

EATING FRUIT...



"Let your food be your medicine and your medicine be your food" Hippocrates 460 - 359 BC

The universe has provided all nutritional and medicinal resources required for the existence of all living beings. Certain foods not only prevent you from getting ill but also act as medicine for any dis-ease you may have. Ancient wisdom has proven that sickness is not contracted but instead is created by the body when your body's defense system breaks down due to un-healthy thoughts, food, water, air, environment and life style. We all think eating fruits means just buying fruits, cutting it and just popping it into our mouths. It's not as easy as you think. It's important to know how and when to eat.

What is the correct way of eating fruits?

IT MEANS NOT EATING FRUITS AFTER YOUR MEALS! *

FRUITS SHOULD BE EATEN ON AN EMPTY STOMACH.

If you eat fruit like that, it will play a major role to detoxify your system, supplying you with a great deal of energy for weight loss and other life activities.

FRUIT IS THE MOST IMPORTANT FOOD.

Let's say you eat two slices of bread and then a slice of fruit. The slice of fruit is ready to go straight through the stomach into the intestines, but it is prevented from doing so.

In the meantime the whole meal rots and ferments and turns to acid. The minute the fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil....

So please eat your fruits on an empty stomach or before your meals! You have heard people complaining – every time I eat watermelon I burp, when I eat durian my stomach bloats up, when I eat a banana I feel like running to the toilet, etc – actually all this will not arise if you eat the fruit on an empty stomach. The fruit mixes with the putrefying other food and produces gas and hence you will bloat!

Graying hair, balding, nervous outburst, and dark circles under the eyes all these will NOT happen if you take fruits on an empty stomach.

There is no such thing as some fruits, like orange and lemon are acidic, because all fruits become alkaline in our body, according to Dr. Herbert Shelton who did research on this matter. If you have mastered the correct way of eating fruits, you have the Secret of beauty, longevity, health, energy, happiness and normal weight.

When you need to drink fruit juice - drink only fresh fruit juice, NOT from the cans. Don't even drink juice that has been heated up.. Don't eat cooked fruits because you don't get the nutrients at all. You only get to taste. Cooking destroys all the vitamins.

But eating a whole fruit is better than drinking the juice. If you should drink the juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it. You can go on a 3-day fruit fast to cleanse your body. Just eat fruits and drink fruit juice throughout the 3 days and you will be surprised when your friends tell you how radiant you look!

Better nutritional supplements (vitamins, minerals, etc) are the one made from natural sources rather than synthetic processes. There is no better natural source than the fruits and vegetables. Here are some examples of fruits providing various vitamins and minerals.

KIWI



Tiny but mighty. This is a good source of: potassium, magnesium, vitamin E & fiber. Its vitamin C content is twice that of an orange.

APPLE



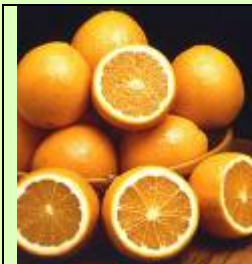
An apple a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants & flavonoids which enhances the activity of vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

STRAWBERRY



Protective Fruit. Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer-causing, blood vessel-clogging free radicals.

ORANGE



Sweetest medicine. Taking 2 to 4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessen the risk of colon cancer.

WATERMELON



Coollest thirst quencher. Composed of 92% water, it is also packed with a giant dose of glutathione, which helps boost our immune system. They are also a key source of lycopene – the cancer fighting oxidant. Other nutrients found in watermelon are vitamin C & Potassium.

GUAVA & PAPAYA



Top awards for vitamin C. They are the clear winners for their high vitamin C content. Guava is also rich in fiber, which helps prevent constipation. Papaya is rich in carotene; this is good for your eyes.



Adapted from an email called Dr Stephen Mak by Healing Food Institute.
More resources are at: <http://healing-food-institute.org/>

Healing Food Institute is an educational not-for-profit community group established to discover the healing power of food. It aims to cultivate and nurture an awareness of healthy foods and healthy life styles so that you can be free from dis-eases.

We have assembled diversified Advisory Panel consisting of health practitioners such as doctors, naturopaths, homeopaths, energy healers, etc. who will provide their research and panel discussion every month on various health and food topics.

Details: <http://healing-food-institute.org>