

Fruitarianism

The Path To Paradise

By Anne Osborne



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www.fruitgod.com

First Published in Australia in 2009 by
Anne Osborne

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Fourth Printing April 2012

Special thanks to Fundación Pablo Neruda for permission to
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The use of capitalisation for fruit varieties, throughout the text, is
intentional and reflects their importance. ♥

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ISBN 978–0–646–50585–5

Printed and bound in Australia by
Sunstrip Printers
Nambour 4560
Sunshine Coast
Queensland.

Fruitarianism — The Path to Paradise

Dedicated to Doris and Monty

♥ Love You. ♥

“Fruit bears the closest relation to light. The sun pours a continuous flood of light into the fruits, and they furnish the best portion of food a human being requires for the sustenance of mind and body.”

Amos Bronson Alcott (1799–1888) American Philosopher and Author.

Acknowledgements

Thank you to all the Pioneers mentioned and quoted in this book for their passion and wisdom.

Thank you to David Shelley for igniting a spark.

Thank you to Jamshed for your fantastic fruity friendship.

Thank you to my family for supporting me, especial thanks to Camlo and Cappi for showing the power of fruit.

Utmost thanks for the love of Doris and Monty, without whose love this book would not have been written.

Thank you to my friends on iheartfruit.com, your beautiful friendship is priceless.

Thank you to Nigel, for all the beautiful fruits you have brought to me.

Thank you to Carl Ess and Elena Grassi for the time and care both of you took with proofreading; my book is better for knowing you.

Many thank yous to the fruit trees and the fruit growers who make my life so pleasurable.

And finally thank you to **you** for taking the time to read this book.

Contents

Introduction viii

Part One **The Fruitarian Diet**

Comparative Analysis Tables 1

Eat your Greens? 6

Chewing The Fat 11

Seeds 17

Fruitarian Babies and Children 24

The Simplicity of Mono Meal Eating 31

Marvellous Mono Diets 35

Melon Mono Diets 38

Eat Less...Grow More? 42

How To Pick Good Fruit 45

Ripeness 49

A Skin-Full Is A-Peeling! 54

Instinct 56

Trust Your Instincts! 59

Processing 62

Enjoying The Moment 66

Appreciation	68
Faith, Fruit and Fearlessness	70
Food Lightness Levels	75
Light	76
Alchemy and Fruit	82
Cleansing	84
Disease	88
The Bali Experience	92
Fruitful Help For The Environment	94
Is Fruitarianism Really Possible?	98

Part Two

Man Does Not Live By Fruit Alone

Fruit Is Not An Island	104
Child Raising Is Not About Diet Alone	111
Being Kissed By The Sun	113
Of Butterflies and Bats...	116
Sexuality	118

Part Three

Fruity Tales

Apples — ‘The Intestinal Broom’	120
Bloody Good Juice!	125

Blueberries and Bilberries ‘Little Balls of Anti-Oxidants’ 126

All Hail The Charentais Melon! 129

Durians Smell Good! 131

Healthy ‘Chocolate’! 133

Kiwi — The ‘Wide Awake’ Fruit! 136

Longin’ For Longan 140

Oranges and Orange Juice Fests 142

Pineapple — ‘The Hospitable Fruit’ 147

Pomegranate — ‘The Mythical Cleanser’ 152

Sublime Sapotes 155

Watermelon — ‘Nature’s Refresher’ 157

Part Four Fruitarians in History

Recent History of The Fruitarian Diet 159

A Selection of Quotes on Fruitarianism and The Fruit Diet 170

Conclusion 178

Glossary 180

Bibliography 183

Index 187

Introduction

This book is about my own personal experiences on a fruit or fruitarian diet. In no way do I profess to know which diet or lifestyle is the ‘best’ for everyone. All I can do is to share my own experiences and the joy and wonderful health that I have experienced since adopting a fruit diet.

I have a deep inner belief that a fruit diet has the *potential* to bring great health and happiness. So I share my story and some of my experiences with fruit and the fruit diet, in the hope that if a fruit diet *is* for you—you may gain something from this book.

I believe that fruit is a perfect food for humans and whether it makes up all your diet or just a part of it, I hope that fruit will bring you many blessings.

Seventeen years ago, I began an adventure that is still exciting me today and is one from which I continue to learn. In a small meeting room, above a bar, I attended a talk on “fruitarianism” by a local author, David Shelley.

I loved his book, and I found the writer to be just as inspiring. He was bursting with health and enthusiasm; a superb advert for the fruit diet with a clear, vibrant skin, glowing eyes and a strong yet lean physique.

By the time I had met Shelley, I was already on a wholefood vegan diet. After being inspired by Shelley, I started to eat more and more fruit and less and less cooked fare until after a transition period of about 18 months, I was on a fruit diet.

The following winter I travelled to the Canary Islands. I was with other fruit-lovers, and we lived for two months on the tastiest Oranges, Bananas, and Avocados—all of which grew in splendid profusion around us.

This venture helped to re-enforce my beliefs in the bounties and benefits of a diet consisting of fruit alone. For myself, part of the enjoyment of this lifestyle is trying things out, conducting my own experiments and having new experiences.

Over the next few years I had some great ventures. One included going on a 52-day Orange juice mono diet. This period was full of spiritual and physical highs. My vision also improved and I found reds and greens taking on an interesting luminosity. My strength and endurance also increased, even though my

weight was down by 28 pounds. It was as if previous blockages had been cleared and any ingested energy could now just flow through me.

After going through the mono diet, I felt better equipped to assimilate the goodness from fruit. I found that I ate less than before and simply felt the fruit was benefiting me so much more.

I also went on two 21-day Grape mono diets. And in 1997, I fasted every other day for the whole year.

In 1998 I spent 150 days on a Melon mono diet, which was a time of great joy and wellness, and then in 2001 I went for a full six months on Melons alone.

I have raised both my children on fruit diets. Both children have been very happy and healthy on this diet, bright-eyed and energetic and strong, delights to spend time with. They both are always kind and respectful to plants and animals and seem to have a real appreciation of the world about them.

They have had none of the common childhood illnesses despite close contact with other children suffering from them.

What is so special about the fruit diet?

I have found that once the natural ‘high’ has been experienced, that beautiful state of unblocked free-flowing energy and the accompanying positivity that eating fruit brings, there is no desire to fall. Why go back to anything less than a healthy state?

I often find that people associate fruit diets with denial—a sackcloth and ashes experience—a negative, denying state. When the reality I have experienced with a fruit diet is a luxurious, Edenic and glorious lifestyle bursting with the most intense, delicious flavours, and coupled with beautiful feelings of harmony with Nature.

I feel like a princess, with the riches of health all around; the beautiful fruits and berries being my priceless jewels and treasures.

Once you have eaten a perfectly ripe Indian Mango and had its perfumed juices wash your body or savoured the creamy depths of a sublime Spanish Cherimoya, there is no going back to baked beans or sliced white bread—dead and uniform food that always tastes the same. And yet people ask me, “Don’t you get bored?” But I think, “Bored? On the foods of Paradise?” And consider

having such a thought to be blasphemous and an insult to the wonders of Creation. In my experience, even when on long mono diets of fruit, each day is unique and a revelation of flavours.

Once one ‘tunes in’ and starts hunting them out, one will likely find many varieties for each fruit. Then within each variety, each individual fruit has its own nuances of flavour and its own special characteristics. Each unique fruit will bless the body with its own special mix of nutrients and will contribute its own specific energies to our health and well being.

I could live off Charentais Melons, alone, for a while and each day have a myriad of taste sensations. Then changing to a different variety of Melon feels like experiencing a whole new fruit and opens up a whole new possibility of flavours.

I find that when I eat fruits, my tastes seem to refine and I become more aware of subtle flavours. I appreciate simple combinations and mono meals. Fruits eaten on their own become more complex and satisfying in their own right. I have developed a special relationship with fruit and also with individual fruits. I have learned which fruits suit me, and I have a real enthusiasm for learning about all aspects of fruit, including how they grow, their history and their appearance.

I have also found myself doing what I refer to as ‘fruit gazing’. Fruit now looks so wonderful to me. A good display being the best ornamentation. From the vibrant hues on a Mango skin, changing from red to green to orange, to the deepest red blush of a fully tree-ripened Apple, fruit visually rewards and pleases me.

When I consume mono-meals, I find that I can really ‘focus in’ on that particular fruit and its energy and flavour. This changes when lots of foods are mixed together. Mixing foods seems to cause a loss of the simple uniqueness I experience when eating singular fruits.

Eating fruit has simplified my life. It has become possible to live off wild or locally grown foods if I am in the right environment. I also find that I need few tools to live this way. My hands are now my primary tools for preparing food, sometimes assisted by a spoon or knife.

Now that I follow a fruit diet, the only preparation I need before eating is a little visual or nasal stimulation for my salivary glands. I find fruit so wonderful that I just think Mother Nature in her bounties cannot be improved upon. I am now free not only from

the stove but also from the refrigerator and many kitchen tools. I can also travel light, especially when I journey through lands where there are many fruit trees.

Through my experiences, I have gained deep faith in the fruit diet. However, this diet may not be the best or most appropriate for everyone. Everybody is unique and special and we have differing needs at different stages of our lives. We need to listen to our bodies and see how each food effects us mentally, spiritually and physically. Mono diets can help show the effect each fruit has upon our bodies.

When we rely on fruits for nourishment, we make sure to get the best Melon off the pile and we seek out and are attracted to the most vital, alive, and nutritious fruits. Food selection becomes an instinctive thing—each little mark or subtle colouration on a fruit's skin tells us something of the secrets within.

I believe if fruit is of excellent quality, it can give us everything we need to furnish a superbly healthy and happy body.

This journey is a great one. I feel that by taking this route I have learned so many valuable lessons, and yet I have so much more to discover. But the most important thing is that living the fruity life is a really enjoyable experience and a whole lot of fun.

In the following chapters, I hope to share a little of my experiences on a fruitarian diet, give the reasons why I believe humans are naturally fruit eaters, look at the background and stories of some popular fruits, as well as examine the recent history of the fruitarian diet.

Part One

The Fruitarian Diet

Comparative Analysis Tables

To begin this book on the fruit diet, I am commencing with the basic anatomy of humans.

One way to examine anatomical features of mammals and see the differences or similarities between species is by using comparative analysis tables.

Personally, I find that comparative analysis tables can be useful tools for formatting anatomical data and arranging this data in a way that allows for easy comparisons and quick ‘at a glance’ displays of information.

Comparative analysis tables can be used to showcase the differences in anatomical features between different groups of animals.

In reference to the fruitarian diet, these tables can demonstrate the similarities between human anatomy and the anatomy of frugivorous anthropoid apes.

The first published comparative analysis table that I found, regarding the fruit diet, was on page 68 of Gustav Schlickeysen’s book, ‘Fruit and Bread.’ Schlickeysen’s book was first published in 1877.

Fifteen years later, in 1892, Emmet Densmore’s work ‘The Natural Food of Man’ was published. On page 335 of this book, Densmore reproduces Schlickeysen’s comparative analysis table almost exactly as it appeared in ‘Fruit and Bread’, with only a few modifications.

Since this time, similar comparative analysis tables have been utilised by many authors; the tables are used to help demonstrate that humans are frugivorous or vegetarian, by design.

One such comparative analysis table is published on pages 42–43 of Richard Schwartz’s book, ‘Judaism and Vegetarianism’. Schwartz acknowledges the table as being reproduced from Barbara Parham’s book, ‘What’s Wrong With Eating Meat?’

Parham's table, whilst differing in some content from Schlickeysen's, agrees on the basic anatomical comparisons that show humans to be biologically adapted to the fruit diet.

I am including a comparative analysis table in this book because I do believe that it is an effective way to compare the various animal groups and to see where humans fit in.

My table is mostly based on the information given by Schlickeysen; and I am grateful to his research and his dedicated studying that allows me to be able to share his information.

Comparative Analysis Table

Carnivore	Omnivore	Herbivore	Anthropoid Ape	Human
Zonary Placenta	Non-deciduate placenta	Non-deciduate placenta	Discoidal placenta	Discoidal placenta
Four footed, with claws	Four footed, with hooves	Four footed, with hooves	Two hands and feet	Two hands and feet
Travel on all fours	Travel on all fours	Travel on all fours	Able to walk upright	Normally walk upright
Have tails	Have tails	Have tails	No tails	No tails
Eyes look forwards or sideways, depending on species	Eyes look sideways	Eyes look sideways	Eyes look forwards	Eyes look forwards
Slightly developed incisor teeth Pointed molar teeth	Very well developed incisor teeth Molar teeth in folds	Horny pad on upper jaw to help masticate vegetable matter	Well developed incisor teeth Blunt molar teeth	Well developed incisor teeth Blunt molar teeth
*Dental formula 5to8.1.6.1.5to8 5to8.1.6.1.5to8	Dental formula 8.1.2to3.1.8 8.1.2to3.1.8	Dental formula 6.0.0.0.6 6.1.6.1.6	Dental formula 5.1.4.1.5 5.1.4.1.5	Dental formula 5.1.4.1.5 5.1.4.1.5

Carnivore	Omnivore	Herbivore	Anthropoid Ape	Human
Small salivary glands	Well developed salivary glands	Well developed salivary glands, especially on ruminants	Well developed salivary glands	Well developed salivary glands
Acid ph saliva and urine	Acid ph saliva and urine	Alkaline ph saliva and urine	Alkaline ph saliva and urine	Alkaline ph saliva and urine
Rasping tongue	Smooth tongue	Smooth tongue	Smooth tongue	Smooth tongue
Teats on abdomen	Teats on abdomen	Teats on abdomen	Milk glands on breast	Milk glands on breast
Skin without pores	Skin has pores	Skin has pores, except for pachyderms	Millions of pores	Millions of pores
Stomach simple and round shaped	Stomach simple and round shaped, with large cul-de-sac	Stomach in three or four compartments	Stomach with duodenum (as second stomach)	Stomach with duodenum (as second stomach)
Strong hydrochloric acid in stomach	Strong hydrochloric acid in stomach	Stomach acid 20 times weaker than carnivore	Stomach acid 20 times weaker than carnivore	Stomach acid 20 times weaker than carnivore

Carnivore	Omnivore	Herbivore	Anthropoid Ape	Human
Intestinal canal 3 times the length of body	Intestinal canal 10 times the length of body	Intestinal canal varies, usually 10 times the length of body	Intestinal canal 12 times the length of body	Intestinal canal 12 times the length of body
Colon smooth	Intestinal canal smooth and convoluted	Intestinal canal smooth and convoluted	Colon convoluted	Colon convoluted
Lives on flesh	Lives on flesh, carrion and plants	Lives on plants	Lives on fruit	Lives on fruit

*In the formula, the figure in the centre represents the number of incisors; on each side are the canines, followed to the left and right by the molars.

Top teeth are the first set of figures.

Eat Your Greens?

Many raw-fooders place great importance on the inclusion in the daily diet of copious amounts of green leaves.

In the Bible it says in Genesis, chapter 1, verse 29:

“Behold, I have given you every plant bearing seed, which is upon the face of the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.”

I feel in accord with the premise that greens can have a role in healing and well being. I would say that if you have an attraction for greens in a wholly unprocessed state—that is, no mixing, heat-treating, blending, drying, dressing or juicing—they are in all probability great food for you.

If greens only taste good to you when they are processed in some way or if you eat them but find the taste unpleasant; I would say that your body is probably letting you know that they are not what your body needs.

In the chapter ‘Trust Your Instincts’ I look at how if a food is totally unprocessed and we are attracted to it, the food is more than likely something that our body *really* needs.

Once food is in anyway processed, we can no longer rely on our instincts to guide us to the food that is best for us at that particular time.

I feel a need to put my own personal view forward because many raw-fooders state that a pure fruit diet is harmful and that we *all* need greens.

I remain open-minded and believe that we are all special and unique and what works splendidly for one person may not work very well for another. Just as we all have our own genetic strengths and weaknesses, each individual will find that there are certain fruits and vegetables which work most harmoniously with their body.

One consideration to take into account, however, is the ease of digestion of fruit. Of all the foods on this planet suitable for humans, fruit is digested with the most ease; fruit also requires less energy for its digestion than any other foodstuff. Greens, as a rule, in their raw state take far more energy to process in the body.

