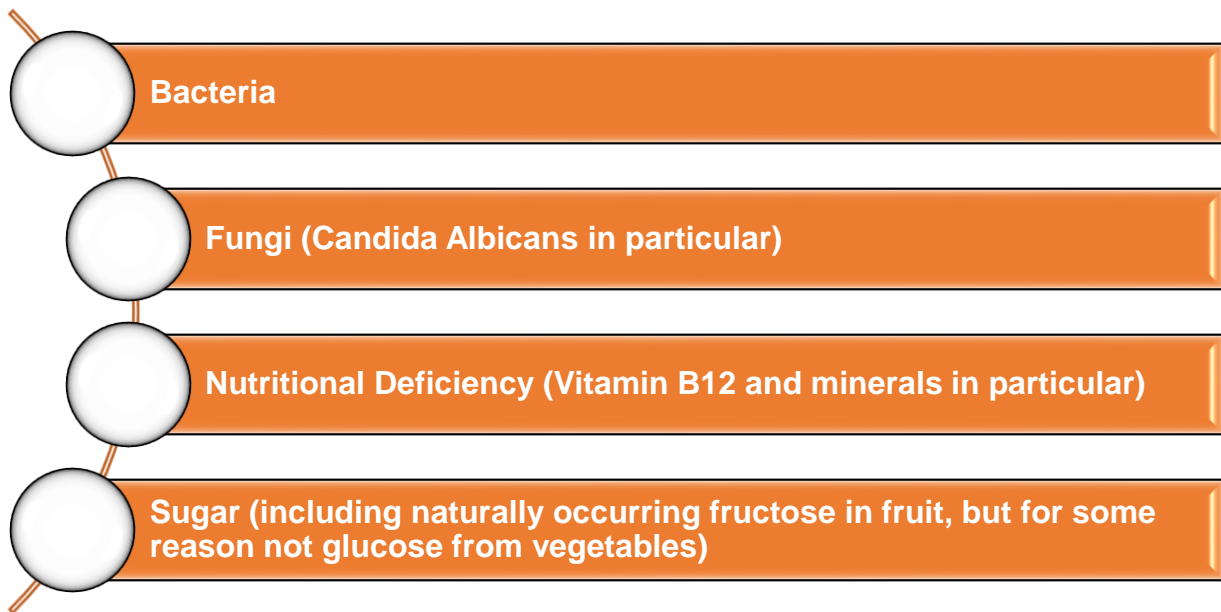


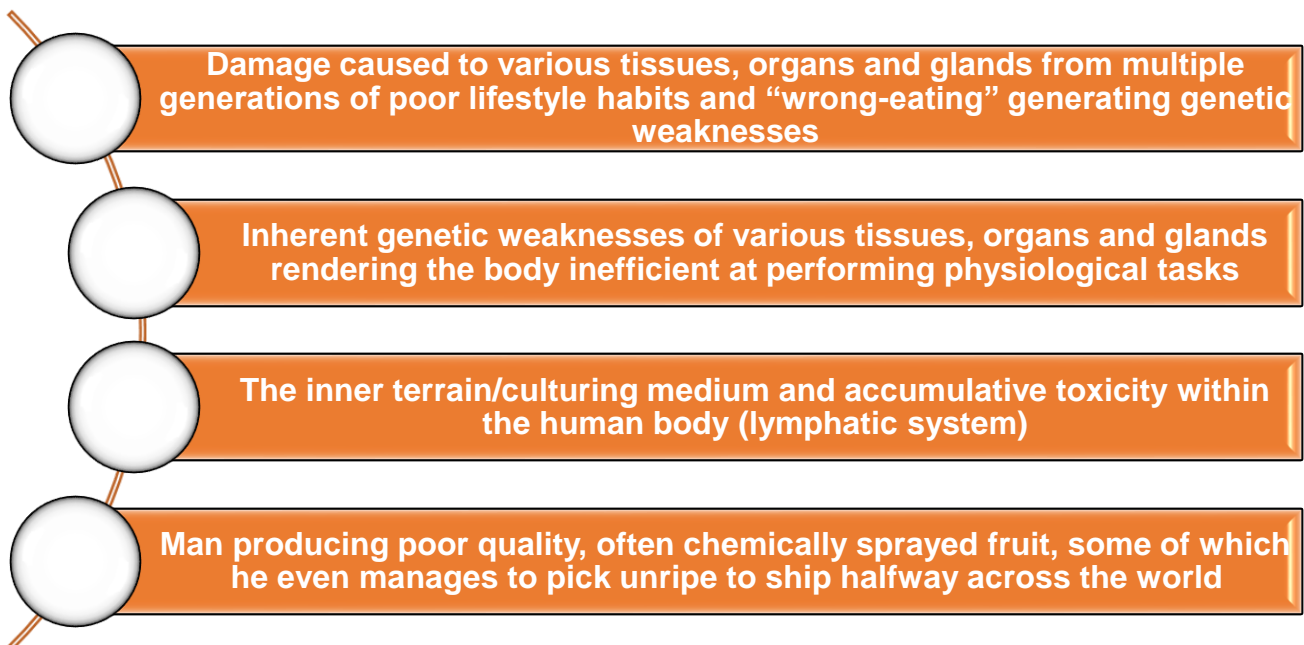
## Don't Blame Thy Fruit

If you pay attention to the discussions these days, concerning the deterioration of man's health, you may discover that relatively few things are often blamed as the culprit of every ill humans face. Most notably:



Fruit gets a bad rap for its sugar-content; because of the idea that it "feeds fungi and bacteria", and that a high fruit diet is "nutritionally deficient."

