

The Fruitarian Diet

By Albert Mosséri

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How To Determine the Human-Specific Diet

*"Drugs and food excess cause fever and delirium. -
Medicine builds disease." -Dr. J.H. Tilden*

What is the best way to determine the natural diet that is the most adapted to human beings?

Famous biologists studied all the animal species on Earth, and classified them under different categories according to their anatomical and physiological characteristics. What came out of this is that human is frugivore. Human is not a herbivore, or carnivore, or granivore (grain-eater), or insectivore.

I heard that humans are considered as omnivorous. It is true that any species can eat food that is usually eaten by another species; it would not kill it right-away but this species will degenerate with time.

Shelton used the lost paradise legend in order to prove that human is neither a hunter, nor a carnivore, nor a granivore, but that he is a frugivore.

Man, Monkeys and Paradise

Adam and Eve did not eat meat or bread. All the earthly paradise legends in all the tribes of the world depict the same thing: an orchard and not a slaughterhouse nor a wheat field! This similarity amongst all the legends of tribes, that never communicate with each other, proves that legends are lost memories of ancient times. They are not dreams.

De la Torre classifies foods that are specific to human according to three criteria: sight, smell and taste. Unfortunately they can be depraved.

Fry prefers to refer to kids' instinct that has not been perverted yet.

Dr. Emmet Densmore preferred another option to find out about the nature of human's natural diet:

"Indeed he had a different line of reasoning that can be useful to determine what the regular diet of human being should be. First, he observed that animals in their wild and natural state live off living food produced by Nature and that do not need to be grown. On the other hand, human lives off his crops. Humans do not live off the food spontaneously produced by Nature, humans live artificially."

Humans also cook their food, while no other animal in Nature does. Obviously man did not used to cook anything before finding out how to control fire, and neither wheat nor flour can be eaten raw.

Dr. Densmore thought that if Nature had a specific and natural food for any species, then maybe humans would also have their natural and specific food. He was convinced Nature could provide humans with a specific food in the same way that herbivores eat grass and carnivores eat flesh.

This supposition makes sense at it is based on the principle of Nature's Unity. Like the lion and the gazelle, Nature created human beings, and like those, normal human needs must be naturally fulfilled by Nature's products.

Like any other animal, human is designed to eat a specific type of food. What is this specific food? In other words what is the normal food designed for human? This is a vast question, and Dr. Densmore explored various directions.

He first noticed that the scientists all agree that human original environment was either temperate or tropical or close to this. Indeed without neither tools nor fire, humans probably first lived in areas where Nature spontaneously produced food that they could eat, without any artificial preparation, only using their natural physiological "tools."

So if humans survived in temperate areas and like other animals lived off foods spontaneously produced by Nature, these foods grown in the wild are probably still found nowadays in these areas. "Many sweet

fruits are produced in the Southern forests." said Shelton.

This reasoning illustrates that fruits must be the natural and specific food for humans.

Raw Meat

Early men living in temperate areas were feeding on the fruits spontaneously produced by Nature.

Few of these humans, living in Europe where the climate is inhospitable and harsh, experienced famine and were forced to hunt in order to survive. They were the cave men.

A small part of humanity was confined close to the North Pole and survived eating raw fish; they are the Eskimos.

Nowadays, Paleo adopters who try to adopt human original diet, end up doing the worst they could do: they eat like cave men who were eating raw meat, and like Eskimos who ate raw fish.

As we just said, the majority of the human species were living in the tropics eating fruits, but only a small portion of humanity was eating meat and fish.

And today? Grains and meat are the major part of the human diet.

As Dr. Densmore recalls, "Botanists tell us that wheat is an artificial product that was developed from an ordinary plant unknown from our ancestors. Moreover, Grains are grown in temperate areas rather than in warm climates. It was vital for these men living without crops, tools, fire, and dependent from the food spontaneously produced by Nature, to live in areas where these foods grow all year long. So we are left with two types of food: fruits and nuts."

The Taste

Then, he noticed these foods did not need any seasoning or preparation to stimulate the human senses of smell and taste.

He said, "If you compare the most delicate meals cooked by the best chefs to sweet fruits and nuts as produced by Nature produces without addition and modification – any kid and most adults will find the fruits and nuts to be equal or better-tasting than the other delicacies."

Analyses showed that these foods contain proteins, carbohydrates, fatty acids, and minerals, which are essential to human nutrition. Further analyses also have shown they have a high-vitamin content, which is not the case with cooked food, because the cooking process destroys most of these vitamins.

