

Fruits vs. Vegetables; Nutrition; Balance

As this discussion occurs periodically, this document has been put together in the attempt to offer our perspective on the matter.

For some people, it appears to come down to whether fruits are 'better' than vegetables or vice versa. Our viewpoint is different. We, instead, understand that each individual has unique needs, and to best and most safely address those needs we must consider what kind of diet will serve the person best. Most often, a diet high in, or exclusively comprised of, fruit, will be the best bet bar none. In the remaining instances, a more transitional type of diet, which is higher in greens, will be the most rational and health conducive approach to meet the individual's needs without putting them out of balance. The same can be said for raw food vs. cooked food. Both have their place.

Nutrition

When it comes to nutrition, which is one aspect one should avoid getting over-intellectual about, it seems to always circle around:

* Vitamins
* Minerals
* Antioxidants
* Chlorophyll
* Enzymes

While forgetting to factor in:

* Astringents
* Alkaloids
* Flavonoids
* Tannins
* Tissue salts
* Saponins
* Glycols
* Coumarin

... and a host of other important elements and phytochemicals found in raw plant-foods, which deserve vastly more attention than currently given.

It is especially in the astringent and flavonoid departments that most fresh, tree or bush-ripened fruit rank supreme over vegetables, also making them better detoxifying foods.

We do not focus on nutritional components because it can often take us in the wrong direction, as well as bringing forth the concept and fear of nutritional deficiency. This level of thinking narrows our focus down to orthomolecular supplementation and treatment-based approaches, and in some people, invokes sometimes fanatical use of nutrition, calorie, and biomarker tracking tools all of which rarely, if ever, addresses the root cause of the problem in the first place. Remember, a blood test reflects only what the blood has to say about your health. It completely overlooks the lymphatic system.

In addition, we must factor in the ease of digestion of a given food, its energetic value, and proper food combining.

So, for those that still can't shake the inclination to worry about whether they're meeting their nutritional needs (due to depleted soil, non-organic produce, lack of variety of fruits and vegetables, etc.), we suggest investing in a quality superfood blend instead of isolated supplements. Also incorporate alfalfa (both plant and sprouts), kelp, moringa, green juices, herbal infusions, and wild harvested herbs in general, into your diet. Those are your true dietary 'supplements', if you will. We encourage you to read the document entitled, 'Vitamin B12' and pay special attention to the four essential processes that must take place for building and maintaining health (digestion, absorption, utilization, and elimination).

Once it is understood how significant the lymphatic system is, especially in relationship to our health, and how much work is involved to restore proper functioning of this system - and that failure to do so results in inevitable degeneration of tissues in due time - it should become clear that nutrition is not the answer. Besides, how many symptoms, not having any nutritional root cause whatsoever, are still incessantly blamed on nutritional deficiency? Just consider it for a moment.

Detoxification

In terms of detoxification, both fruit and other plant material play an important role. Dr. Robert Morse places high emphasis on fruit as the predominant part of the diet, while complementing with powerful, high quality herbal formulas. If he suggests greens as part of the client's protocol, it will often be in the form of green juice to save energy from being diverted toward digestion.

The following are notable circumstances that may call for higher intake of greens:

* To slow down detoxification and balance out.

- * To avoid aggressively stirring up fungal activity (which has nothing to do with fruit sugar).
- * To assist rebuilding and restructuring of bone (osseous tissue) (lymphatic filtration must be achieved first).
- * To naturally chelate heavy metals (by ingestion of juiced parsley, cilantro, plantain, dandelion, etc.).
- * To easier facilitate a period of fasting while maintaining physical activity (i.e. green juice fasting).

But keep in mind, greens WILL plateau how deeply you will be able to reach into the tissues of the human body, beyond absence of symptoms or so-called “disease” conditions. For this reason, you can absolutely restore your body to a state of health where your health conditions are gone, with greens and green juices, but that’s it.

The following are notable instances that call for high or exclusive intake of fruit:

- * To accelerate detoxification to the degree that you’re comfortable with.
- * In very serious cases (e.g. cancer, or other condition granting little time to live) unless instructed otherwise on a per case basis. Seek professional assistance.
- * Neurological impairment cases (also make sure to always incorporate a deworming/anti-parasite kit as part of the protocol).

Balance

It is very important that we touch on the aspect of balance, as it sometimes can be a slightly vague term. What ‘balance’ is for one person, will be totally different from another.

“Balance, for some people, can be a 70-day fruit fast.” ~ Dr. Robert Morse, N.D.

While for others, a 70-day fruit fast is absolutely out of the question. There are several factors coming into play upon trying to determine whether an approach is ‘balanced’ or not. You are considering:

- * The individual’s state of health.
- * The individual’s state of consciousness and awareness.
- * The individual’s emotional and mental state.
- * Environmental influences.

* What the individual personally feels prepared to do (with professional guidance).

It therefore serves no one when the inexperienced utter, "You should not exclude greens from your diet for [insert period of time here]!" or "you should not decrease your intake of fruit in any situation!" when, in both cases, that might be exactly what the person needs to do, in order to safely advance and make further progress.

This is why detoxification, in addition to being a science, is also an art. An art that must be learned and become increasingly well-understood by the health practitioner, through self-experience and observation.

It is therefore, depending on the individual's case, most appropriate for them to either:

- * Eat a diet of exclusively fruit.
- * Eat a diet predominated by fruit.
- * Eat a diet of exclusively greens.
- * Eat a diet predominated by greens.
- * Juice fast on fresh-pressed fruit.
- * Juice fast on freshly juiced greens.
- * Incorporate cooked food.
- * Water fast.
- * Dry fast.

Every individual is at a different stage, and the practitioner must be able to identify where his/her client is at - as early in the process as possible - and adjust protocols accordingly as the journey progresses.