

# Eat Fresh Fruits

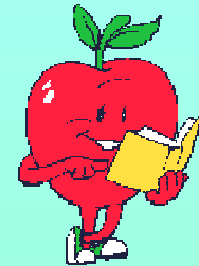
We all think eating fruits means simply buying fruit, cutting it and just popping it into our mouths.

You will benefit much more if you know how and when to eat.



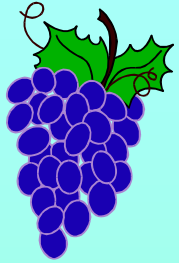
# Correct Way of Eating Fruits

Fruits should be taken  
in an empty stomach...  
not as dessert after the meal  
as is often done.



If you eat fruit like that, it will also serve  
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.

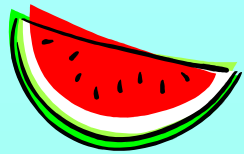
As fruit digests faster than bread,  
the slice of fruit digests quickly  
and is ready to go straight through  
the stomach into the intestines,  
but its passage is blocked by the bread  
which takes longer to digest...

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



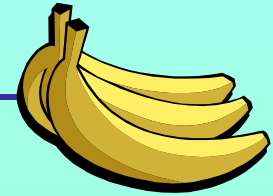
So it is better to eat your fruits  
in an empty stomach or  
before your meals !

**You have heard people complaining –**



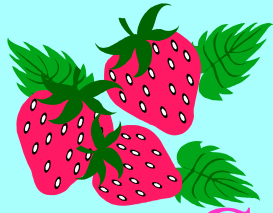
**every time I eat water-melon I burp,  
when I eat durian my stomach bloats up,  
when I eat banana**

**I feel like running to the toilet etc –**



**actually all this will not arise if you eat  
the fruit in an empty stomach.**

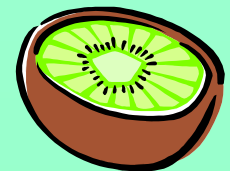
**The fruit mixes with the putrefying other food  
and produces gas and hence you will bloat !**



**Graying hair, balding, nervous outburst,  
dark circles under the eyes  
all these will not happen if  
you take fruits in an empty stomach.**

**It is incorrectly presumed that some fruits  
like orange and lemon are acidic and will  
enhance acidity in the stomach.**

**Research however shows  
that all fruits become alkaline  
in our body.**



**When you need to drink fruit juice –  
drink only fresh fruit juice,  
NOT from the cans.**



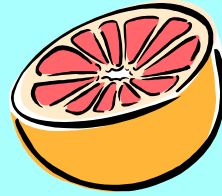
**Don't drink juice that has been heated up.**

**Don't eat cooked fruits because  
you don't get the nutrients at all.**

**You only get to taste.**

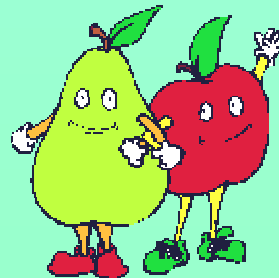
**So stop making 'durian porridge'  
if you want nutrients.**

**Cooking fruit destroys all the vitamins.**

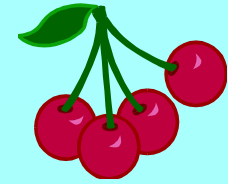


**Eating the pulp or whole fruit  
is far better than drinking the juice  
as the fibre is good for you.**

**If you should drink the juice,  
drink it mouthful by mouthful slowly,  
because you must let it mix  
with your saliva before swallowing it.**



**A 3-day “fruit fast” is  
a very simple and effective way  
to cleanse and de-toxify 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 !**

**During the “fruit fast” you can eat different  
fruits at different times, although  
occasionally mixed fruit salad would  
also be permissible and more interesting.**

**If you have mastered  
the correct way of eating fruits,  
you have the secret of beauty,  
longevity, health, energy,  
happiness and normal weight.**