Dr. Densmore also said that sugar is the main carbohydrate found in sweet fruits and nuts. What is different from the regular diet in developed countries? Let's see Densmore's answer to this:

"By comparing sweet fruits and nuts on one hand, to the regular diet in developed countries on the other hand, I found straightaway an important difference. I noticed that white bread, cereals and vegetables are the base of a regular diet, farinaceous are the main elements found in these substances.

"Then when taking a closer look to what fruits and nuts are made of, I noticed these foods contain a very small amount of starch.

"I knew straightaway this was an important finding, essential to the solution I was looking for.

This is through this simple reasoning based on Nature's facts that he came to the conclusion the human regular diet, as represented by Nature's spontaneous products, contains very little starch, while grown food plants have a high starch content.

"So here is the question: "What does the starch do to the organism? What is the physiological difference between a starch-free diet compared to a starch-rich diet?"

Starch

Trying to answer this question, he noticed that, "A fruit diet is digested

in a different way than a diet made of cereals.”

Sweet fruits are indeed made of glucose and not much proteins, while cereals contain a lot of starch and proteins. Nuts contain more proteins than cereals.

If the regular diet of human beings was made of fruits and nuts, then humans could not originally be granivores.

Our Physiology Has Not Been Changed By Evolution

His ideas were criticized by the evolutionists, who said, “As man developed agriculture and started to use grains and starchy foods as the base of his diet, man changed what Nature originally designed.”

Densmore looked into this statement from an anatomical and physiological perspective and found out that human organs did not undergo any structural nor functional modification to adapt to a grain-based diet. He went on to say:

“Orangutans and many other monkey species with long arms seem to always have fed on fruits and nuts, with the exclusion of grains and starchy vegetables. They have similar digestive systems, with similar proportions as regards the various parts when compared to humans, who have eaten grains for thousands of years.

“This important fact clearly shows that human organs have not undertaken any major modification even after centuries of an anti-natural diet.”

“Evolution,” as Shelton cleverly says, “Has not evolved!”

The Advantages of Eliminating Grains

Dr. Densmore analyzed the different diets, based on one food at a time. Densmore noticed that the Salisbury Diet, that recommended eating only meat, the Grape Diet and the Milk-Only Diet did not contain starchy food. These diets were simple and fulfilled an

important condition, which is easy digestion.

He said, "All these diets are free from starchy foods, with the exception of some bread. But the Salisbury Diet is an uniform diet and is completely free of concentrated starch. People used to think that a varied diet was mandatory, but the success of those diets based on one food proves the opposite."

Is it possible, as Dr. Densmore says, that sick people and especially those suffering from digestive troubles, may "systematically recover when moving to a diet free of any concentrated starchy food?"

Densmore continued,

"If the human digestive organs evolved, then concentrated starchy food would be the best food to recover.

"But if, as we believe, the human race weakened and overloaded his digestive ability of our second stomach (duodenum) through thousands of years of grain-based foods, thus upsetting our digestive system - and also when sick people recover straightaway as soon as they remove starchy food from their diet and only eat food that is digested in the first stomach - then these facts stand for evidence that a diet free from starchy foods meets the structural and physiological needs of human."

The fruits, called fruit-food by Dr. Densmore, were mainly sweet fruits like dates, figs, bananas, raisins, apples and nuts.

Fruits, raw vegetables and root vegetables are an acceptable diet because they contain all the food the organism needs. A person eating such a diet would be healthier than a person eating various foods — from soup to nuts to cakes.

The fact that fruits come last in a meal and are used as table ornamentation is a proof that there is something wrong with our modern diet!

Indeed, before Graham, the following sentence about fruits was common, "These are decoration. Fruits are like flowers!" It was believed that fruits could be eaten, but did not have any nutritional value. "Bread and meat," these are the basics to an adequate

nutrition, and for wealthy people, a variety of meat and cakes.

For many years I also thought that fruits were not nourishing enough and that they were not enough to support a man. I was also wrong thinking that bread was mandatory to support a stable body weight.

Bread is filling, its digestion is difficult, so it is believed to be nourishing. We are not used to this sensation of lightness we experience after eating fruit.

Predigested Food

Fruits are predigested food, while grains must be first transformed in glucose before being digested.

Figs, as an example, contain about 68% of glucose that is identical to the one left from the transformation of starch after a long and difficult digestion and that is nervously exhausting.

