

Cooked tomatoes or tomato paste saturated with citric acid are mildly toxic, not food. The oxalic acid in cooked tomatoes destroys red blood cells and causes anemia. Just know this: everything you've read or heard about the acidity of fruits is wrong and baseless. The darkening of teeth, stooping posture, brain shrinkage, and narrowing of blood vessels all result from the body's environment becoming acidic.

Those who are concerned about antacids for the stomach frequently offer substances containing alkaline salts, which are not natural. This unnatural alkali, prescribed to neutralize the acidic environment of the stomach (like Maxol), actually causes the stomach to produce more acid. This is because the stomach thinks it needs to produce more acid to neutralize the alkaline substance (Maxol). As a result, the acidic environment is neutralized, and the pain subsides, but the cause of the acidity—consumption of acidic substances like meat, fish, eggs, cheese, and various grains—remains. The fermentation of starchy foods like bread and rice, which are also acidic, does not cease, leading to dead material in the system....

Pg 114 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)