True herbivores, such as the cow and camel, have physiologies designed for a high green diet, and as such they use less energy to digest large amounts of greens.

When I look to our instinct as a very important guide, for I strongly believe that instinct is the way to discover our true diet, I find that children, generally, have keener instincts than adults.

It is interesting to me that children, as a general rule, are not particularly drawn to greens and will not usually eat raw greens alone, especially if there are other food choices available.

Hence the difficulty many parents have in getting children to eat their greens! The raw veggies that children do seem to be more attracted to are, in my experience, the sweeter vegetables such as carrots or sweet corn.

By contrast, all children that I have ever met just love to eat fruit in its unprocessed and totally natural state. They will happily devour mono meals of Grapes, Mangoes, Apples, and Bananas.

When in infancy, children should be getting adequate calcium and minerals from their mother's milk and this may be one reason why young children are not so attracted to the greens, which some older folk may require.

I do feel that if a child is not drawn to a food, when the food is in its natural state, simply the child does not need it.

'Eat Your Greens', is often said to children; there seems to me to be an element of force and coercion needed in order for children to eat greens. To force a child to eat something, which an adult perceives as being 'good' for them, appears to me as an example of adults going against the natural instincts of a child.

There is no natural flow going on here. Feeding a child need not be a difficult or stressful thing; it should be the most natural act in the world.

Rearing two children on a fruit diet was for me a sweet breeze. They ate what fruit they were attracted to; they ate only when they were hungry. There was no forcing or threatening or bribing needed. It was simply a beautiful experience.

Human mother's milk is sweet, like Cantaloupe juice. It does not have a savoury flavour. This milk gets the child's tastebuds used to sweet. Why would the tastebuds be geared up to sweet if the natural diet, once weaned, were made up of savoury or bitter greens?

This simple fact that our milk is sweet seems to be one of the best pointers that our true and natural diet and that of our offspring, is a frugivorous one.

Baby animals who are by nature herbivores, need no encouragement to eat greens. If they did not like greens they would not survive, as their whole anatomy is that of a green plant eater. Herbivores, such as the calf, often have multiple stomachs, and bacteria in these stomachs help to break down the greens. This helps to ensure that optimum nutrition is obtained from green plant matter.

Other herbivores, such as rabbits, defecate and then eat their faeces. In this way they get two chances at getting the maximum amount of nutrition from their food.

Dogs will also often eat the faeces of herbivorous animals; presumably they can obtain some goodness from these pre-digested greens.

I believe that herbivores instinctively find greens wonderfully delicious, they do not have to be bribed to eat them; similarly, frugivores go into raptures of delight eating Mangoes.

If a young human were put with a baby rabbit, a patch of grass and a bunch of Grapes; the child would eat the Grapes, sit on the grass and play with the rabbit.

—The rabbit would eat the grass!

I instinctively feel that we are frugivores and not leaf or meat eaters. However, due to modified fruits and less than idyllic soils, there is not always the ideal mineral content present in commercially grown fruits.

Calcium especially may be lacking. Calcium and iron are two very important minerals needed for good health.

Fruits that are good for calcium include Figs and Oranges. Fruits high in iron include Prunes, Watermelons, Dates, Sultanas and Apricots.

Therefore, due to the less than optimum soils and growing conditions for fruit, there may for some people be a need for greens.

Unless the vast majority of our diet consists of top quality, wild, organic or home-grown fruits and berries, we may not be getting all the minerals that we need. There are two solutions here, either improve the quality of the fruits that you eat or supplement the fruit diet with good quality greens.

Another time, I believe, that we may have a need for greens is if we go out of balance and eat too much fat, in the form of Avocados or nuts and seeds. In this situation, I believe, greens can help to balance out the fat.

A fruit-eating friend of mine is drawn to eat greens only if he overeats on Avocados. If, however, he only eats juicy fruits, so his desire for greens diminishes.

I believe that fruit has a gentle energy, and fruitarians can find a sweet harmony on a fruit diet if they are gentle in their lives.

Lots of pollution, stress, drugs and alcohol are not conducive to the subtle balance of a fruit diet, and greens may be needed to help rebalance.

This is one reason why fruitarianism is so much more than just a diet; it is a holistic way of living. One needs to be at the right stage to be balanced on fruit alone. If you want to be an alcohol drinking, fast-paced, stressed out fruit eater, you may find it very difficult and may feel out of balance. The fruit diet does not support an acidic and draining lifestyle.

In the transition stage of a raw or fruit diet, greens can help to build up one's body and can help to detoxify. Fruits are more subtle; however, I believe them to be the master cleansers.

One important reason why fruit is good for you is that many plants rely on frugivores for the spreading of their precious seeds. It is definitely in the best interest of the parent plant to ensure that the animal carriers of their seeds are the fittest and healthiest they can be.

If the fruit nourishes and enhances the seed distributor so that they are very healthy, consequently the seed carrier will have more energy to travel and so spread the seed over a wider area.

Similarly, if the seeds are to be deposited in the faeces, it is best for germination chances if the seed comes through a healthy digestive system and the growing medium is healthy.

Fruit is designed to appeal to us and taste good. If the fruit tastes bad it will be spat out; if it is not good to eat, it may be vomited up. In both cases the seeds will not get to be manured.

If the quality of the fruit is bad for the digestion or the general health of the carrier, not only will the carrier avoid the fruit in the future but also any debilitation of the carrier will lessen their effectiveness in distributing the seed. It is vital to the success of the plant's future generations that the carrier remains healthy.

However, it is not in the plant's best interests for its leaves, stems or roots to be eaten. Leaves pulled off may damage the plant; unearthing its roots will surely kill it.

So plants may produce toxins, which act as a survival mechanism and discourage its leaves and roots from being eaten.

Even if a plant's leaves do not taste bitter, it is still not in the plant's best interest to be eaten and the plant's leaves may nevertheless contain toxins.

As mentioned in the 'Seeds' chapter, a plant may make its seeds bitter in taste to prevent them being chewed and de-activated.

By contrast, it is always in the plants best interest to ensure that its fruit brings good health to the fruit eater.

—It wants its seeds distributed!

This explains the lack of toxins in sweet and perfectly ripe fruits. At this stage the seeds are at their most viable and ready to go!

The plant ensures optimum survival chances for its seeds by making the fruit perfectly ripe and at its most delicious when the seeds are fully developed.

So plants are able to manufacture toxins to discourage their own destruction. It is a useful survival mechanism; just as the wasp stings to keep us from harming it, so the toxins in a plant can give us a sting in the guts.

However, not all fruits are meant for us; some are very poisonous to humans. Two examples are Deadly Nightshade (*Atropa belladonna*) and Mezereon (*Daphne mezereum*); with the latter, one or two berries may be enough to kill a child.

If it were in the best interests of the plant to have its seeds spread by birds or any other means, rather than by humans, humans would be greatly discouraged from eating the fruit. And seeing others die or get sick from eating it would be a pretty big discouragement!

Humans are a part of Nature, not at the centre of it; so all fruits may not be designed or be desirable for us to eat, if other methods of spreading the seeds are more effective and better for the plant.

I strongly believe that Nature is very logical, orderly and rational; everything occurs for a purpose. She does not waste or squander her vital resources, and fruit is made the most delicious and healthy food for humans for a very good reason.

Chewing The Fat:

Are Overtly Fatty Foods Necessary?

Many raw food gourmet type meals are very high in fat. They often contain seeds, nuts, Olive oil, tahini and Avocado.

If a lot of greens are eaten in the diet, they often tend to have oil-based dressings on them. In addition, if the diet is high in greens, it may need to contain a lot of fatty food just because the energy values of plain greens are so low.

If we eat a diet high in fresh fruit, we get more energy than if we consume the same weight of greens. Also, because fruit digests so easily, little energy is required in digestion and there is a good energy deposit. By contrast, eating some vegetables, for example, celery, actually leaves us with an energy *deficit* because more energy is used in mastication and digestion than the celery actually supplies.

So, if we are on a fruit diet, do we really need to eat overt fats? Can we be happy *and* healthy on a diet low in fat?

I, personally, have lived very well, happily and healthily on a low fat diet of juicy fruits. I have gone for periods of up to six months without eating any overtly fatty foods such as Olives, nuts, seeds or Avocados.

Throughout this time, my skin and hair were not dry at all. My joints were flexible, and I did not feel that I was fat deficient nor did I crave fats.

All juicy fruit does contain small amounts of essential fatty acids.

I believe that we are all at different places and stages with our diets and that there is a stage where, if we have cleansed our body and are assimilating the juicy fruits, we do not need to eat high fat foods.

The body is a bit of an alchemist; it can turn carbohydrates into fats. Both fat and carbohydrate contain three elements: Carbon, Hydrogen and Oxygen. That is why an individual can accumulate excess adipose tissue if they eat little fat but lots of refined carbohydrates. We do not need fat for energy or to make fat in our body.

Cows, in their natural state, are herbivores; they feed off grasses and plants that contain very low amounts of fat, and yet they still produce milk for their calves that is 4% fat. The cow does not need to eat fat to produce full cream milk for her babies. All she needs is her natural diet, which is full of unrefined carbohydrates. The cow has multiple stomachs filled with friendly bacteria that break down the green plant matter so that the cow can assimilate it.

A cow's digestive system is geared up for greens. Humans simply cannot obtain as much energy from greens, as she does. This is simply because she is able to digest greens, in their raw state, very efficiently.

Coming back to humans, I believe that fatty foods, especially in hot climates, have the potential to slow down the body and 'dull' the senses. For me, sweet, juicy fruits are the optimum diet for a warm environment; they cool the body and help the body maintain a comfortable temperature.

The Taoist belief that the Universe is in a constant state of interaction and balance between Yin and Yang can be applied to diet too. Hot climates are Yang, cool climates are Yin. Sweet, juicy fruits are also very Yin. Therefore if we are in a Yang climate the Yin fruit balances out the heat and helps us to keep our cool.

Many raw-fooders eat a diet very high in fat. I personally believe that just because a food is raw does not automatically make that food healthy.

If you feel good on a high fat raw diet, I would suggest that you try going on a low fat, high fruit diet for a period of time. You may find that you feel clearer in the mind and body, have more energy and feel 'lighter'.

I think that any type of fat, raw or cooked, can be a kind of addiction. Not so much a physical addiction but often more of a mental one. Fatty foods can give us a sense of comfort. However, this comfort can also insulate us against sharper senses and perceptions. Raw fatty foods can also give us that 'full' feeling, which we associate with cooked foods.

A fruit diet should leave us feeling satisfied but still light and full of energy; we need to move away from that 'full' feeling as being a necessary part of eating.

This is not always easy, as the sense that it is necessary to feel ‘full’ after eating has been programmed into many of us as children. Sometimes we can eat sufficient juicy fruit to fulfil our nutritional requirements but not our emotional ones.

On a fruit diet, we can still not feel ‘satisfied’ until we have filled up on Avocados or nuts and seeds. So a sense of being satiated is not just about our physical needs being met, emotions also play a huge part.

Sometimes it is not until we are ready to let go of our fatty security blanket that we can open up ourselves to a diet of juicy fruits. Once we move on from the mental need for fat, we can be physically and mentally satisfied on a lighter, juicier diet.

When we are in a very good energy state, for example, we are in love or have got a great new job or we are very busy doing what we enjoy; we are not in need of comfort eating and yet we feel great!

I do believe that Avocados can be an excellent transitional food and also a useful food for those who are underweight and need more dense fruits in their diets. Avocados have the potential to slow down or stop elimination, which is sometimes necessary.

However, if we need the body to clear out stored toxins, we may need to limit the amount of this fruit.

Once the intestines and bodily cells are cleansed, pure whole fats such as Avocados, if taken in moderation, will not clog the system back up; but until the system *is* cleansed they can certainly block the cleansing.

When the body is clean and purified, one may actually find less of a desire for the fatty foods. If they are needed, certainly less of them will satisfy.

If one can eat small amounts of nuts, seeds or Avocados and not overeat them or use them as a comfort food, they are working for you and will do you no harm. But if you need to ‘fill up’ on them or overeat them, it is probably best to avoid them.

Morris Krok, in his work ‘Fruit The Food And Medicine For Man’, makes what I feel is a very good point about foods that need to be eaten in moderation.

He says on page 46:

“If a thing has to be eaten in strict moderation, it is probably best not eaten at all.”

Krok believes that it is hard to really know what constitutes moderation; therefore, it is more optimal to eat the fruits that can be eaten freely.

He states on page 21 of 'Fruit The Food And Medicine For Man':

"Firstly, no one knows what moderation is, and secondly, there are very few people who do not overeat."

And on page 25 of the same work:

"Strictly speaking, anything that must be taken by the rule of thumb, is best not taken at all. Life, I am sure, is too simple, and there is no need for us to carry tapes, weights and graduated decanters. Sweet fruit then, stands all the tests."

Essie Honiball, writing in her book 'I Live on Fruit', says of moderation, on page 30:

"Moderation is only applied to something which has adverse effects."

Certainly there are very building and strengthening fruits that are not high in fat. Fruits that I have found to be building and yet low in fat include Jackfruit, *all* the Sapotes, Sapodilla, fresh Figs, fresh Dates, astringent Persimmon, the Cherimoya family and naturally-grown Bananas.

I personally believe that all the sweet fruits can be eaten without a need for moderation. If they are eaten alone and totally unprocessed in a mono meal, the body will not be able to over eat them and a natural 'stop point' will be reached.

I do think, however, that the high fat content of Avocados somehow changes this natural 'stop' point. Whether this is to do with the fat itself or with the mental associations associated with fat and comfort, I am not sure. Maybe a bit of both.

As mentioned before, climate does play a big part in diet.

I believe that raw fatty foods are better assimilated in cooler climates. So in colder environments fat may better be utilised by

the body, but I would still watch the amounts. I have thrived in an English winter, where the temperatures regularly went below zero, whilst eating a Melon mono diet.

I think exercise and clean arteries are a better source of keeping warm than any fatty food.

I also believe that the cleaner one's body is, the better it assimilates food and therefore less concentrated and fatty foods are needed.

When I started out on the raw food path, I could eat four good-sized Avocados a day and I still lost weight. Now after seventeen years on fruit, I feel that I assimilate my raw food much more effectively and I actually gain weight if I eat Avocados.

When eating fatty foods, be aware of the 'taste change'. The initial deliciousness may morph into something a little bit sickly and gunky. This is why, I feel, it is good to eat mono meals, as they allow you to become aware of the taste change.

I feel that if a food does not taste great on its own, it is probably not the optimum food for you to be eating. Food on its own is how nature intends us to eat. This subject is covered more fully in the chapters on mono eating and also in 'Trust Your Instincts'.

Remember, no other animal mixes its food.

So if you need saladings with your Avocado or Avocado to offset bitter greens—can this be ideal?

Each animal in the wild is instinctively drawn to its own food, by the taste of that food, all on its own, in its whole state. If Avocados taste too rich on their own—maybe they *are* too rich for your needs.

Just as cooking allows us to eat things that would otherwise be unpalatable or unappetising, so mixing raw foods can allow us to eat foods that, on their own, our tastebuds would disallow. In addition, as the taste change is also lost, we may end up overeating.

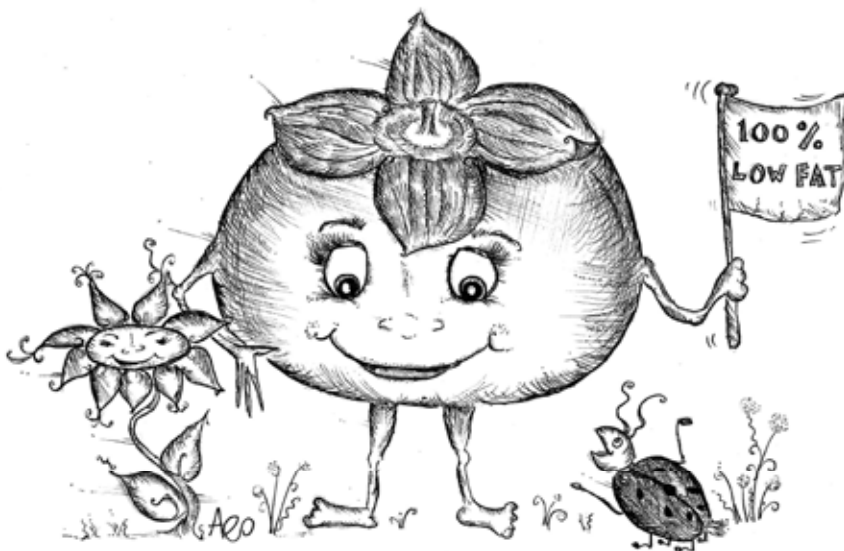
It is very difficult to overeat on a mono diet of sweet juicy fruits; we simply stop when we are satisfied. I would say that it would be virtually impossible to become overweight on a mono fruit diet. Look to Nature, there are simply no overweight animals that live in their natural habitat and instinctively eat a mono diet.