Sugars contained in the fruits are predigested. Many of these sugars do not require to be transformed before entering blood stream, while others have to be broken down into simpler sugars (this process occurs in the intestines).

It is probably true that the foods predigested by Nature and ready to be absorbed and assimilated as soon as ingested, are less exhausting for the body than those that have to go through a long and complicated digestive process before being assimilated.

Ptyalin

As human being can synthesize ptyalin and other intestinal enzymes, one could say that it would not be a problem if starch occupies a significant place in our diet.

But according to Dr. Densmore, man is barely able to digest the small amounts of starch naturally found in the vegetables and raw vegetables that complete his fruit diet. According to this idea, man is only able to digest small amounts of starch like the ones found in cauliflower, carrots and potatoes but not the huge amounts contained in the grains.

Sugar

The best way to ingest starch is thus in natural, simple sugar. What we mean by that is the sugar contained in the fruits produced by Nature, not the industrial, white or brown, sugar nor the chemical sugar substitutes.

Nature does not create sugars in such forms. All these artificial sugars are not found in trees, like apples and pears. Nature is able to produce fruits containing sugar.

Even the best honey is not good to humans. It is even worse for the same reasons and also other reasons. This is the perfect food...but only for bees!

Toast

It is still believed that toasting bread dextrinizes the bread and makes it easier to digest. Toasting destroys most of the nutritional value left in the bread, and turns a part of the starch into ash, but very little dextrinization actually takes place.

Densmore accepted the idea of bread dextrinization through toasting, but to him fruits are a superior food. "If there is a way bread can undertake a second transformation, so dextrin is turned into glucose, then toast would as easy to digest as sweet fruits, for the simple reason that it will become glucose and that no digestion would then be required."

But obviously, this is not the case. Dextrinization is minimal and the rest is destroyed. It is why toast and crackers are easy to digest: there is nothing left to be digested.

And What About Sick People?

We now know that fruit is a far more superior food than starch for the weak and sick, whose digestive system is weak.

There is one exception—potatoes—which are easy to digest and alkalinizing, while grains—and in turn bread—are acidifying and

difficult to digest. By the way, all the edible roots are easy to digest: Jerusalem artichokes, tapioca, carrots, rutabaga, turnip, Chinese cabbage, potato, yam, etc. The starch found in roots is easier to turn into sugar than the one found in grains. Some of these roots can be eaten raw, while others will require cooking.

Fruit may create a acidity when consumed by a sick person. In this case, it will be best to rotate fruit meals with vegetables and raw vegetables or potatoes. It is best to avoid taking two consecutive fruit meals—even snacks.

Emmet Densmore came to the brilliant conclusion that, "A healthy human being protects more surely his health by eating a food adapted to his organism—easy to digest—than when eating a non specific food that must be first elaborated through a long and difficult process before being used by the organism."

Sick people will recover faster by eating human-specific food than by eating food designed for other species.

Diseases Caused by Excessive Grain Consumption

1. All the catarrhal diseases: cold, bronchitis, sinusitis, colitis, asthma, pneumonia.
2. All the arthritic diseases: rheumatisms, arthritis, arthrosis, gout, lumbago.
3. Kidney and liver stones.
4. Diabetes and hypoglycemia.

When bread and other food made of cereals are eliminated, you can never get a cold anymore. Not even once a year! I heard many testimonies about this fact.

Personally, I eliminated bread 20 years ago, and I never got sick since. I never have bronchitis, either.

In my family, there is a lot of rheumatism. But even at age 66, I did not have any symptom at all, except on very rare occasion in a single joint in my hand but that did not last longer than half a day.

I only got kidney stones when I was 14, but never since.

My father and grandfather were both diabetics, as well as one of my aunt, but I never got diabetes.

"Eat fruit instead of concentrated starches to get your sugar, and that will save some digestive efforts because fruits are almost predigested," writes Dr. V.V. Vetrano.

"When starches are replaced with fruits, you can also prevent hypoglycemia. Indeed, digestion turns starch into glucose that is absorbed faster than the sugar contained in the fruits - fructose.

"To be used by cells, glucose needs insulin while fructose is slowly absorbed and do not cause an increase of the insulin secretion. It is why fructose does not need insulin to be used by the organism and does not cause a drop in blood sugar like glucose does.

"Human beings can eat a little bit of starch but not in large amounts like it is the case with grains.

"In his natural environment—in temperate areas—humans used to eat more fruits than grains. But they switched to cereals when they moved away from his natural environment.

"When you eat the food you are anatomically and physiologically designed for, your health will be better.