Now, the following is often never factored in:



Our species has positioned itself in a very peculiar and tight situation. Our degree of health is at an all-time low. And even if one argues that, "We're living longer!", one cannot dispute that a longer life appears to be inverse with quality of life. What's the amusement of living a "very long" life, if most of that time is spent in a debilitated state of pain and agony (only because we've either forgotten how or refuse to take care of ourselves and the planet)?

The point is, we have got a lot of work ahead of us to reverse the degeneration we're enduring and to cope with the ongoing environmental pollution we're exposed to simultaneously. Simply treating symptoms with antibiotics or other medications and/or supplemental isolates; making minor dietary changes; or going on a little "30-day detox" isn't going to cut it any longer.

Climbing out of the trenches we've stuck ourselves in is no easy ride. But it's mandatory, if survival and preservation of our species is what we aim for in the long run.

### ***Fruit as a Tool***

Fruit often receives a bad rap for its simple carbohydrate (fructose) content. It also receives a bad rap for the deeply misunderstood inherent astringent qualities as well as the pulling actions certain types of fruits have on tissues, which, admittedly, can become problematic if every eliminative pathway is closed shut.

That is where the art of detoxification comes in. Each individual must learn how to best adapt the diet to facilitate a balanced manner of cleansing that is not futile and nor too aggressive.

**Do NOT be afraid of or blame fruit. But learn how to use them.**

In a deteriorating and toxic body, aggressive sub-acid and acid fruits will:

Tug and pull on lymphatic tissues to loosen up lymphatic sewage and toxic debris preparing it for elimination.
Expose all significant weaknesses (ranging from pain and dental problems, to hair and nails falling out, etc.).
[Some fruits] Help improve elimination channels (kidneys and colon in particular).

It boils down to how fast lymph fluid is being pushed toward the doors of elimination versus how efficient these pathways are working at that current time. If the kidneys are NOT filtering lymphatic sediment; colon not draining; and ability to sweat through the skin has been impeded (usually as a result of thyroid weakness), then - unless the wastes accumulate in pockets within the body - there is an increased chance of the

individual going through some intense symptoms of elimination which can be exhausting and discouraging to go through. This is exactly what ends up scaring and repelling people away from high fruit diets or various detoxification/cleansing programs practiced out there, when it was only ever a question of learning how to successfully maneuver through the journey by slowing down or speeding up whenever needed.

The more serious instances of elimination can often be avoided, but will require a systematic and lengthy, gradual shift toward a more aggressive and internally cleansing health regimen. It thus becomes a question of whether the individual has the patience for it, or whether there is enough time to do so (in consideration of people with limited time to live). So, if you want to hit the pavement in order to skip a rational, but lengthy transition, understand that very uncomfortable eliminations can become reality. The fruits are only doing their job. And so are the herbs. Learn how to use them properly as your tools. For although the experienced can advise you and make suggestions, ultimately you're the one in the best position to make the final call, as it is your body.

Forget not that the body will always seek to replace weaker cells with stronger cells. This is another phenomena not well understood. The most intriguing thing about this is that when the replacement of cells takes place internally, we do not panic or fret. Why? Because we cannot visually observe it taking place. When, however, it happens externally (any hair falling out, any nails falling off, skin patches peeling off, etc.) then it doesn't take long before panic-mode unnecessarily sets in and we're googling "hair falling out" followed by "supplements for hair loss."

In an efficient, clean and functional body, aggressive sub-acid and acid fruits will:

Maintain fluidity of the lymphatic system.
Assist in perpetual cleaning of the human sewer pipe system.
Preserve blood integrity.
Build and help tone muscle tissues without the need for excess caloric intake or vegetables.

Fruit quality is a true concern. Acid fruits picked unripe can become really problematic especially in people that are suffering from a high degree of systemic inflammation (acidosis), such as rheumatoid arthritis and fibromyalgia. These type of cases often don't do well even with ripe acid fruits. But the good news is that there are always other options, even if fruit is not part of the plan initially (as delved into in the PDF entitled, 'When Fruit is Not an Option').

The takeaway message is that the fruit or herbs are not to blame. The true issue lies in our genetically compromised, highly toxic and sometimes very brittle bodies that some

of us have to work with, coupled with our desire for quick fixes. And as for the fruit, it is also our karma for not cultivating them properly.