In conclusion, I believe that humans do not necessarily need overt fats in their diet to be happy and healthy. As previously mentioned, alchemy occurs within life forms. We are all

magicians; we take one thing, pass it through our bodies and it becomes part of us! A cow creates rich, fatty milk with the ingredients of low fat grasses and the helpful bacteria within her stomachs, a spider creates very poisonous toxins from a diet of not very toxic flies, and a silkworm creates a very strong and luxuriant thread from Mulberry leaves.

As we are all alchemists, we do not need to eat muscle to create muscle (just see the Gorilla for an amazing example of a musclebound vegan). Similarly, we do not need to eat fat to create fat.

We ingest vital fruits and our bodies change their subtle energies to create our own selves. Our amazing bodies, if fed good, pure and light foods grown on mineral rich soil, will use these foods to give us a wonderful life.



Seeds

*'Seeds are power,
Seeds are magic!'*

Seeds are small, or sometimes large, physical examples of the miracle of life. A tiny dot in one's hand has the potential to become a beautiful Fig tree, which then has the potential to offer food, shelter and beauty to the creatures of this planet.

When we eat a fruit, we are given a beautiful and vital food; we are given luscious energy from Mother Nature to build up and repair our cells, to energise us and to satisfy our tastebuds.

By careful dispersion of the seed within, we are in a position to give something back. A special symbiotic relationship has thus evolved between fruit and humans.

In today's society, I feel that there is not enough 'giving back'. There seems to be an ethos of taking and taking, and the joy of giving something back is lost in a world where money and material possessions do most of the talking.

To me, seeds are divine; they each contain life force and hold the mysteries of life within them. Personally, I try never to throw them away. To put a potential plant in a trashcan is, for me, a sacrilegious act. Even more pronounced because I have just enjoyed and benefited from the parent plant's fruit. The very least I can do is to keep the seed from the landfill site.

Fruit eating does not stand-alone. Nature is full of relationships between creatures and plants, which keep this beautiful little planet working very nicely indeed. Fruit eating is not a selfish act; it is very inherently connected to the workings of the world.

It also seems ungrateful to the parent plant, which has filled my belly and used much of its energy to do so, to disregard the life potential of their seeds.

For me, to chew on a seed doesn't feel right either. To crunch on a seed and de-activate it is something that I personally do not like to do.

We can view the seed as the concentrated energies of the parent plant for its reproduction. Seeds are designed to be sowed and planted, and maybe even fertilised, in return for the gifts of the fleshy fruit body. Surely to eat the fruit and *not* scatter the seed is welching on the deal.

Tropical or sub-tropical fruits, eaten in a temperate climate, may never fruit if planted. But many, such as the Date, Avocado and Monstera (Swiss cheese Plant), can grow into attractive houseplants that can beautify one's home. These plants also make great presents for friends.

One man who put a lot back into this earth and had a very symbiotic relationship with Nature was Johnny Appleseed. Johnny journeyed around the Midwest of America, living a very simple and non-harmful lifestyle; as he travelled, he created many beautiful Apple orchards, which he filled with thousands of Apple trees.

Johnny, as a single individual, was responsible for the planting of numerous orchards and for giving thousands of American citizens the chance to taste fresh, wholesome fruit.

As human beings, unlike Johnny, we so often take without appreciation and fail to 'put back'. I feel that this puts us out of balance with our environment and the rest of the planet and is, I believe, one of the major reasons why we face so many environmental challenges today.

An old Buddhist adage states that a person should probably plant five trees in their lifetime. I would imagine that this was a pretty sensible idea. By planting the five trees, the Buddhists would replace the paper, wood, fuel and other tree products that they used in a lifetime.

Today, with the vast increase in daily consumption of energy and material goods, the figure would probably be more like one thousand trees for every person!

One way we can start redressing the tree debt, which we run up, is by planting some of the seeds from the fruit that we consume.

Planting trees is very beneficial for the planet, your soul, other creature's habitats, and global food supplies. There is just so much positivity to be gained from tree planting; the potential to help with the regeneration of the earth is made available with a handful of seeds. I think especially if we are on a fruit diet, we need to plant trees because we rely on them for nourishment.

I have eaten Mangoes, Avocados and Mamey Sapote with their stones already sprouting, and to ignore their strong valiant green sprouts that shoot out would be impossible for me. These dear little seeds are practically reaching out to be planted.

If we cannot plant all our seeds, they can be dried and saved. Some can be given away to like-minded friends. Some can be scattered on the earth as we walk. At the very least, they can be composted so they will put something back into the soil.

The quote in the Bible, from Mark: Chapter 4, verses 1-20, about seeds falling on stony ground is true. If we always throw away our seeds, they will never come into fruition.

Something else which has struck me, in relation to seeds, is that some fruit is best not chewed too much. For example, if we really masticated Passion Fruit or Figs, all the seeds would be destroyed. Could this be one reason why properly ripe fruit is pre-digested? So it requires very little chewing, thus allowing the seeds to slip through unharmed?

Many seeds contain chemicals that are very poisonous to the human body. For example, Yew (*Taxus baccata*) seeds contain the alkaloid Taxine, which is very toxic to humans and other mammals. However, if unbroken and intact, the Yew seeds can pass unharmed and unharmed through the digestive system. Yew fruit is actually very sweet, like candy. It is often stated as being deadly poisonous because of the toxicity of the seed; however, the aril is not toxic to humans.

The benefit of an intact seed passing through the digestive system is that the seeds have the chance to be deposited, ready fertilised, on the earth. An additional advantage is that they are all set to germinate at a place well away from the parent plant.

Humans or other fruit eaters share the benefits as they are not poisoned and can carry on enjoying the fruit, whilst dispersing the seed.

Many seeds have a strong or a bitter taste, which is in strong contrast to the sweetness of the fleshy fruit. So we can easily identify the bitterness and spit out the not so good tasting seed. Spitting out seems like a natural and quite automatic defence mechanism for humans. If we taste something unpleasant, which may also be harmful, we spit it out.

Papaya seeds, for example, have a very strong peppery taste and this may well discourage the seeds from being eaten; they are spat out, and the next time a Papaya is eaten the seeds are discarded ready for dispersal.

Small seeds, as previously mentioned, are ideally dispersed via the faeces of the fruit eater. This truly is a symbiotic relationship;

however, unless humans defecate outside, we are not part of this system.

A beautiful Oriental cat, who lived with me some years ago, gave a great example of fruit planting. Unusually, perhaps for a cat, he was a great fan of Cantaloupe Melon. When he ate it, he also ate the seeds with it; he seemed to relish them almost as much as the sweet flesh. Weeks after he had eaten his feast, lots of baby Melon plants started to sprout in the garden. So Kitty's Melons were off to a very good start as they were planted ready fertilised!

If it is unpractical for humans to sow seeds in this way, I feel there is all the more reason to distribute the larger seeds that we do not eat.

Seeds are very dense and concentrated, and their formation uses a lot of the plant's energy. This is especially true for the larger stones from the drupes such as Mangoes, Avocados and Cherries. The plant uses all this energy in the hope that it is a good strategy for survival and that the deliciousness of their fruits will carry their seeds a long way.

My own personal view is that humans are not, by nature, seed eaters in the same way that many rodents are. I would say that we are inadvertent seed eaters, and the seeds that we do eat are not for purposes of nourishment but for the purpose of seed dispersal.

Humans, I believe, do not need to eat seeds to be healthy. If we feel a need for more fat in our diet there is always the good old Avocado, with its seed ready to be planted.

Seeds, as previously mentioned, have certain toxins within them as a protective measure both against being eaten and also against sprouting before the conditions are optimal. Why would a plant invest all that time and energy in creating seeds—only to have them eaten?

But not all animals find seeds toxic; those that do not find them poisonous seem to have a symbiotic relationship with the parent plant. An example of this is the squirrel. She thrives on a diet very high in nuts. She has adapted to get nourishment from the nuts and seeds, without the toxicity.

I would say this has happened because the parent plant really doesn't suffer too much with her eating its seeds. The reason why? —Well she goes off and digs holes in the earth where she stores her nuts and seeds. Not all of all her hiding places will be

remembered and that gives the parent plant a really great chance at getting its seed dispersed far away, readily planted in the soil.

So it would not be beneficial for the parent plant if its seeds were toxic to squirrels, as this valuable seed planting would cease.

As a human, I have happily gone for periods of six months and more without any fatty fruits or seeds. During these times I have had well oiled hair and skin and no illnesses.

As mentioned in the previous chapter, all fruits contain small amounts of fat, and fats and carbohydrates both contain the same chemical elements: Carbon, Hydrogen and Oxygen. Consequently, the body can obtain fat from fruit and it is also quite capable of turning carbohydrate into fat.

My thought on seedless fruits is that, given a choice, I find seeded fruit to be superior in taste and vitality. If the plant does indeed have some kind of consciousness—does the plant ‘know’ that there is no reproductive value in its fruit?

On some level, is there an awareness that however much energy the parent plant puts into its fruit, no carrying on of the genes will occur? Therefore, does the plant put less energy, vitality and nutrition into its seedless and sterile fruit?

To succeed in life maybe we need to have seeds in our life?

I recently found out that certain varieties of Avocado are toxic to some birds, the cockatoo and parrot being two examples. These birds are both native to climates that would support the growth of Avocados. Avocados can also be noxious to mice.

I pondered upon this; did this mean then that the Avocado was not a wholesome and good fruit for humans to eat? Was it toxic to our systems too?

Whilst I believe that a more than optimal amount of Avocado can compromise one’s health and may be mucus forming; I have always felt that Avocados can be an excellent and nutritious foodstuff, especially as part of a transition diet.

So why would the Avocado be poisonous to mice and birds?

What made rational sense to me, was to look at the tree’s needs. What would be most advantageous for its successful reproduction and the propagation of its genes? Nature generally makes good and rational sense and is not wasteful or illogical. If mice and birds were to feast off the rich pickings underneath the Avocado tree, how would the big and heavy stones be distributed?

It is not useful for the baby seedlings to take root in the shadow of their parent where there will be little space and also little light for growth and maturation.

So much of the tree's energy has gone into producing its big, dense seeds. Birds and small rodents will not have the capacity to take these sizeable stones away to places where they could successfully grow. As well as the seeds being too large for the mice and birds to carry them away, they are also too large to be swallowed and removed in this way.

However, Avocados fit into the human hand so very nice and snugly; they feel pretty good nestling there. The fruit can be carried away with ease, and the seeds will end up far away from the parent tree. I believe that the carrying away of the fruit by humans supports the fact that Avocados do not ripen on the tree.

Certain chemicals in the Avocado tree's leaves prevent the fruit from ripening until it is picked or has fallen from the tree. The Avocados, therefore, have a good chance of being transported away, to be eaten at a later date when they are fully mature. If the Avocados were ripe on the bough, they would more likely be eaten there and then at the site of the parent tree; and the seeds would have less chance of being carried away.

Maybe larger seeds, such as Avocado pits, which are not generally swallowed and therefore do not pass through an animal's digestive system, contain more latent energy and have more energy and nutrients in them than smaller seeds because the smaller seeds are swallowed and therefore come to the earth already enveloped in a parcel of compost.

I feel that our role, in relation to seeds, is to aid their dispersal. In return, we get to eat the beautiful fruits that surround them. Planting and nurturing trees also puts back some of the energy that we are constantly taking from this earth.

Seeing seeds come to life and germinate has to be one of the miracles of life and can bring much joy into our lives; with each new sprout, the wonder of new growth remains undimmed.

Ode To An Apricot Seed.

A miracle in my hand
—Beneath its brown jacket, stretched over swelling belly,
Lies the gift of life.
Within this beautiful seed lie millions more,
Infinite orchards of fragrant blossoms,
Within a fist.
It feels so powerful and potent,
Yet still and unassuming.
Released from the delicate flesh, that fed my hunger
—Into my trust;
That I shall plant it and not squander its greatness.
A gift to me of hope and life.



Fruitarian Babies and Children

There has been a lot of publicity about babies, who have been fed a fruit diet, developing serious health problems.

In relating my own experiences of raising children on a fruit diet; I can demonstrate what has worked for myself and my two beautiful fruity babes, Camlo and Cappi, and share a bit of our story.

What I feel is so important, is that a wee babe is basically a milk processing machine; he or she lives, loves, thrives and smiles, all the while being fuelled by milk. When I say milk, I refer to mamma's milk—not cow, soy, goat or the strange concoction that comes in a tin and is labelled 'formula'.

Babies need only good quality milk from their mother or a wet nurse for the first months of their lives.

I believe that where fruity babies may run into trouble is if the milk they receive is not of good quality or the baby is weaned prematurely.

The mother needs to be on a good fruit diet with plenty of top quality organic, wild or home-grown fruits. As woman does not live by fruit alone, the mother also needs plenty of rest, positive thoughts, support and love during the nursing period. She is doing a very important job, which should be recognised by all around her.

I personally believe that a child needs milk until he or she is three and a half to four years old. Breast milk, in my opinion, has to be the most natural choice.

Most people, in Western society, think that breastfeeding a four year old is a bit strange and weird; yet they would support the belief that milk is important for the infant. Giving a four year old cows' milk is seen as acceptable whilst breastfeeding a child of this age is regarded with suspicion.

Which is the more natural however?

The length of time for which mothers breastfeed varies greatly between cultures, and the length of time that is viewed as acceptable also greatly varies.

Maybe one reason why long-term breastfeeding is regarded with suspicion in the West is simply because it is so rare, and it is not something which most people ever witness.

In many Non-Western countries, children are breastfed for several years. In these societies, there may be a lack of domesticated mammals that supply milk; therefore, breast milk is the only choice. The drinking of another mammal's milk is not universal to all cultures and was only made possible when animals were domesticated.

In societies where breast milk is the norm, the children tend to be spaced at four years or more; this allows the child to enjoy a source of milk and become weaned before the mother gives birth again.

When is a baby ready to try fruit in addition to her milk?

I believe all children are different and basically they know themselves when they are ready. My elder son showed no interest in fruit even at seven months. My younger son, however, was reaching out to share my fruit at three and a half months.

I believe that in a natural jungle setting, how our distant fruitarian ancestors would have lived, a baby reaching out for fruit—would get fruit.

The small infant holding on to his mum or dad, as they climbed the tree, would only have to put out his or her paw and grab some of the fruit from the tree from which their carer was foraging.

I cannot believe that our frugivore forbears would try to stop the infant from feeding him or herself anymore than a mamma deer would stop her fawn from eating the grass.

So, as long as the baby physically shows a strong urge to grab fruit and try it, I would say they are ready to start experimenting. Physically, a baby could grab a candy bar too or a loaf of bread; but these would not have been hanging from the trees, like a ripe Mango or a creamy Cherimoya!

As milk is so important to children, for I believe the first three to four years, this raises other issues that go beyond diet. For example, it means the mother must be happy to breastfeed for a period deemed unusual in today's society. People are often offended or shocked by seeing a toddler breastfed.

Because of our reliance on cows' milk, it is rare for anyone to breastfeed their babies beyond the second year. In societies where dairy was not traditionally used, for example, Ancient China, it was usual for infants to be breastfed for the first four years.

It is a special commitment for the mother to undertake to feed her child for an extended period; it may make returning to work or using day-care facilities more of a challenge.

I feel that mothers who make that commitment to feed their child long-term are doing a very special thing both for the welfare of the child and for the welfare of society.

Fruits are at their most beneficial if they are properly ripened and grown in organic or wild conditions. Babies and infants are more sensitive to toxins and sprays because their immune systems and internal organs are immature and in a state of development.

Therefore, it is very beneficial for children to have a diet of non-toxic foodstuffs that do not compromise their bodily systems.