"If you deviate a little bit from this diet, then your health will proportionally degenerate."

What you must remember is that the sugars contained in fruit enter the blood very slowly, and they feed the body in a regular and smooth way. This is not what happens with the glucose created by the digestion of bread that massively enters the blood and then causes the blood sugar levels to plummet. There are a lot of ups and downs, causing symptoms of hypoglycemia.

The Acidity of Fruits

Humans Are Originally Frugivores

Before we discuss the acidity of fruits, let's take a look first at fruit's place in the human diet. By nature, the human being is a fruitarian. A study of the *Table of Comparative Anatomy and Physiology* shows that humans, compared to other animals on the planet, is a fruitarian creature. The chimpanzee, that is related to humans more than any other primates, consumes a diet composed mainly of fruits.

Human beings are originally fruitarian.

Since vitamins were discovered, modern medicine and nutritionists have recommended eating fruits to prevent disease.

So we have an apple for dessert or between meals, and that is all! Sometimes we have orange juice in the morning.

But gorillas, chimpanzees, and orangutans eat much more than fruit for dessert. They eat (almost) nothing else than fruits all day long. They eat dozens of pounds of fruits all day long except during resting times.

Yet gorillas have a better health level than us and their musculature is about ten times stronger than ours. Their environment does not provide them with enough fruits so their diet is made of 90% of greens. That is basically all they eat, no protein-rich food at all.

And if fruit prevents disease and are essential to healthy people, should not they be even more essential to sick people?

Can we be healthy without any fruit? Maybe if you substitute them with raw vegetables and garden plants. But your diet must be made of 90% of one or the other. Indeed gorillas eat 90% greens. And the diet of famous New Guinea tribes who are strong and robust is made of 90% of sweet potatoes.

That being said, how can we explain the backward mentality of those who prefer to take pills?

Of course taking a pill has something charming, secret, even a certain elegance and is part of an occult idea; which are things not associated with eating an ordinary apple.

But ideas are not sufficient to help maintaining good health. We need concrete facts. Nature does not brag about insignificant words.

Human beings are fruitarian. Our organs have not changed because over the last few centuries we started eating food not originally intended to us, our organs did not adapt to this sickening current diet of fries, meat and bread.

Indeed, the only change that occurred in our organs has been pathological: weakness, limpness, degeneration, disease, perversion and anomaly. These are not physiological changes.

About the Acidity of Fruits

Let's now look at the main topic of this chapter, which is the acidity of fruits.

Any fruit is more or less acidic except bananas, melons, and watermelon. The most acidic fruits are the pineapple, lemon, orange and kiwi. Some kinds of apples and pears may be very acidic but others may contain very little acidity.

Even if a fruit is acidic, it will not be acidifying after digestion.

Let's look at how fruit is digested. The body cannot use the acids of a fresh fruit, so they must be eliminated. That is the first step of digestion. The acids get oxidized and neutralized by the organism that uses its own alkaline reserves. If the latter are abundant—if you are healthy—acids neutralization is total. But if the alkaline reserves are depleted—if you are unhealthy—acids neutralization is incomplete, acids remain free and the body is unbalanced. The body becomes more acidic. This can happen when you are unhealthy or if digestion is overworked—if you eat too much and if you have indigestion.

This is the reason why natural hygienists limit or may temporarily recommend to people who have poor health, to stop the consumption of fruits that are too acidic, in order to protect their nervous system.

These people cannot neutralize the acids contained in the fruits and this may increase their toxemia.

How Do I Know If I Can Digest Acidic Fruits?

Taste the fruit; this is a good way to know if you can digest it or not.

Your palate will tell you if you can eat this fruit or the next.

It may happen even to a healthy person, that the palate may sometimes refuse an acidic fruit. The person may be worried, for example. You must trust your instinct.

Let's now look at the second step of digestion of acidic fruits. If your body is able to neutralize the acids contained in the fruits, it is because it uses its own alkaline reserves. Once this digestion step is over, your body draws the alkaline substances from the fruit that are able to restore the loss that your body just experienced and also bring an additional and abundant input that goes well over the loss. The loss of alkalinity is then largely compensated.

If you are not healthy, you do not have alkaline reserves large enough to oxidize the acids in fruit. These acids remain free and irritate the body.

The taste buds are thus a good indicator of your ability to stand acidic fruits well or not. If it is not the case, your entire body will reject this acidic taste.

Oranges Are Gold In The Morning, Silver At Noon, and Lead In The Evening!

