other stone-forming foods.

Black tea and cocoa also contain oxalic acid and, in large amounts, can lead to the production of various types of stones. To get rid of these kinds of stones, one should only eat fruits and various raw vegetables.

Some common medications, like aspirin, disrupt the alkaline-acidic balance of the blood. Aspirin is a painkiller, but once its effect wears off, the headache can return more severely because aspirin makes the blood more acidic. Nowadays, aspirin is given to patients to thin the blood, which further acidifies the blood environment. I could write for hours on this subject, but I don't want to bore or tire you too much. Just know that whatever you've read about the acidity of fruits...

Pg 113 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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