Unripe, over ripe, and sprayed fruits all contain natural or chemical toxins. Under-ripe Persimmons, for example, contain certain tannins that dry out the mouth and taste pretty nasty; it is not advantageous for the fruit to be eaten before the seeds are fully mature, so the plant ensures that the fruit is not good to eat until the seeds are ready.

By limiting or avoiding these fruits, we can help to keep to a minimum the amount of toxins in our children's bodies.

Children naturally love the taste of fresh fruits. Breast milk is naturally sweet, unlike cows' milk; this ensures that the child's tastebuds are geared up for the sweet treats to follow.

The fact that we have instinct and nature on our side means that it is pretty easy to raise a child on fruit, especially if he or she has not encountered the tastebud corruptions of unnatural foodstuffs.

All children love good quality fruit. Children are naturally prepared to appreciate the taste of fruit, so weaning on to sweet fruits is a piece of Persimmon.

In a survey (March 2003) in an Australian woman's magazine 80% of children questioned said they preferred sweet tastes over savoury.

If children are designed to eat sweet foods, it makes sense that they are naturally attracted to them. It would also make sense that their tastebuds are used to the sweetness of their first food—human milk—in preparation for what is to follow.

Other milk is not so sweet, for example, cows' milk because the calf's natural diet is grass and vegetation, which does not have a particularly sweet taste.

Nature is pretty sussed and usually makes sense; humans and their young are given the tools to find, pick and eat fruit. These tools include sweet tastebuds, good stereoscopic vision to spot the fruit, hands perfectly designed to pick it, and a digestive system suited to a frugivorous diet.

A kitten could not pick a Mango anymore than a child could rip the throat out of a rabbit.

In my experience, I have found that all young children love fruit; Camlo's friends would always want to share his Grapes.

Over time, a processed diet can introduce many addictive and stimulating foodstuffs that can affect what a child would be naturally attracted to.

Such is the power of fruit, however, despite such corruptions, a ripe Mango or a sweet Grape still reach out and appeal to just about everybody.

Bringing up a child is a joy; a beautiful experience that can only be enhanced if the child is happy, healthy and balanced. If a child is raised on good quality fruit, combined with human milk, I believe that these three requisites will be there in abundance.

A Selection of Some Fabulous First Foods For Babes:

Mangoes
Papaya
Ripe Persimmon
De-seeded Cherimoya

And a Little Time Later You Could Try...

Ripe Pear
Ripe Banana
Mamey Sapote and all the other little Sapotes: Canistel (Yellow Sapote), Chocolate Sapote, Green Sapote, White Sapote
Avocado
Durian
Cherries
Fresh Figs
Jackfruit

When Teeth Debut:

Apple
Pineapple
Hard Pears
Grapes

For something to chew on, when teeth are coming through, hard Pear slices are good. Also, unsulphured dried Apple rings are nice to chew on; they are less sweet than most other dried fruit.

Dried fruit, I believe, is best used sparingly, especially with infants. It has undergone some processing and is a concentrated food source.

Dried fruit can be useful, however, when good fresh fruit is in short supply. If the dried fruit is sundried or air dried at low temperatures, it will retain enzyme activity. Dried fruit can be soaked in pure water to re-activate the enzymes and make it less concentrated. A few hours soaking is usually sufficient.

Dried fruit, I believe, is best eaten only if it is unsulphured. Sulphur Dioxide (220) is an additive used in the processing of dried fruit. It is used to keep the colour of the fruit. That is why dried Apricots that have been sulphured are an orange colour whilst unsulphured ones are brown. Sulphur Dioxide destroys the B vitamins while adding no real benefit to the value of the fruit.

Potassium Sorbate (202) is also added to dried fruit. It enables the fruit, usually Prunes or Figs, to retain moisture and still keep. The only way a dried fruit can retain moisture, and not go bad, is if the enzymes have been destroyed. This is because if water and live enzymes are both present, the enzymes will not be inactive and the fruit will start to decompose. Therefore, any dried fruit containing moisture or Potassium Sorbate will not contain live enzymes!

Fruit for babies needs to be of the grandest quality; the fresher and better grown the fruit, the more nutrients and life-force it will contain.

I have raised two very healthy babies on a mama's milk and fruit diet, but I had to make sure that they were getting a good selection of top quality fruit; and I was too, to create a good milk supply.

A Weighty Matter?

Fruit eating, mother's milk-drinking babies are slim and lean. They appear very different in appearance from babies on other diets.

The image of a 'healthy' baby in Western Society is one with rolls of adipose tissue. But is this healthy?

Arnold Ehret, a fruitarian writer whose works I greatly respect, has this to say of babies on a standard diet, from his book 'Mucusless Diet Healing System', page 177:

"What is considered a well-fed and healthy looking baby, of average normal weight, is in reality pounds of waste of decayed milk."

All other primates, who anatomically we closely resemble, have lean offspring. Gorilla babies, Orangutan babies, Gibbon babies are all slim, with a naturally nicely muscled physique. They do not have the 'baby fat', which is associated with human infants.

From a survival point of view, this makes good sense. A few thousand years ago humans, along with the primates, would carry their young everywhere. How could humans possibly run away from danger or climb fruit trees whilst carrying a really heavy baby?

The only reason that babies have been allowed to get so fat is that pushchairs, prams and car seats have been invented. If we had to carry babies everywhere, it would be a different story.

I really fail to see the survival advantage of a fat baby. Allopathic doctors say that it is good to have a fat reserve in case the baby gets ill.

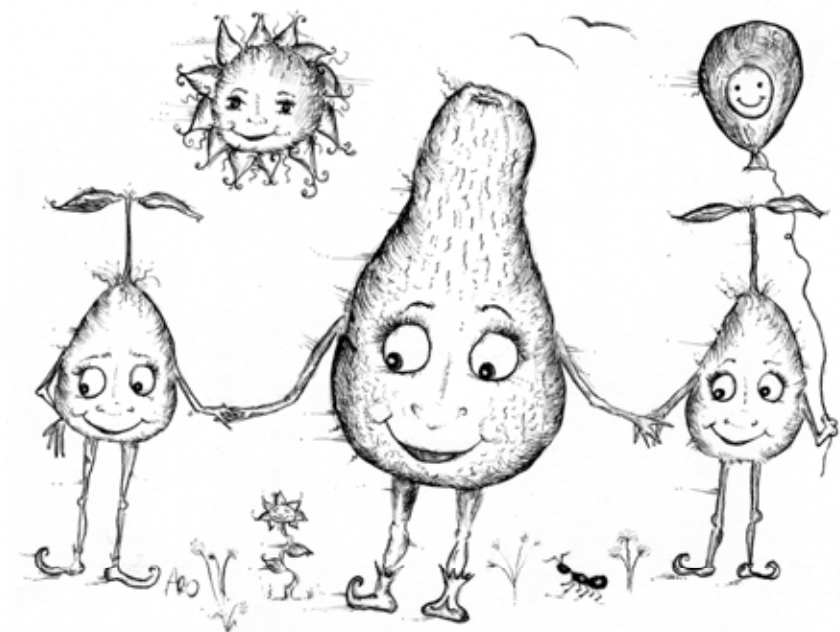
'Illness', is not necessarily something to be feared and is, I believe, simply the body healing itself.

A fruitarian baby eating great quality fruit and mama's milk has a much lesser chance of getting 'ill' or needing to heal. Also, if a fruitarian baby *is* healing, they will have a supply of good quality mother's milk to ensure that they receive a good source of nutrition. The less stored toxins that are in a baby's system, the better they will deal with any disease. And the healthier the baby, the better equipped they will be to go through any detoxification.

In conclusion, I believe that as natural frugivores our frugivorous diet begins at birth. Firstly, we are nourished by the milk of a fruit eating mother; then later on, when the instinct for fruit 'kicks in', we naturally become attracted to and reach out for an array of delightful fruits.

My two fruitarian children have both had excellent health and happiness. No usual childhood ills, happy and lovely natures, and a joy to raise.

I have had the best time raising my children. I believe if milk is given for the first three to four years of life in combination with great quality organic fruit, wild fruit and home grown fruit, raising children on a fruit diet is indeed a wonderful possibility.



The Simplicity of Mono Meal Eating

The following chapter is devoted to the concept of mono meals and mono eating.

I find that the mono way of life is strongly related to instinctive eating; please refer to the chapter on 'Trusting Your Instincts' for more information on instinctive eating.

On my journey of fruitarianism, the vast majority of my meals have been mono.

One of the major joys and benefits, for myself, of a fruit diet is the simplicity. One eats a beautiful, sweet, juicy Peach or a creamy, satisfying Banana or a buzzy, enzyme powerhouse of a Kiwi fruit, and that is perfection and satisfaction in itself. If it is not, the fruit probably is not up to scratch.

Today, there seems to be a 'raw food' equivalent of every cooked food: pizza, cauliflower cheese, pasta, pies, cheesecake, and even the latest rave—chocolate.

One thing that the raw movement is fond of stating is that no animal in nature cooks its food. Well no animal puts together a vast number of raw foodstuffs either! I have seen raw recipes with over fifteen ingredients in them but never a deer with a mixing bowl in its hoof!

How appetising is a bowl of raw cauliflower? It doesn't really appeal to us in the same way as ripe fruit. But stick in a host of ground, mixed up raw foods; things that have been dehydrated then re-hydrated, and suddenly one has raw cauliflower cheese!

I really doubt that this food is the optimum way to go for health. Would a mixture of raw food that contains seeds, nuts, veggies, and so called 'super foods' be any healthier than a plate of plain steamed veggies?

I am not recommending cooking food, but these mixtures do not seem super healthy to me.

Arnold Ehret, an author I highly regard, said that, to him, the idea of raw pies 'was absurd'.

And in his book, 'Mucusless Diet Healing System', page 111, Ehret says:

“No animal when eating combines different foods at the same time.”

Further, in the same book on page 128, he states:

“The ideal menu for man is the “mono diet”, consisting of one kind of fruit in season and I must again remind you no animal in freedom is a “mixed eater”. ”

I came to the same conclusions as Ehret, not through just accepting what he wrote; but my own personal experience brought me to the same point. My health and wellness were superior in comparison to any other way I had eaten, and eating mono just made rational sense to me.

Another reference to eating simply and not mixing comes from the Essene Gospel of Peace. The Essene Gospels are translations of ancient Aramaic texts dating from the Third Century A.D. The following quote comes from the ‘Essene Gospel of Peace: Book One’, pages 37–38:

"Cook not, neither mix all things with one another, lest your bowels become as steaming bogs. For I tell you truly, this is abominable in the eyes of the Lord...For I tell you truly, if you mix together all sorts of food in your body, then the peace of the body will cease, and endless war will rage in you."

One very important aspect of a natural diet, for myself, is being able to hear one’s instinct; to discover what tastes good, to be able to sense what is not so appealing and to respond to what really rocks my boat at that particular moment in time.

A lot of raw recipes contain ingredients that are not so tasty on their own but when mixed with a lot of other foods taste acceptable.

I really believe that every time we mix foods together, we are doing a disservice to both our taste buds and to the individual foodstuffs. A truly sensational piece of ripe fruit can never be improved upon; we simply cannot improve upon Mother Nature.

I think something is taken away from each food when it is mixed.

It is interesting to observe that all other animals, when living in nature, do not mix their foods.

I have tried so-called 'gourmet' raw foods. I went to a raw food retreat for a day. First of all, the meal took about two hours to prepare; then the clearing away and washing up took even longer. The end result of all this time and effort? —The food tasted, to me, just like cooked food.

I believe that this type of raw food is much healthier than the food that a lot of people eat, but I believe that it is also selling a lot of people short.

How much of the natural vitality of this food survives the mixing, the chopping, the dehydrating, the re-hydrating? Vitamins, especially in vegetables, are very sensitive to any processing, including chopping and drying.

Of course the enzyme quality of a raw mix will be higher than in a cooked meal but less than in a piece of quality ripe fruit.

If the Raw Food movement uses the argument that we are raw because it is Nature's Way, how can they mix so much when no animal, living by natural means, mixes their food? They cannot have it both ways.

Why settle for less than perfect health; why get stuck upon all those addictive raw food dishes that remind you of what you used to eat? They may be healthier, but a peanut butter sandwich on wholemeal is probably healthier than a bacon sandwich on white bread!

David Shelley, an English fruitarian who carried out several fruit mono diets, states in his book 'Food Of Truth', page 39:

“Mono-dieting is such a powerful cleanser because this is how our ancestors would have eaten, one type of fruit at a time when in season just as our closest animal relatives, the apes do today.

“I firmly believe that fasting and mono-dieting are the most powerful tools for restoring health.”

One example of the mono diet being used for health and healing was the Orange juice regime of Dr. Frank McCoy. In the early part of the twentieth century, McCoy used fasting and mono Orange juice diets to help people heal themselves from many illnesses including bronchitis, insomnia, and rheumatism. His work is recorded in his book 'The Fast Way To Health'.

Another advocate of the healing potential of the mono fruit diet was Johanna Brandt. Brandt's work 'The Grape Cure' tells of her own personal journey to heal her body from cancer through the use of a Grape mono diet. The book also details some of the other cases that she helped to heal after she herself realised the potential of this mono regime.

Reach for the stars; be as healthy as you can. Try mono meals. If you like raw cauliflower and it works for you, eat it alone and then wait an appropriate length of time before eating something else.

See how you feel with minimal mixing; your digestive system will have a holiday. If you feel good on raw mixes, I really believe you will feel fantastic on mono meals.

Complex raw food mixtures may be classified as 'raw' but they are also processed. If we need to process food in order to enjoy it, are we really eating the right foods in the first place?

If we want to dance on the table because we can now eat raw chocolate, could it be that we have never tasted a piece of really, really good ripe fruit?

Marvellous Mono Diets

As seen in the previous chapter, a mono diet is when one foodstuff is eaten and all others are excluded. A mono diet may last one day or forty or more.

This chapter looks at some of my experiences of mono fruit diets during the past seventeen years. A separate chapter 'Melon Mono Diets' is devoted to my Melon mono diets; the chapter describes my Melon experiences in more detail. Similarly, there is also a chapter 'Oranges and Orange Juice Fests' about my experiences on Orange juice.

My very first mono diet was carried out right near the beginning of my time on raw fruit; I ate organic Apples for two weeks. I lost some weight and I went through some elimination, but generally I felt pretty good mentally and physically and had good energy levels. I was breast-feeding my 18 month old son at this time and my milk production did not seem to suffer, well I got no complaints from Camlo about the Apple-flavoured milk.

I feel that Apples offer physical cleansing as well as biochemical cleansing. They are full of fibre and pectin, which act like a broom to physically 'sweep' the intestines. In addition, like other fruits, they chemically cleanse the body and help wash out the cells and dissolve the toxins.

Since this time, I have carried out the following mono diets:

Pears for 9 days.

Oranges for 10 days, twice.

Orange juice for 52, 26, 40 and 16 days.

Grapes for 20 days, twice.

Melons for three, five and six months.

Why A Mono Diet?

I have always felt at my mental, spiritual and physical best during mono-diets. For me, it is a time of healing, cleansing, contemplation and appreciation.

The body's digestion system is given a bit of a rest as the input into it is simplified. Healing can occur, but at the same time energy levels can be really high; so the mono diet can be very

useful for those of us who want to cleanse but need to remain active throughout the regime.

I initially chose to go on the Orange juice diet because I wanted to do some sort of cleansing; but at the same time I was the sole carer of my active three year old, and I needed to be able to keep up my stamina for lots of fun and games.

Before I started on the Orange juice, I weighed about 112 pounds; afterwards my weight dropped to about 84 pounds. However, even though I was a bit of a skinny minny, my strength and endurance were improved.

Camlo and I were holidaying in Sark, one of the beautiful Channel Islands. I carried Camlo, on my back, up the 364 steep steps with ease and without a break. It felt so much easier than the previous year, even though I was several pounds lighter and Camlo was several pounds heavier!

My eyesight also improved and my colour vision was much better. Reds really stood out and were almost luminous, especially geraniums. Greens also shone, and moss on the ground seemed to glow.

The first Melon mono diet came about in response to Lent; I am not an orthodox Christian, but I do believe that Jesus said some very sensible words.

I wanted to give something up, not out of Martyrdom or denial, but more to appreciate the abundance of Nature. Even when only one type of fruit is eaten, there is so much diversity within that fruit. I am always astounded at the variation in tastes, flavours and scents between fruits from the same crop.