Not only your general health is important, but also the time of the day you eat acidic fruits.

Oranges, strawberries, and yogurt will have an exquisite taste at lunchtime, but will taste acidic in the evening. As you grow tired during the day, your ability to neutralize acids decreases. It is thus not recommended to eat acidic fruits before going to bed. They may upset your sleep.

What May Weaken Your Digestion

People who usually eat bread, meat, cheese, and too many nuts are often not keen on fruits because of their acidity. They cannot eat a lot of them and will be content with only one or two fruits. Certain foods weaken your ability to digest food to the point that acidic fruits are not pleasant anymore.

According to Shelton, an excess of fruits causes mild diarrhea. In my case it was true as long as I was eating various nuts and cottage cheese. Once I removed protein foods from my diet, I never had diarrhea anymore while I kept on eating 1.5 kilo of fruits at lunch time on a daily basis (*3.3 pounds - FP*). I sometimes eat them all at once or spread the intake over the course of the morning.

Unripe Fruit

Unripe fruit contains starch, acids and other toxic, unpleasant and unhealthy substances. They must be avoided. This is the only exception in Nature where starch is associated to acids. Through the ripening process, starch turns into sugar.

Mixing Starch and Acidic Fruits

Some foods cannot be mixed together. When you eat bread or potatoes, your taste will only accept fruits after a minimum time interval.

This kind of incompatible mixing—like eating starch and fruits in one meal—may cause indigestion. The acidity of the fruit will not be neutralized, even if you have a good digestive system. This will cause an acidification of the body with the following symptoms:

<p style="text-align: center;">Table</p> <p style="text-align: center;">Mixing Starchy Foods and Acids</p> <p style="text-align: center;">May Cause On The Following Day:</p> <ul style="list-style-type: none"> • Nervousness • Insomnia • Frequent urination, • Intestinal gases • Mucus in the stools • Throat irritation • Flatulence • Colic
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Do Not Confuse Acidic Food with Acidifying Food

Bread, meat and nuts have a neutral taste, but are acidifying once digested. The waste products of digestion are acidifying (uric acid, etc...).

Ice-Cold Fruits

It is best to eat fruit at room temperature. You can be sure to have indigestion, if you eat cold fruit straight from the fridge or if you have ice-cream or cold water at the end of a meal. In addition to the symptoms I mentioned, you will also have diarrhea the following day.

Digestion must not be interrupted and must continue at about 37°C. Under this temperature, you have indigestion. Cold fruits may be soaked few minutes in a bowl of hot water.

Can We Live On Fruit and Nuts?

In an article, a well-known hygienist, Dr. Benesh, blamed a fruit-based diet for the health problems that many hygienists have experienced. He listed symptoms such as:

- Nervous disorders, depression and insomnia
- Cavities and weak nails
- Gingivitis
- Lowering of the blood cell count
- Vitamin B12 deficiency

I think that Dr. Benesh made a mistake by incriminating fruits, instead of looking at the problems of nuts and seeds in the diet (when combined with fruit).

I now eat quantities of fruits that Dr. Benesh would consider excessive: between 2 and 2.5 kilos a day (4.5 to 5.5 pounds). Yet, I do not have any of these symptoms. However, when I ate less fruits but lots of nuts and seeds as well, I suffered from constipation and bad digestion.

A New Interpretation

Indeed, I now consider that all the troubles occurring during an all-fruit diet should not be attributed to an excess of fruits, but more to the eating too many nuts.

When you eat over one ounce of nuts, your digestion is so diminished that you cannot stand eating lots of fruit anymore because their acidity is repelling. When I was eating nuts and cheese, I could not eat more than an orange per day. Acidity disgusted me. Now that I am not eating these protein foods anymore, I enjoy acidity and I have no problem with eating many acidic fruits.

Shelton didn't know whether he should recommend pineapple or not, due to its acidic content. He wondered if it was a food fit for humans. At the time, I could not eat more than one or two slices of pineapple.

But nowadays, as I mentioned, I can eat the entire pineapple.

It is thus possible to have an all-fruit diet, excluding all kind of nuts and be healthy. A daily intake of 1.5 kilo (3.3 pounds) is recommended to obese people and to some small women. For a muscular, young, vigorous and active man it is probably best to double or triple those amounts.

In one of my books, I published various testimonies of people only eating fruits, excluding nuts for 5, 10 or 15 years, and being perfectly healthy.