I also wanted to simplify my life. When you do not have to think 'What am I going to eat today?' It frees up so much more energy for other activities.

Simplicity also can bring about a sharpening of the senses. If you live off one fruit alone, you can really tune in to that fruit and your tastebuds can become refined; so there is so much joy to be experienced from a single type of fruit.

The 40 day period of Lent, in 1998, stretched to three months on Melons. At the end of the Lenten period I was still happy and hale, so I carried on.

The beginning of Lent has been the starting point for two other Melon diets, in 2000 and 2001; the diets lasting for five and six months respectively.

I have always felt very well and very happy on a mono diet. It may not be the ideal diet for everybody, or the healthiest. I had been on a fruitarian diet for seven years before going for my initial three months on Melon, so my body was used to assimilating its needs from a juicy fruit regime.

I am also an experienced fruit 'picker'. When one relies on fruit alone for nourishment, the fruit needs to be of excellent quality.

I can pick the best Melon off the pile or the ripest Peach off the tree and indeed I need this ability because if I do not get good quality fruit my family's health will be compromised.

I believe that we are all special and unique beings; what works for one of us may not for another. One fruit may suit some of us, while another fruit may benefit others.

Similarly, whilst the mono diet has worked well for me, it may not be the optimum diet for everybody. We are all true individuals, and I do not propose that a mono diet is the 'right' diet or the most optimum.

However, if you would like to try a cleansing regime whilst maintaining your energy, the mono diet may be very well suited to your needs.

I have thoroughly enjoyed every single one of my mono experiences; they have brought me great joy, fantastic health, and a whole lot of fun!

Melon Mono Diets

So far in my life, I have been fortunate enough to experience three long Melon mono diets. To many people, the concept of living on a fruit diet may seem ‘extreme’ or restrictive or limiting in some way. Then to take it a step further and go on a mono fruit diet may seem even more of a constraint.

However, during my periods on Melons alone—five months in 1998, two months in 2000 and six months in 2001—I experienced the most wonderful and beautiful range of taste sensations.

When a person simplifies their diet, somehow they become more aware of each subtle nuance and subtle variation in taste and flavour. The tongue is no longer influenced or compromised by monosodium glutamate, strong spices, salt, cooked food chemicals or complex mixtures of flavours.

One’s sense of taste refines and sharpens, and the tastebuds are allowed to blossom.

Just as each human being is uniquely different and special, so is each piece of fruit. No two fruits ever taste exactly the same. Each has its own wonderful individuality, its own variations in skin markings, its own shape and taste.

Fruit grown naturally cannot be standardised in the same way as can a tin of baked beans or a loaf of white bread. Nature and the growing and nurturing experience leave their own marks and impressions on the fruit.

The brushing of a bee, the position and strength of the sun, the wind and the rain, and a thousand other things all contribute to the making of a piece of fruit and cannot ever again be recreated in exactly the same way. Each fruit that you hold in your hand is totally special to you and your body; nobody else will ever have quite that, which you do.

In the Supermarket Society, consumers are ‘dumbed down’ to always expect the same taste from their food. Whether you drink a can of Coke in America or Albania or share a ‘Snickers’ bar in Turkey or Timbuktu, the product will always taste the same. There are none of the new and delightful taste surprises that are to be constantly found in a diet of fresh raw fruit. Only the total refining of foods and drinks and the addition of chemicals, make this lack of individualism possible.

During my six months on Melons, I may have eaten over 500 Melons; but no two were ever exactly alike. Each Melon was a special new taste sensation. Even two sister Melons, grown side by side in the same field under the same stars, had their own unique taste.

Embarking on a mono diet is, for me, a chance to simplify, whilst at the same time fully appreciating all the wonderful things in life. The mind has a rest from deciding ‘What shall I eat today?’ The body has a chance to cleanse and strengthen, whilst the spirit is blessed with a joyful and peaceful simplicity.

When I want to eat one fruit alone, I tend to choose Melons for their quality, taste and goodness. In Europe, there are so many superb types available from May to late November. Each beautiful variety is endowed with its own special qualities.

It somehow seems that the more simple one’s diet is, the more wide ranging is one’s taste experience as differences are really appreciated.

From the cooling sweetness of the Honeydew to the robust and carrotty Cantaloupe, from the red nectar of the Watermelon to the tangy creaminess of the feisty Tiger Melon; each variety charms and captivates.

Such is the variation within one species, I could live off Charentais Melons alone and yet each day experience a myriad of new taste sensations.

During my six month Melon diet, I was lucky enough to spend some time in Cavaillon in Provence, France. Cavaillon is the Melon capital of Europe. It is a charming and beautiful town surrounded by many Melon fields, and its streets are full of fruit shops. There I feasted upon the divine Charentais Melon: Queen of the Melon Kingdom.

—She bursts with aroma, sweetness and Beta-carotene!—

The Charentais Melon indeed enchants all she meets.

This special fruit is very much food fit for fairies and she will weave her magic spell on us mere mortals too!

There are more details on this remarkable Melon in the Chapter ‘All Hail the Charentais Melon’.

During my time on Melons, my health and energy levels were always excellent and my weight remained at a stable 112 pounds.

I worked as a Massage Therapist, cared for my son and continually exercised during these periods.

To show the *potential* for the fabulous fitness that can be experienced on a Melon mono diet, during the 2001 six month Melon mono diet when I was on day 47, I came first in a walkathon, out of 4,000 people.

A mono diet may not be the optimum nutritional plan for everyone; our needs are all special and unique and depend on the many factors that make up our lives. But at the stage I am at, they work very well.

Personally, I always feel at my best when I am eating one fruit at a time; I have the most energy and I feel especially joyful.

Apart from Lent, I never plan how long I will be on one fruit; I tend to listen to my body and how it is responding to the foods that I am nourishing it with.

The seasonal availability and quality of the fruit is also an important factor; my six months on Melons, in 2001, drew to a close as the fabulous European Melon season neared its end.

Whether I am eating one type of fruit only or a great variety of fruits, one factor is, I believe, *so* important for good health. This is the vitality and aliveness of the fruit. Fruit that is naturally grown, grown with care and love, and left to fully ripen on the tree is chock full of natural life, love and vitality.

Such fruit will nourish our bodies and soul, enrich our lives, fill us with vitamins, strengthen our bones with minerals and leave us satiated, satisfied and *very, very* alive.

Fruit grown on a massive scale, fed with chemicals, grown on deficient and depleted soils and picked under ripe will not be able to fulfil all of our bodily and spiritual needs; no matter how many varieties we consume. Such fruit is compromised in its ability to sustain us, and it is cultivated in such a way that it is not allowed to reach its proper potential.

Fruit that is selected for how well it travels or for its supermarket, superficial glossy good looks will not fill us with an inner vitality, as will older and heirloom varieties which have been grown and developed over thousands of years for their taste and nutritional value.

Fruit that is wild, home grown or grown on small-scale organic farms has been nurtured with much love and appreciation. This is reflected in fruit that tastes superb and is full of vitality. This is

the kind of fruit that we all need to be eating for optimum health and happiness. Fruit growers are so important for our health and well-being.

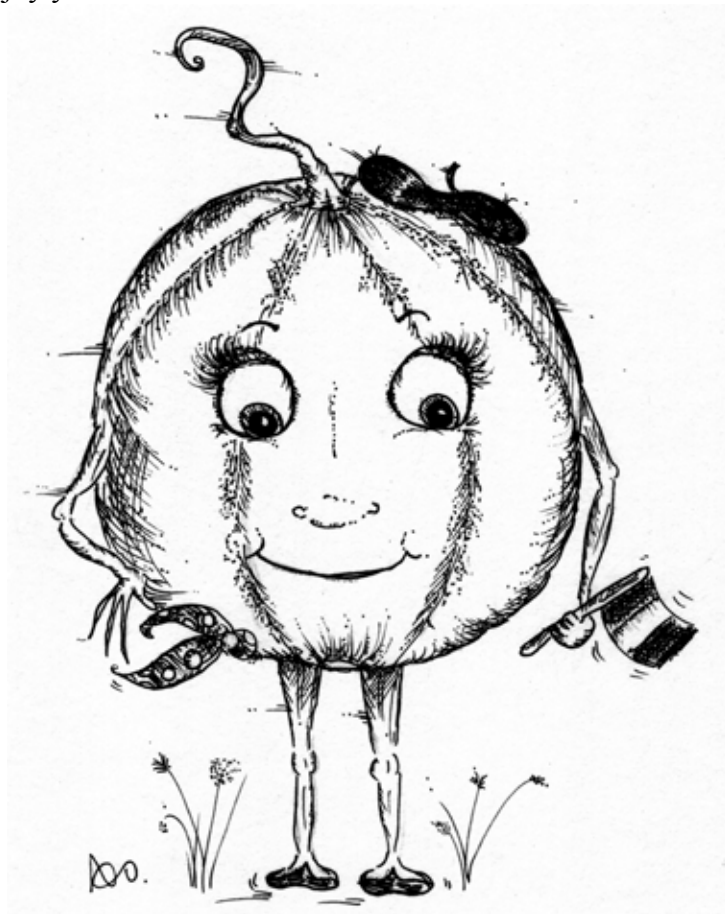
The Melon is truly a divine fruit; it has supplied me with much of my energy and become a major part of my bodily cells in recent years.

Poems have been written to the Melon, Queens have longed for it, and Cavaillon has a nine tonne statue of a Melon at its gates in celebration of the Melon's importance to the town.

Melons are easy to grow, organically, in a variety of warm climes. I have planted Melon seeds in Australia and they were germinating and greeting the sun within five days.

There is so much beautiful fruit on this planet, and the Melon is just one of the many wonderful fruits that can feed our bodies and our souls.

Enjoy your Melons!



Eat Less...Grow More?

One thing that I have found, on my personal journey on a fruit diet, is that the more I travel along the fruity path, the less I seem to need to eat to maintain both my vitality and my energy requirements.

When I first started out on a fruit diet, I found that I needed to eat quite a bit of fruit and also the more concentrated raw food, such as Avocados and dried fruit, to feel comfortable and to maintain my body weight.

I have great faith in the body and its great inherent knowledge and wisdom, in spite of what us humans may do to it! Therefore, I guess that my body always knew what it was doing, and maybe there was a need for more fruit to stabilise or slow the rate of elimination when I first adopted a fruit diet. Also, I believe that my body could have needed more fruit because I was not necessarily assimilating at an optimum rate, as I still had some internal intestinal cleansing to do.

I also strongly believe that the body has an optimum weight. This weight may vary depending on age and body type. Also, an individual may find their optimum weight can change at various times in their lifetime as a reflection of different stages in their life.

When many people first start out on a fruit diet, they may find that they lose weight. This seems to be a concern for those of us who are already lean and do not particularly want to lose any more kilos.

However, I believe that the body does really know what it is doing (as long as it is given the right environment in which to heal and cleanse). So we may lose weight as part of the body's clearing out and general house cleaning.

I do believe that as long as we have a positive attitude and we are feeding our bodies with sufficient quantities of great quality raw fresh fruit, we will never starve or go below a weight that is dangerous for our health. As I think I may have mentioned before, the body really does know what it is doing.

The real turn about in cleansing and assimilation came for me, personally, after I finished a 52 day Orange juice mono diet in the Northern summer of 1995. I had not intentionally embarked on

this diet to improve my assimilation of fruit. But after I had finished the mono diet, I just felt that I was benefiting so much more from the fruit that I ate.

It was not something that I thought about consciously; it was more of a feeling, something which I experienced deep inside.

After my mono diet, I found that I needed to eat so much less fruit, and especially less of the more concentrated forms of fruit, to maintain my weight.

I think that I may say that the less I eat, the more energy that I have and the better I feel. This only really kicked in for me after my cleansing experience on Orange juice.

The cleansing period may be different for each of us; the mills of the gods do indeed grind slowly, but the cleansing period is exactly that—a period.

It does not last forever, and those that have been on a fruit diet for a while find that as the elimination ceases then so comes upon them the most wonderful energy and endurance.

Arnold Ehret was a real pioneer in his views that what we eat does not give us energy, rather the removal of blockages does.

His equation: $V=P-O$, speaks volumes more to me than many paragraphs of text ever could.

It is all about vitality (**V**) being at its optimum when it is equal to power (**P**); this occurs when all obstacles (**O**) have been removed.

I know, personally, that I have the most endurance and the most energy when I eat lightly or I am on a juice or mono diet.

When we eat more than our body really needs to function at its optimum, we have less energy as our vital forces are needed for digestion and to deal with the excess of food. Fruit may be less taxing on the system than other foodstuffs, but an excess of it still makes for less than optimum health.

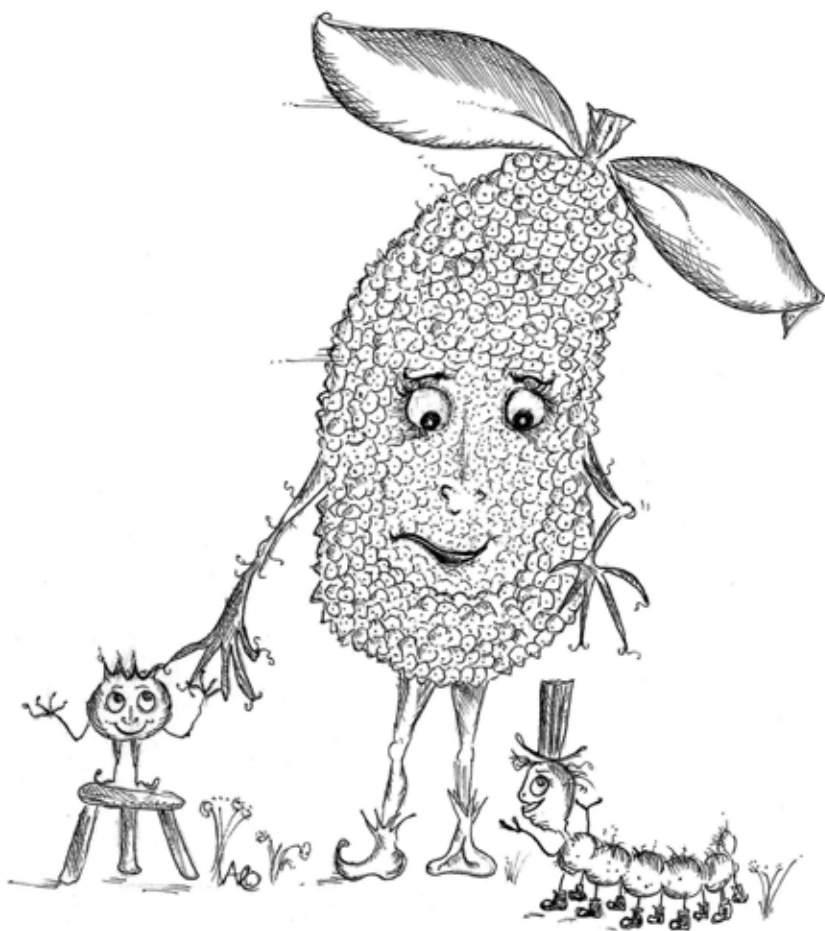
Also, if we have cleansed and removed all internal toxins and obstacles, the body functions so freely and well that less fuel is needed to run it.

When we first start out on a fruit diet, we may need to eat more fruit simply to ensure that we do not eliminate too much or to make sure that we do not feel 'hungry' and therefore are tempted to eat foods other than fruit.

This whole fruit diet is such a continual learning experience, and I still enjoy discovering new things every day.

One thing, however, which seems to be common to all the long-lived societies of this world is that their inhabitants ate far less than the majority of people in modern day Western societies.

So maybe eat less...But keep growing!!!



How To Pick Good Fruit

If we want to get the most from our fruit, we need to select the best we can.

I have survived for seventeen years on a fruit diet, but I know that this has only been possible because I have been fortunate enough to have developed the skills to choose good fruit.

Anyone can become a good fruit picker; it is not some exclusive club. You will naturally find that the more fruit you eat and the more you rely on it for nourishment, the more honed your fruit picking skills will become.

To find the best fruit in the bunch, we need to use our senses plus that certain instinctive awareness; combined, these skills will help to direct us to the tastiest Melon on the vine or the ripest Pear on the tree!

Essie Honiball, a South African fruitarian, says in her book ‘I Live on Fruit’, page 24:

“A fruit eater migrates like a bird to the tastiest fruit.”

All fruit lets us know of its ripeness and quality by certain signs; when we can read these signs, we are assured of quality fruit.

Sight, smell, touch, taste and instinct are all important factors, and this chapter will look at each and give tips for tip top fruit picking!

Sight.

Humans are very visual creatures. Maybe this is to do with our frugivorous nature; we need to be able to spy those colourful fruits nestling high up in the trees.

We rely so much for our existence on the information that reaches us through our eyes. Blindness is often feared far more than deafness, by the sighted, simply because we depend so much on it for survival.

Sight is therefore very important in fruit selection. We can pick up cues and signals from the appearance of fruit. These clues help us to judge the way fruit will taste and also let us know about its quality.

The more we eat and enjoy fruit and the more selection we carry out, the more these signals will be stored in our brains.

If we enjoy deeply coloured Mangoes and they taste ripe and good, the next Mango picked from the tree or supermarket will be the one with the deepest hue.

We need to appreciate what colours work for what type and variety of fruit. For example, a Persimmon may be at its peak when it is a deep almost translucent orangey red. One variety of Mango may be best when it is a dark green whilst another may be better when its skin shows yellow.

Marks on the skin.

Marks on the skin can also be a show of ripeness and excellence. We need to be able to distinguish the difference between marks that are an indication of maturity and blemishes that are a sign of over ripeness or damage.

Examples of good marks are those little rough brown marks on properly vine-ripened Grapes. They show that the fruit has been allowed to ripen properly and has got a lot of sunshine. Similar marks can be found on Apple and Mango skins. Often the more interesting marks on the skin—the better the fruit is.

The beautiful marks on the skin can tell us something of the fruit's life history. In reading them, we get to know a little more about each piece of fruit and its character.

Not all marks foretell delicious fruit, however.

Marks that say 'stay away' are bruises and soft spots; a sign the fruit has been mishandled at some stage in its lifetime. Also look out for holes in the skin; they are a sign that something has already had its bite of your dinner.

As we get to know more about fruit, 'Fruit Reading' can become an invaluable skill in letting us know the quality and freshness of our fruit.

I love 'fruit gazing'; looking at the colours and form of a piece of fruit, before I actually eat it. Sometimes it is hard to eat such a beautiful object. Then the sense of smell may kick in and fire up the salivary glands as the fruit says, 'Come on you idiot eat me and spread my seeds for goodness sake!'

Smell

Not all fruit relies on its visual brilliance to attract potential seed spreaders. Some fruits give off a wonderful aroma once they are ready to be eaten. Probably the most notorious of the odorous fruits is the Durian. Personally, I love the smell of the Durian and my tastebuds worship its multifaceted flavours.

When the Durian is ripe, it falls from the tree. Hopefully not on your head as Durians are a tad spiny (Durian translates as 'Thornfruit' in Indonesian). Once it has fallen, the Durian may lie unobtrusively on the forest floor; there is nothing unobtrusive about its smell, however, and this smell will alert the Durian lover to the spoils.

The quality and ripeness of the Durian, therefore, can be determined by its smell. Other wonderfully smelling fruits include the Mango, which also advertises its presence visually in a wealth of yellows, oranges and reds, and also the Guava; my elder son has smelt out his dinner from Guava trees as the scent wafts ahead of the visual recognition.

Smell is so important in identifying great fruit; it helps us determine ripeness, quality and flavour. Smell also shows if the fruit is over ripe or rotten. Fermentation can be smelt and indicates that a fruit is past its best; a useful warning before fruit is purchased or eaten.

Pineapples, Melons and Mangoes will all smell vinegary and sour if they are over ripe.

Smell is a prelude to taste and gets the salivary glands going ready for digestion. If you start to salivate when you smell a fruit, it is a strong sign that your body thinks the fruit will be good for you to eat.

Touch

Touching the skin of a beautiful piece of fruit is a sensuous and pleasurable experience; whether it is the downy flesh of the Peach, the cool smoothness of a Canistel or the warm fuzziness of a Kiwi fruit.

Touching fruit can also tell us something about the ripeness and quality of fruit. Many people judge the 'readiness to eat' of a Mango or Avocado by how much the skin 'gives'. Different

species of fruit and different varieties, within the species, will all vary on how much ‘give’ indicates peak ripeness.

Touch can also convey to us something of the fruits individual ‘aura’; this doesn’t have to be read as ‘New Agey’. Fruit is an electrical body and, as such, it gives off different vibrations depending on quality, ripeness and variety.

If we can somehow ‘tune in’ to fruit’s vibrations, we can get a ‘feel’ for which piece of fruit to pick.

This ‘sensing’ of which piece of fruit to choose for ourselves leads to another way of choosing fruit:

Instinct

I believe that sometimes we humans need to stop thinking so much and go more by our instincts. This also applies to fruit picking. Sometimes, when there is a pile of fruit, we go for one piece because we just ‘feel’ that it is ‘the one’.

Whether there is also some subconscious use of our senses, I am not sure; but I do think that sometimes we should go for the piece of fruit that we are first drawn to, before there is time for thinking. Just try it, go by initial reaction or instinct, and see if it works for you.

I believe that we are fruit eaters by instinct, so it makes sense that there is a certain indefinable aspect to our fruit selection.

So, by a combination of our concrete senses and the less definable ‘instinct’, we can all become expert fruit finders.

I greatly enjoy this part of the fruit diet: The picking out and foraging of my own fruit.

Enjoy your fruit and enjoy selecting it too!

Ripeness

A fruit is at its peak of vitality, most deliciousness and highest energy when it is perfectly ripe.

The amount of time that it stays at its peak depends upon the type of fruit.

Some fruit does not reach its optimum state until it has left the parent plant, for example, Avocados, Feijoas and Medlars.

Generally, though, fruit is at its best when left to ripen on the tree.

Even though tree or vine ripened fruit is optimal, some fruits will continue to ripen once they have been harvested. These fruits are called climacteric fruits; examples include Apples, Kiwis and Mangoes.

Fruits that do not ripen or sweeten further once they have been picked are known as nonclimacteric fruits; examples of these include Pineapples, Watermelons and Cherries

In the book 'The Secret Life of Plants', the authors Peter Tompkins and Christopher Bird mention experiments showing that a fruit's vitality peaks when it is perfectly ripe. If the fruit was under or over ripe, it was found to give off less vital energy. Tompkins and Bird state on page 270:

“Simoneton says fruits are filled with solar radiation between the bands of infra-red and ultra-violet, and their radiance rises slowly to a peak while ripening, then gradually decreases to zero at putrefaction. The banana, which has a span of twenty-four days from the time it is picked until it rots, is only healthily edible for about eight days. It gives off optimum vibrations when it is yellow, less when green and minimum when black.”

Nature is very logical and not wasteful, and to make a fruit at its tastiest and most nutritious when its seeds are fully mature ensures that the seeds will not be distributed before they are perfectly viable.

Some fruits, such as the Astringent Persimmon and the Chocolate Sapote, actually taste awful and contain toxins when they are under ripe. This helps to ensure that their fruits are not consumed unripe. Therefore, their seeds will only be spread when they are fully developed and at their most viable.

A fully-laden Cherry tree can stay that way for weeks; then suddenly the birds know when the crop is fully ripe, and the tree can be stripped of its bounty overnight.

Often, fruits on a tree ripen at different rates; this can be due to their position on the tree, the amount of sunlight they receive or their date of pollination. A gradual ripening ensures a steady supply of fruit over a period of time.

Sadly, however, this does not fit in with commercial fruit growing, whereby a crop tends to be picked all at once. It would be wholly uneconomic to pick one or two fruits a day off a tree. 'Cash cropping' could not survive any other way.

As fruits are all individuals, regarding their stage of ripeness, when they are all picked together, some will be under ripe whilst others may be over ripe. Only a few will be at their absolute peak.

Many fruit crops that would ripen beautifully on the parent plant are harvested under ripe so that they will arrive at the market, and eventually at the consumer's fruit bowl, in a near state of ripeness. Some fruit is picked so under ripe that it never ripens.

Even if fruit is harvested at its peak ripeness, the time factor involved in bringing it to the consumer's table may cause it to be over ripe by the time we eat it.

As can be seen from Tompkins' and Bird's work, fruit is at its optimum for only a very short time.

To hold a piece of perfectly ripe fruit in one's hand is divine. It feels so nicely heavy, so bursting with energy and so potent. There may be vibrant colours or markings on the skin, or a beautiful dewy blush adorning it.

If we are to live and thrive on a fruit diet, we need to tune into fruit; we need to pick the best, the ripest, the wildest and the most vibrant fruits that we can.

We need to recognise the marks common to each fruit that indicate its optimum ripeness. This is part of 'tuning-in' to fruit, to focusing on it, to respecting and loving it. It can take time to develop these identification skills; and if we are relying on other foods for nourishment, it may well take longer.

Like everything else in Nature, we are born to survive and we need the *best* fruit to survive. If we are relying solely on fruit for nourishment, we will endeavour to obtain the very best fruit; after all our very existence depends upon it.

If we are relying on dead, canned and packaged goods, the responsibility for good health is taken away from us. We do not need to examine a nut roast mix for signs of ripeness.

We give the responsibility for quality to some far off factory.

When we choose living, fresh foods we claim back that responsibility; we learn to choose our food for its looks, its smell, its taste and also for that special ‘feel’ that we cannot define.

How do I know which Mango is a winner? Seventeen years of loving them, plus intuition and something magically undefinable.

Choosing properly ripe, live foods enables us to choose the best and to take responsibility for our health.

In the book ‘The Magic of Findhorn’ by Paul Hawken, Hawken relates advice given about the food that grew at Findhorn. He says, on page 110:

“The guidance informed them that they would live almost completely on what was produced from their garden...because this food contained vibrations that were more refined than the foods obtained in town.”

The fruit and vegetables grown at Findhorn were tended with much love and picked perfectly ripe, and their higher vibratory levels are a reflection of this.

Wild or home-grown fruit is especially precious, just because it can be picked at its peak; ripe off the tree—the way that Nature intended.

Local, seasonal fruit also tends to taste better because it can be picked almost ripe if it is going to be sold at a Farmer’s Market the next day.

I spent the last months of 2000 in Australia. It was their summer, and my elder son and I feasted on local, ripe fruit and also wild and home-grown fruit. Returning to the British winter and stores full of imported South American fruits, I really noticed just how under ripe most of this fruit was.

Therefore it can be challenging, as a fruit eater, to obtain optimally ripe fruit in our society, especially if we do not have access to wild, home-grown or locally grown fruit.

We may not have the resources, desire, time or money to pick, forage for or grow any fruit ourselves. Therefore, we really need

to tune in to whatever good quality organic and local fruit is available in our vicinity.

At the supermarket, all fruit on the shelves is not equal. Some will be much more alive than others. So even if we only have access to supermarket fruit, we can still pick the best we can if we ‘tune-in’ and focus on fruit-choosing; see the previous chapter ‘How To Pick Good Fruit’ for fruit picking tips.

Our senses need to be supersharp if we only have limited access to good quality fruits.

There have been times in my life, where due to personal location and situation, I have relied on one or two supermarkets for the vast majority of my diet. I *have* survived and flourished. I may not have been as healthy as if I had been living in the forests in Bali and I may not have had as many minerals in my body, but I was still very healthy and the healthiest I could have been in that situation.

I feel that it is a very beneficial thing to be always positive about our position in life. Whether we are living in a tropical paradise or in the inner city, we *will* find fruit.

It may be easier to find in the forest but fruit will still come to us if we search in the cities. It just may be that fruit choosing skills are more important in the suburbs and cities.

I believe that the more we are drawn towards fruit, the more it is drawn towards us. When we really have a need and love for fruit—we get it, by whatever means.

Some Positive Things We Can Do If We Live In Towns:

- 1) Ask local allotment holders if they will sell or trade some of their excess produce.
- 2) If you have the time, share an allotment or a piece of dirt with friends and start to grow your own.
- 3) Spend time choosing your fruit. This is one advantage in a supermarket; if you don’t mind people staring, you can take time to handle and choose your fruit.

4) Know what the signs are for ripeness in each individual fruit. Ask other fruit lovers or fruit sellers for advice. Read books, talk to growers.

5) Get to know when supermarkets or fruit shops put out their new stock and be there, if possible.

6) Cities often have organic fruit available from buying groups or co-ops. If they have good quality produce and a high turnover, their fruit may be a good fresh option.

Also organic delivery services are often available in large towns or cities.

7) Areas with a diverse racial and cultural mix often have beautiful exotic fruits that you would not normally find in that country. Visit ethnic food stores and ask the storekeepers about which fruits they can obtain and what the seasons are for different fruits.

8) Try to feel positive about whatever you eat. A not so hot piece of fruit eaten with love and respect may do you more good than a whole platter of tropical wonders bolted down without appreciation.

9) Eat a smaller quantity of better quality and more expensive fruit in preference to lots of cheaper but less nutritious fruit.

Most overblown commercial fruit is full of water. A lesser quantity of organic or wild fruit, with plenty of good quality drinking water, if desired, will give you more minerals than a greater quantity of poorly grown fruit.

10) Enjoy picking and choosing fruit, the more you pick—the better you get!

Let your fruit picking fill your soul with love as well as your stomach.

A Skin-Full is A-Peeling!

Fresh fruit is at its optimum, nutritionally and tastewise, eaten as soon as it is cut or peeled.

André Simoneton in his experiments on vibrations, mentioned in the chapters 'Faith, Fruit and Fearlessness' and 'Ripeness', found that fruits were at their peak vibratory level when eaten perfectly ripe and fresh.

Once fruit is picked it can remain fresh and wholesome, depending on the variety, for some time.

If the fruit is a climacteric variety, it will also continue to ripen after picking.

Whether a fruit is climacteric or not, once a fruit is cut or peeled it immediately starts to react with the oxygen in the atmosphere and the fruit starts to oxidise. An Abiu can ripen and stay fresh for several days after picking. Once it is cut open, however, the flesh and inside skin immediately start to oxidise and in a few minutes the beautiful translucent flesh is an unappealing muddy brown.

This fruit is obviously shouting 'Eat Me! Eat Me **Now!**'

The frugivore who picks the Abiu will need to eat it immediately it has been opened or else the fruit will be spoiled.

Other fruits, such as Bananas and Apples, also oxidise quickly; although within the Apple Family there is great variation on oxidation rates between different varieties.

The skin of a fruit is a marvel—An Amazing Technicolour Dream Coat!

The skin not only does its best to attract us to the fruit, but it also keeps all the treasures within perfectly fresh and delicious.

Some varieties of fruit will keep safe within their skin for several weeks after they have been harvested, one example being the Orange. Once that Orange is peeled, however, the flesh will immediately start to dry out.

Once damaged, fruit skin can actually heal over in some fruit species. An example is the Avocado. If the skin of an immature Avocado is damaged whilst the fruit is on the tree, often a new skin will form covering the blemished area and protecting the fruit until it is ready to fall from the tree. This new skin can also form post-harvest.

I have found a thin layer of skin forming on Avocados that I have cut open and saved part of for later. Fruit is alive! Try opening a can of beans and then finding it re-sealing itself!

The skin of a fruit does a great job of protecting its precious cargo of flesh and seeds. The Pomegranate has spongy sections beneath its skin (albedo) to cushion the sweet jewels within. Durians have huge spikes on their skin. These thorns are Nature's suit of armour; they protect the flesh and seeds when the ripe Durian falls several feet from the tree to the ground.

Nature is truly marvellous at packaging fruit to safeguard the parent plant's precious offspring, and this beautiful wrapping ensures that the frugivores of this world get to receive her bounties charmingly delivered and perfectly fresh.



Instinct

I believe that humans are instinctive fruit eaters. The chapters ‘Trust Your Instincts’ and ‘Fruitarian Babies and Children’ both contain examples as to why I believe this to be true, and the ‘Comparative Analysis Table’ shows at a glance that anatomically we are very similar to the frugivorous anthropoid apes.

I will now give a few of the fundamentals that shout out to me about our frugivorous past:

- Our hands are just made for plucking fruit, holding it, de-seeding it and carrying it.
- Our guts are the perfect length for the passage of fruit.
- Our tastebuds are geared up to Sweet, starting right from birth when our survival is totally dependent on relishing that sweet breastmilk.
- Our vision is stereoscopic; we see reds and greens beautifully, how perfect for spotting fruit bounty in the trees!
- Our teeth are perfect for the eating of sweet and juicy fruit.
- Sweet, juicy fruit is the most easily digested of all the foodstuffs known to humankind.