In South Africa

On the February 22, 1971 issue, the South-African journal, *Pretoria News*, presented the news that some research has been done into the effects of an all-fruit diet. Under the headline "Fruit Diet Worked Well," the News summarized the findings of the researchers in the following words:

"A team of research workers has come to the conclusion that fruit-only diets, now receiving wide publicity, cause weight to level off more or less at the 'theoretically ideal' weight for the subject, according to an article in the latest issue of the South African Medical Journal."

This diet was made of fresh fruits, fresh fruit juices, and some nuts. The amount of nuts was probably much less than the one recommended by Shelton (130 grams per day or 4-5 ounces).

This article also mentioned:

"A considerable number of the subjects claimed that their physical condition improved while they were on the diet. Some were convinced that their stamina increased and that their ability to undertake strenuous physical tasks and to compete in sports improved."

Such a diet is obviously extremely beneficial compared to a regular diet. Indeed most people are sick because of what they eat and drink.

According to Shelton:

"No doubt, in view of the known nutritive values possessed by tree fruits and nuts, which are also fruits, it is entirely possible to be well and adequately nourished upon such a diet, providing only that one has a sufficient and varied supply of fruits and nuts. If one lives in a climate where the fruit and nut supply is abundant throughout the year, he should have no difficulty in providing himself with adequate nourishment without eating vegetables and without taking animal foods of any kind.

Man's expulsion from his primitive paradise was probably due to climatic change that reduced his fruit supply and necessitated his constant search for means of survival."

A Different Explanation

As I mentioned previously, I do not entirely agree with Shelton, regarding eating only fruits and nuts. Nuts are detrimental to our health, especially when eaten in excessively large amount as recommended by Shelton. Gorillas do not eat nuts.

I observed the detrimental effects eating too many nuts over 40 years. It is only when I read in Dr. Schaller George's book, *The Year Of The Gorilla* that gorillas do not eat nuts, that I was finally convinced of their harmful effects on human health.

Should We Be Looking For Variety?

Shelton also recommended seeking a variety of fruits. Nowadays it is easy to find exotic fruits in the store as they come from all over the globe. You do not have to live in the tropics to enjoy a variety of fruits.

Why should we be looking for diversity? You may eat only local fruits and no exotic fruits. I have heard about perfectly healthy people eating only apples all year long.

Nowadays, you can find oranges and mangoes all year long in France, while they were probably unknown a century ago. In your search of variety, you do not need to systematically get expensive exotic fruits. This is luxury that can be enjoyable, if you can afford it. Some might get bored with eating the same meals, while others might not.

The Tricky Search for the Cause

When someone following a healthy lifestyle gets sick, I have a harder time to find out the cause than in the case of a person with a more typical lifestyle.

In such a situation, the mistakes are more difficult to identify because they are unusual.

You will never find two of these people who have exactly the same diet.

Only Sherlock Holmes may eventually be able to identify the cause.

A person who has a typical lifestyle has typical habits: coffee, meat, wine, tobacco, dough, rice, cheese, very little raw vegetables, sometimes prescription drugs, or natural remedies.

But a person who has eliminated all these mistakes is a much more unusual case, presenting a unique lifestyle – it is a challenge to find the cause of their trouble.

People who eat many nuts or cheese fall into this category. They eat too much of those foods to compensate for all the other foods they removed from their diet.

The listed below symptoms may be found in these situations:

- Important weight loss
- Insomnia,
- Frequent depression
- Excessive irritability
- Repulsion to acidic fruits (citrus fruits, pineapple, strawberries, lemon),
- Difficult digestion

Some fast without drinking, and they risk deadly dehydration. Others lay naked in the sun for hours (which ages the skin and may cause sunburn and skin cancer). Others walk all day long, overexert themselves, work without resting until exhaustion, and then blame their diet for being responsible, instead of resting.

My conclusion: Eating over one ounce of nuts is too difficult to digest. Nuts stay at least four hours in the stomach.

Gorillas in Japan

At the San Diego zoo, some researchers gave gorillas the choice between fruit or vegetables. During the three months of this experiments, gorillas ate only fruits.

But in Japan, a scientist observed that during the winter months, when it was cold and snowing in this part of Japan, gorillas refused to eat fruit during that time and consumed only vegetables. But when summer came, they ate only fruits and ignored the vegetables and greens.

This goes well with my observation that the sicker the person is, the less fruit should be consumed. Healthy people can eat more fruit, but sick people have to adopt a diet based on vegetables. They simply do not have the vitality to digest large quantities of fruits.