So what are the alternative foods stuffs that we might be drawn to instinctively? What about flesh?

Bearing in mind that for our instinctive reaction to work, the food must be **totally** unprocessed. Flesh is really only palatable and appealing to the vast majority of humans after it is killed by the abattoir worker, then ‘prepared’ by the butcher, and finally cooked by the chef.

How many ‘barbie’ fans drool at a cow in a paddock in the same way as they salivate over barbequed meat?

Even the Butcher's shop is hardly a land of enticement.

The raw putrefying flesh on display is an unappealing brownish-pink colour and often has a nauseating smell.

We are given a sense of smell for many good reasons, and one very important one is to find the smell of our unprocessed natural diet appealing. If the smell of raw meat does not turn you on, how can it possibly be our natural diet?

Place a perfectly ripe fragrant Peach before you and then a raw piece of flesh, and see which one makes you drool.

Compare the smell of dead flesh to the heavenly aroma of a fresh picked Mango, and tell me which you prefer.

As for the visual attraction, look at the pinkish-brown greyness of the rotting flesh on display. All muscle flesh from animals starts to putrefy and decay from the moment of death. Moisture in the air combines with bacteria to begin the process of putrefication; very useful to keep the planet well balanced and free from corpses, but not so helpful to the guts of a frugivore.

I find it amusing that because a butcher's display looks so unappealing and drab, in terms of colour, the butcher puts plastic cress in-between the dead flesh or decorates his counter with artificial fruits, veggies or greenery.

Who ever heard of a fruit and veg shop needing to put plastic sausages in their display to help sell their wares? Fruit shops naturally draw the eye; they are wonderful places to behold.

And doesn't it make perfect sense, from a survival point of view, that we be visually attracted to our food? If we did not really notice it, we would probably starve.

In addition to the fine visual display at the fruiterer's, the wonderful smell of ripe fruit wafts out onto the street to further entice us.

Why, if we are natural carnivores or natural eaters of flesh, are we so horrified by the book and film 'The Silence of The Lambs'? Surely we would not feel repelled or squeamish if the butchering of animals and eating the various bodily parts, as other true carnivores do, was natural to our nature?

Why are we so horrified by the graphic description of killing and eating flesh, if it is instinctive to us?

Our relationship with the environment is also connected to our instinctive desire for food; as instinctive fruit gatherers, we have a real desire to be out in the greenness of Nature.

Part and parcel of being a fruit eater is to be out of doors. The natural gathering of fruit, nuts and berries is done out of doors in the wondrous countryside.

Although many humans have morphed into indoor supermarket shelf gatherers, our natural desire to be outside foraging for fruit is just bubbling away under the surface.

A can of beans will never be plucked ripe from a beautiful tree; it can only be bought indoors, under the fluorescent lights of a supermarket.

This poor substitute for plucking ripe fruit directly from a living plant, under the healing rays of the sun, may be the reason that so many of us love ‘scrumping’ fruit or ‘picking our own’—these activities connect us to our fruit gathering roots.

I have found that the more my diet consists of sun-filled foods, the more I have a desire to be outside in the fresh air.

This is a kind of snowballing effect. Firstly, our fruit eating heritage gives us a primeval and instinctive desire for being in a fruit gathering environment; then when we *do* start eating more fruit, we desire the outdoors more and more!

Another effect of being on a fruit diet is that when I meet fellow creatures, when spending time outdoors, I can look them in the eye and feel comfortable that I am not eating or wearing any of their friends and relations.

To conclude, our natural diet must surely be one that we find delicious and palatable in its whole, unprocessed, raw and mono state. Fruit perfectly fits the bill and this, coupled with our physiological adaptation to a fruit diet, makes me believe that by instinct we are truly fruit eaters.

Trust Your Instincts!

Something that really strikes me about every wild creature on this planet is their beautiful instinctive eating.

A sheep on the moor, a parrot in a tree, a lion on the savannah or a whale in the ocean; they all feed instinctively.

For humans, instinctive eating exists; but it may be buried deep beneath the layers of emotional eating, comfort eating, eating for the stimulating effects and eating for any other reason than we are purely hungry and need good quality food to sustain us.

We look at food as our 'Best Friend' in times of distress but also as our 'Deadly Enemy', as our bodies gain unwanted weight or their functions are compromised as a result of our diet.

There is the difficult dichotomy. Food: friend or foe??!!

But there is another way, a rational and balanced relationship that we can find; whereby food is not our downfall nor our support but purely and simply, as the other animals experience, our life bringer without being our life shortener.

If we peel away the layers and the deep mental connections that associate food with comfort, sex, reward and social acceptance, something much 'rawer' is revealed: the instinct 'to eat to live' and not 'live to eat'.

To watch a cow graze, gives me a sense of peace and well-being; it just seems to be the most natural act in the world.

The cow does not think 'Will this grass make me fat?' or 'I have just had a run in with Daisy, so I will eat' or 'If I give this grass to my calf, it will make me a good mother!'

She merely eats in a natural way because that is what is in her genes, and her pure and unsullied instinct leads her to eat only what she needs.

That is not to say that other animals are immune to the dietary pitfalls that befall us humans. In North America, bears who have become addicted to human junk food have to be airlifted away to areas where humans do not roam. Then there are the disturbing images of vastly overweight domestic cats and dogs.

With no access to humans' cooked and mixed foodstuffs, bears, cats and dogs do not have unhealthy issues with foods and they live in harmony with their environment and their natural diet.

So how do humans regain a natural and instinctive relationship with food?

In my experience, eating raw mono meals where the food is not processed (that is not mixed, dried, cooked or blended) brings with it a special and more instinctive nature to eating. If we are allowed to be guided by totally unprocessed foods that appeal to our appetites, I believe that we will instinctively choose the foods that we need.

How many people on being presented with a whole live cow or rabbit would start to drool and want to munch into it? For the vast majority of humans, the only way they ever are able to eat flesh foods is if they are processed. Even raw meat has still undergone massive processing, unless you start with the whole live animal.

Compare our lack of interest in live animals with the smell and sight of a perfectly ripe Mango or fresh picked juicy Peach.

I believe that if we eat mono meals of totally unprocessed foods, it is almost impossible to overeat. There is a natural 'stop point' that is reached. The food stops tasting delicious and the body knows that it has had its fill. I feel that this 'stop point' is much less defined or disappears completely if the food is mixed, cooked, dried or processed.

There are many issues with humans' relationships to food, and I do not profess to know them all—far from it.

All I can relate is my own experience. Which is that the more simple and the less processed a food is, the easier it is to eat it in an instinctive manner.

However, emotional and social issues also play such a huge part in our complex relationship with food. In many cases, even if we 'know' that a certain food makes us feel less than our best, we may be drawn to it for comfort or emotional reasons.

Mental conditioning, from childhood, to associate food with comfort and support is often very hard to overcome.

Sometimes, it is only when we have undergone some healing and we feel strong and secure that we are ready to move away from cooked and processed food 'props'.

I believe that 'gourmet' raw food meals so replicate cooked foods that even though they may be a somewhat healthier option; they do not really get us into instinctive eating, in the way that simple mono meals do.

All other animals basically eat mono. The cow may take a mixture of grasses when she eats, but generally one food is taken at a time by our fellow creatures. The parrot eats one flower, the monkey eats one fruit, the lion one animal.

Personally, I have felt the best mentally, physically and spiritually when I eat mono meals or one food at a time. Maybe it is because I feel more in tune with my instincts, and I am eating in accord with my fellow creatures who do not mix their food. I also feel that mono eating is the least taxing on our digestive system, so more energy for everything else!

—A poor food can be masked with spices.

—Under ripe and less than delicious fruit (fruit that we would not want to eat by itself) can be made palatable by blending it with sweeter fruits.

—Bitter greens, that make your toes curl, can be relished if they are covered with elaborate dressings.

But with mono eating a food has to STAND ALONE. It has to be absolutely delicious AS IS!

Therefore, as mono eaters we only eat THE BEST!

If a Monkey in the jungle puts a piece of fruit into her mouth that tastes sour or not so good, she will spit it out. She would never try to mix it with other fruit so she could eat it.

Similarly, a herbivore only eats greens that taste good to him or her in their natural and unprocessed state. No raw food dressings or smoothies are needed in order for Mr. Sheep to eat up (and enjoy) his greens!

Instinct and instinctive eating may be buried quite deep down in many of us; but I strongly believe that they can be unearthed, simply by eating raw mono meals.

Processing

I believe that fruit is at its optimum for our health and well being when it is perfectly ripe and totally unprocessed.

Fruit that comes into our hand straight from the tree, bush or vine is a truly precious gift. The wonderful forces of Nature have done a great job, and I do not feel that there is anything we can subsequently do to fruit which will improve upon the work of the parent plant.

Various Processes and The Effects They Have upon Fruit

Drying and Dehydrating

These processes remove the water content from fruit. The fruit becomes denser, and as a result of the water being reduced, the fruit will keep for longer.

If fruit is dried at high temperatures, over about 47 degrees Celsius, the enzymes will start to become denatured; they become completely denatured if temperatures reach over 60 degrees Celsius. Although there are exceptions; for example, papain, found in Papayas, works at an optimum temperature of 65 degrees Celsius.

Drying fruit also greatly reduces the fruit's vitamin C content.

In addition to heat treatments, preservatives are often added to dried fruit. E202 (Potassium Sorbate) keeps the fruit moist, but it also destroys the enzymes. E220 (Sulphur Dioxide) maintains the fruit's colour, but it also robs the body of B vitamins and is an allergen.

I believe that one of the greatest benefits of fruit is its cleansing and hydrating pure water content. This water is distilled by Mother Nature and is as pure a water source as we are likely to find anywhere. Drying removes all of the water or, if certain preservatives are used, almost all of this valuable fluid.

Having said this, if fruit is naturally dried at low temperatures and without additives, it can be a useful substitute if the fresh fruit supply is limited.

Re-hydrating naturally dried fruits will help to reactivate the enzymes and increase the water content of the fruit.

André Simoneton measured the life force of living beings and also foodstuffs, using Bovis's biomètre. Simoneton found that dehydrated fruit retained its vitality if it was soaked for 24 hours; if soaked, it would radiate almost as strongly as when freshly picked.

Cooking

Cooking fruit, like dehydrating, reduces its water content and if the cooking temperatures are above 47 degrees Celsius, the enzymes start to become denatured.

B vitamins are lost in the cooking process, as are vitamin C, vitamin E and folic acid. Cooking alters the taste of fruits, and many fruits become more bitter and less sweet after they have been exposed to heat.

Fruit that cannot be enjoyed eaten raw, because of its taste or quality, may be found palatable after cooking. Thus the true quality of the fruit is masked, and inferior fruit, which would not be tasty when raw, is able to be consumed.

Mixing

Whilst the vitamin and water content of a fruit may not be altered too much by mixing, especially if the fruit is eaten straight away, mixing also allows the 'masking effect' to occur.

Fruits that may not 'stand alone' can become palatable if mixed. A fruit may not be of good quality or be under ripe, and as a result may not taste very sweet; but if this fruit is then mixed with a sweeter fruit, it may taste edible.

No animal does this in Nature. If a fruit does not taste good enough **on its own** it is *never* eaten. A monkey does not mask an inferior fruit by eating it with another—he simply spits it out!

Also, mixing of fruits is not optimal for instinctive eating and does not give a clear 'stop point' to the body.

Blending

Fruit starts to oxidise when it is blended. In addition, the 'masking effect' applies to more than one fruit blended together. Blending also makes the 'stop point' harder to recognise.

Juicing

Many centrifugal juicers have a heating effect on fruit. Also, the juice from centrifugal juicers starts to oxidise straight away and needs to be drunk immediately before it spoils.

Commercial juices are nearly always heat treated or pasteurized. Even if they have not been heated, they will have started to oxidise and will have lost some of their vitamin content.

Fruit was designed to be eaten as soon as possible after opening; this is when it is at its optimal nutritive value. Juice that has been around for longer than a few minutes does not fulfil this 'eat at once' criterion.

Juicing also masks the 'stop point'. In addition, if juices are mixed it becomes harder to go with your instincts and choose the fruit that works best for you.

Cutting

As soon as a fruit is peeled or chopped it starts to oxidise. Fruit, as previously mentioned, is really meant to be eaten straight after opening. If fruit is cut up, eat immediately to reap the full nutritional benefits.

Freezing

Unlike cooking, freezing a fruit does not destroy all of its enzymes; furthermore, freezing a fruit does not require the use of additives.

However, freezing does affect the cell structure of a fruit. The texture of some fruit is dramatically altered. Have you ever seen anything other than a mushy frozen Strawberry?

If freezing affects the cell structure, not only is the texture and taste affected but some of the fruit's natural vitality and energy may be lost, and its vibration may be altered. If the cells burst upon freezing, maybe some energy contained within them is also lost and disappears into the ether.

Irradiation

Bombarding a piece of fruit with radiation does nothing for its quality. Sure, it may extend its shelf life; it may also destroy organisms on the fruit's skin.

The down side of this is that it also destroys the fruit. What kills the bacteria, also kills the fruit. Radiation isn't choosy about what it zaps; it destroys life full stop.

Why bother eating fruit for health if that fruit is dead? All fruit that has been irradiated has been killed. It no longer is capable of life or alchemy. It cannot ripen. Its enzymes are kaput.

Radiation is associated with destruction, and rightly so. Therefore, the euphemism of 'electronic pasteurization' is sometimes used instead. All fruit that has been treated with radiation will not support health and life, as this fruit is not alive.

Life runs on raw; it barely crawls on irradiation!

To conclude, some methods of processing such as radiation and pasteurisation have, I believe, more of an impact on optimal health than others.

Natural sun-dried fruits and fresh squeezed juice can be, I feel, beneficial to health; whereas irradiated fruit and fruit with added preservatives may compromise our well being.

Personally, I eat sun-dried fruit occasionally, and I have had great times on Orange juice diets.

However, I do believe that the optimum way to eat fruit is whole, raw and unprocessed.

So the bottom line, for me, is for top quality health and wellness, nothing 'tops' fresh raw fruit!

Enjoying The Moment

I believe that eating a light diet and living a clean lifestyle can help us to appreciate 'being in the moment'. With clearer thoughts and minds, we are less obstructed by stimulants and toxins; therefore, we are able to embrace the very rewarding act of living in the moment.

It does not matter so much what tomorrow will bring or what may be waiting for us just around the corner because today and the here and now are just amazing and so important.

Living in the moment can help us to accept that whatever comes our way, we need to take in and make the most of. Whatever life throws at us or drops at our feet, we need to accept. We can then look to what benefits can be gained from the situation. It is a kind of 'Pollyanna' effect, where we look to the good in any situation.

This is not an easy thing to do; but I feel that the more we do it and the cleaner is our diet, the easier it becomes.

The nature of the Universe is a balance between all kinds of forces. We can help to attract positive and enlightening forces by our own thoughts and deeds.

If we endeavour to make the best of even the darker moments in life, we may well find that we will get less frustrated and angry. And even the more challenging moments in our lives will seem conquerable.

There are many situations that feel out of our control and so can be very frustrating. If, however, we take control of our own thoughts, thoughts that no other being can ever have mastery of, we may find that we do have some impact on the situation. If we take as much control and responsibility as we possibly can over the aspects of our lives that we *can* influence; we will feel more empowered, and less frustrated and at the mercy of events that we really cannot govern.

Sometimes, we can find an experience very challenging and wonder why it entered into our life. However, it may be that the consequence of this experience can lead our life to where it would otherwise not have gone; and as a result of this challenge, our road may eventually lead us to meet a certain person, get a new job, live in a different home or visit a new place.

Focusing on experiencing the present moment may cause our lives to become richer and more meaningful. We can miss out on great days, great relationships and great friends by thinking on what might happen to us tomorrow; sometimes so much so that we do not realise what a fantastic life we have **today**.

Another effect, for me, of eating a simple fruit diet is that I am so happy enjoying the present moment that I have less need for material objects. My heart and soul feel nourished, so I have no need to feed them with many material goods.

Material objects start to appear a poor substitute for internal health and well being. True feelings of health and contentedness do not tend to bring about a constant desire for a new toy or new piece of clothing. Self-esteem is boosted, and we do not need to be covered in material trappings to feel beautiful.

Because material objects are such a poor stand-in for internal happiness, they can never really fill that loneliness spot; and so a continual need for them is created. Many compulsive shoppers never even wear what they buy; as soon as the item is purchased, there is a strong need to buy something else immediately.

Simplifying one's diet can lead to simplifying one's needs.

If there is a real internal peace brought about by the state of physical and mental good health, we do not need the bright lights, the shopping trips or the latest electronic gadget to make our life feel complete.

When the body is in top health, there is the greatest joy in the simple things of life as good energies and good health just flow through the body.

A walk or run in nature can be far more satisfying than any stimulation obtained from drugs or shopping.

When the mind is clear and quiet as a result of a clean diet, being outside listening to Nature can bring more pleasure than the biggest plasma television and 'entertainment' system.

When our soul is joyful as a result of a harmonious diet, we feel our own strong and steely faith inside and we do not need any gurus or 'experts' to show us the way along our path. We trust our own self to guide and protect us.

Appreciation

As you can probably tell if you have read this far—I Love Fruit!!
My love extends way past just eating it.

I love the way fruit looks, the way it smells, the way it grows, the trees and plants that produce it, and the interesting history of fruit; in fact, I guess that I am a fruitophile.

I do feel that when fruit is relied on for nourishment, there is a real ‘tuning in’ to the energies and forms of fruit. We start to notice fruit trees and bushes, where before we did not see them.

I do think that when fruit is all that one eats, there is a very special relationship that evolves: a deep connection. Simply from a survival point of view, we need to notice fruit and even get a little bit obsessive over it!

A big part of my fruity love is the appreciation of fruit.

Fruit is amazing! Perfection in itself! A marvel of plant propagation!

Fruit does not need to dress in showy cellophane or foil to catch our attention; she does not need anything other than her wondrous natural skin to enchant us and make us desire her.

So before taking this very special food into your body, maybe study her carefully; uphold her beauty and individuality.

No one anywhere else in the whole wide world has exactly the same piece of fruit as you do!

Wow you are lucky!

No one else is going to have that unique energy inside their body. Each piece of fruit is a special production and will never be repeated. This fruit is about to become part of you. You will have the Peach’s downy skin, the Mango’s delicious aroma, the Blood Orange’s vibrant hue—alchemise inside of you. The fruit’s energy and life will flow into your own.

Look at the fruit’s colours and markings; they tell you a little of the fruit’s life history.

Give thanks to the fruit and to all who have helped send it to you. This fruit is about to feed you, heal you and satisfy you.

Eat with love, enjoy with thanks.

And if you are not hungry—well just smelling a luscious fruit, like a fragrant blossom, will send its energy into your body as particles of it waft to your olfactory senses. Smell is like a subtle

taste; the ghost meal or a prelude to the treasure and pleasures yet to come.

Those who grow their own fruit really do appreciate it because they have put love and time and thoughts into their food. If we do not grow our own, we can still give thanks and appreciation. We can think of the plant that the fruit grew on, those who cultivated it, those who picked it, those who transported it and those who sold it to us. We are at the end of a chain, and we can continue this chain by composting any fruit waste and planting the seeds.

To love fruit is not about being over obsessed with eating it, or overeating it.

To love fruit is to really appreciate its wonder and beauty and to give thanks to each piece of fruit and all that it brings into our lives.



Faith, Fruit and Fearlessness

(Raising Our Vibration)

Everything in our Universe vibrates with energy; animals, plants, and even rocks are all vibratory entities.

Humans are no exception: We are beings of light and energy. Each one of us has our own level of vibration. We are electrical beings who respond to certain wavelengths and radiations.

We cannot necessarily 'see' these energies but we can feel them, and they have the potential to create the lifestyle and the world that we desire.

Sometimes we can pick up on the vibrations of people and places, we can feel 'in tune' with the aura of a certain person or the atmosphere of a building.

Generally, energy levels cannot be seen; however, they can be captured by Kirlian photography, which displays on film the energy vibrating from an object in the form of light rays.

Similarly 'aura' photography shows, in a physical way, the colour vibrations that surround an individual.

Nothing in this Universe is static; everything is constantly in a state of flux. This constant change includes our rate of vibration. We can raise vibrations or lower them depending on what is happening in our life at any given point.

A myriad of factors affect our vibratory levels.

Our vibrations can be enhanced by

- Appropriate exercise
- Natural fresh fruits and vegetables
- Deepness of breath
- Clean air
- Meditation
- Positive thinking
- Pure unconditional love
- Fasting
- Sunshine
- Peace
- Truth
- Selflessness.

One of the crucial factors in our wellness and level of vibration is the food we consume. Therefore, one sure-fire way to raise our vibratory level is to eat an unprocessed raw food diet.

Fresh fruits are high vibratory foods; they radiate with sun and light energy, which then passes to us when we eat them. If we do not overeat and are in a state of calmness and appreciation when we do eat, fruits become an ideal way to raise our vibrations and help create within us a state of harmony.

As seen in the chapter ‘Ripeness’, fruit vibrates at its highest level when perfectly ripe. So, for optimum health, get to know your fruit and hone your skills as a fruit picker. The higher a fruit vibrates, the more potential good it can bring into our lives.

To complement a natural diet: we can practice meditation, exercise at an appropriate level for our needs, spend time outside in Nature, enjoy the sun’s rays, live a life filled with unconditional love and experience harmonic relations with the other beings on the planet.

However, unnatural foods, stimulants, pollution, environmental toxins, shallow breathing, negative thoughts and a lack of sufficient exercise can have the reverse effect and lower our energy levels and vitality.

Many of the factors affecting our vibratory rate in a negative way are influences over which we have little immediate control; these include electromagnetic radiation, nuclear radiation, airborne and environmental pollution, and pesticides from the land around us.

Therefore, I feel that it is very important to focus on those aspects of health that we *do* have control of, such as diet, mindset, and exercise.

Eating a light raw diet, such as a fruit diet, will immediately help to offset other less controllable factors that can lower our vibration. Fruit counterbalances pollution, electronic radiation and poor air quality because it raises our vibration and so helps us to have more vitality to deal with these challenges to our health.

Therefore, eating a fruit diet can help us to feel ‘tip top’ in spite of the many things that may affect our vibration in a negative way.

Ultimately, we may aspire to live in a clean, unpolluted and stress free environment, but until we get there fruit will help to safeguard our health.

Experiments have been carried out on people and food to determine the levels at which they vibrate. These studies show how the processing of food can affect its vibratory level and also how people in good health vibrate at a higher level than those who are imbalanced.

Authors Peter Tompkins and Christopher Bird, in their book 'The Secret Life of Plants', tell the story of a French Tinker called André Bovis. Bovis had an exceptional and creative mind that he put to good use in developing a pendulum, which he said was used by the ancient Egyptians. The pendulum had a graduated measure that could detect the rate of vibration of people, animals and plants. This pendulum was called a biomètre. The unit that Bovis used to measure vibrations was called the angstrom. The average rate of vibration for a human is 6.5 thousand angstroms.

Bovis's work was further developed by a fellow countryman, André Simoneton. Simoneton's work is previously mentioned in the chapters 'Ripeness' and 'Processing'. Simoneton experimented with the vibrations of many foodstuffs. Fresh milk had a similar vibration to humans, at 6.5 thousand angstroms. However, after 24 hours 90% of its vitality was lost.

I believe that milk is designed to be drunk super fresh by the baby mammal and is not intended to *ever* be exposed to air or light, so it would make sense that being exposed to the atmosphere for any period of time would greatly diminish its quality.

Pasteurization of the milk killed the wave lengths dead. The same occurred with pasteurized fruit and vegetable juices. Garlic juice normally vibrates at 8 thousand angstroms but when pasteurized this drops to zero.

Simoneton also experimented with dried fruits, which if soaked for 24 hours radiated almost as strongly as when fresh picked.

Not surprisingly, canned produce had zero vibrations.

In his book, 'Radiations des Aliments,' Simoneton divided food into four classes. Class One foods radiated at or above the 6.5 thousand Angstroms of the average human vibration. If these foods are eaten appropriately, they will either raise or maintain our vitality.

Most fruits vibrate at 8-10 thousand angstroms and are in Class One; the vibrations drop for over or under ripe fruits and peak when the fruit is perfectly ripe. Vegetables, when freshly picked, radiate at similarly high levels; however, after picking there is an immediate decline in vitality.

Whilst he was measuring vibrations with the biomètre, Simoneton discovered that foods which radiated highly would also cause a pendulum to spin. The higher the angstrom value, the faster the pendulum spun. Interestingly, he found that meats, pasteurized milk and highly cooked vegetables did not even have sufficient energy to spin the pendulum at all. By contrast, fresh fruit and vegetables caused the pendulum to spin the fastest.

Using Bovis's biomètre, Simoneton also found that people with serious health imbalances gave off a low vibration of 4,875 angstroms. Tobacco smokers and alcohol users also had lower than average vibratory rates.

In addition to the vibration lowering effects of drugs, Simoneton believed that eating certain foods, such as highly refined or canned produce, also lowered one's vibration.

When our vibrations are lowered from a normal harmonious level, we lose our natural flow and vitality; we may become open to dis-ease and more prone to accidents. Our natural protection is also reduced, and we may become weaker and more vulnerable. We may tend to see the down side and are more likely to exhibit fear and negativity.

By raising our vibrations, in the ways mentioned, we become in tune and in harmony with our Universe. We flow: We meet the right people and animals, make the right connections and pick the right book off the shelf. We may enjoy amazing synchronicity.

What we really need comes to us, and we develop that natural state of faith that is part of Nature and the world around us.

We experience feelings of happiness, joy and well being that come from within and are not dependant upon other people. There is also a rebalancing of our physical, mental and spiritual bodies.

Personally, since eating a fruit diet, I feel at a high vibratory level. I feel at my very highest when I am on a mono diet of sweet, juicy fruit. It is at this time that life really starts to flow for me. I experience great synchronicity, I am drawn to great fruit and beautiful people, I feel most at one with nature and I just *love* life.

This high energy state gives us a natural power and a real strength, which no amount of anabolic steroids can match. We also develop a state of fearlessness as we resonate in a protective harmony; it is as if we are being guided by good forces. We have a natural protection and do not fear situations, people or unknown forces—we are invincible!

There is a deep harmonious faith that comes with being on our true path and in a state of high energy. There are fewer obstacles en route, and those we do encounter only serve to enrich our experiences and enhance our journey. When we are in harmony, we are better able to deal with any challenges and react to them in a positive way; we see the good in every situation.

A high vibratory raw food diet combined with a healthful way of living really does protect us. We are fearless and gain *real* strength because we know that we are on the right path. This fortitude, combined with feelings of pure love, means that on a spiritual level we cannot be harmed.

We are blessed to have the knowledge and faith to raise our vibrations and to be setting out on the higher path that ensures our Universe flows abundantly.



Food Lightness Levels:

For Selected Foods in Their Whole Raw State

	Lightest	
The lighter the food, the more vitality and energy it gives. Fruits are filled with sunlight energy and pure water.	↑	Pure Water
		Pomegranate (<i>without its seeds</i>)
		Watermelon
		Lychee
		Honeydew Melon
		Cucumber
The darker and denser foods may rob the body of vitality or lower its vibration.		Tiger Melon
		Cantaloupe
		Rambutan
All cooking decreases lightness and increases density as it lowers the water content. Cooking also decreases the vibratory level of the food.		Pineapple
		Kiwi
		Orange
		Papaya
		Berries
		Stone Fruit
		Figs
The more perfectly ripe the fruit, the lighter it is. Lightness peaks at the point of perfect ripeness.		Apples
		Mangoes
		Cherimoya
Beyond the optimum point, vitality and water content decrease as the fruit becomes over ripe.		White Sapote
		Green and Mamey Sapotes
		Canistel
		Herbs
		Banana
		Durian
		Leafy Greens
		West Indian Avocado
		Guatemalan Avocado
		Mexican Avocado
		Coconut
		Nuts and Seeds
		Starchy Vegetables
		Milk
		Fish
		Eggs
		Animal Flesh
	↓	

Light

For myself, light is synonymous with sweet, ripe, juicy fruit.

—A fruit diet is light.

—Fruit is filled with light energy.

—Sunlight is needed to perfectly ripen fruit.

Lightness is a special state: Lightness of body makes one soar to new and beautiful heights, light energy enables life and growth on our planet, light can help us to deal with even the darkest of times.

Light= Strength.

Raise Your Light Levels!

I find that the lighter and more frugal my diet, the more energy and strength I have.

Without light there would be no life. Plants need light to create their food energy from which, directly or indirectly, every living creature on the planet obtains their energy.

Our Universe is filled with light. White light is made up of all the colours of the rainbow. Each colour has a different rate of vibration. Red has the lowest rate of vibration and violet the highest.

In the body, the base chakra is connected to the colour red, and violet is connected to the crown chakra. I feel that the base chakra is more connected to the physical and the crown chakra to the spiritual. Maybe faster vibrations are more spiritual and slower ones are more physical?

The whole colour spectrum that is visible to humans and each related chakra is shown below:

Red:	The vibration relates to the Base Chakra
Orange:	The vibration relates to the Sacral Chakra
Yellow:	The vibration relates to the Solar Plexus Chakra
Green:	The vibration relates to the Heart Chakra
Blue:	The vibration relates to the Throat Chakra
Indigo:	The vibration relates to the Brow Chakra
Violet:	The vibration relates to the Crown Chakra

There are various colour therapies and colour meditations that use the colours of the spectrum to heal. Different properties are associated with each colour and vibration.

There are vibrations that are outside most human beings' range of vision, but which can be seen by other creatures. For example, insects and birds often are able to see ultra violet radiations. For most humans, these vibrations are too fast for us to see.

I believe that the different colours of fruits give fruits different energies and characteristics. Red fruits, such as Tomatoes, can contain a lot of lycopene. Red fruits can also have energising properties. Green fruits and leaves are filled with chlorophyll and can have a calming or more grounding effect. Purple or blue fruits, such as the Blueberry, tend to be high in antioxidants and can aid healing in the body.

Humans are beings of energy and beings of light; we also vibrate at specific frequencies, as do the colours within the spectrum. As mentioned in the chapter 'Faith, Fruit and Fearlessness', our vibrations can be affected by many factors, and our vibrations can be raised or lowered by choices that we make in our diet and lifestyle.

In her autobiography, 'Flight Into Freedom', Eileen Caddy, talks of the guidance she was given regarding her diet. She says on page 90 of her book:

"We were told that our aim was to raise our vibrations, and to help us do this we were given instructions on what to eat. "You are building light-bodies; therefore absorb the light which you get from food in the garden"."

In 'The Dries Cancer Diet', author Jan Dries mentions the theories of Dr. Popp (a German physicist); Dries says on page 41:

"According to him (Dr. Popp), not only the nutritional value but also the healing power of foodstuff depends on the amount of light energy that is retained in the plant."

Dr. Popp believed that humans and other animals are not calorie eaters but absorbers of light.

Dries goes on to say that the more biophotons (units of light energy) there are in a foodstuff, the higher the quality of the food.

Dries believes that as well as the *amount* of photons in food being important, the luminous *intensity* of the photon is vital. Dries uses the term bio-energetic value (BEV) to measure this intensity.

Dries believes that wild and tropical fruits have the highest bio-energetic value of all foods. This is because fruit, generally, has the highest bio-energetic value of any food; vegetables, usually, have a far lower photon intensity than fruit. Dries also believes that, within the fruit families, wild and tropical fruits have very high bio-energetic values because they have been less developed by humans compared to other fruits.

Dries feels that unripe fruit, fruit grown with chemicals, and poorly stored fruit are all low in biophoton quantity.

Ultimately, he believes it is the combination of a high BEV *and* a high photon count that makes for the healthiest foodstuff.

—This means organic, fresh, perfectly ripe fruit.

It can be seen that light is a fundamental part of the fruit diet, not only because fruit contains so much sunlight energy but also because as we eat fruit, we are drawn to the sun.

When we eat fruit, our diet becomes lighter. Not only physically less dense because fruit is the least dense of any whole food, but ‘lighter’ because fruit is so pure and full of the sun’s light energy.

In my opinion—apart from pure water—Melons, Watermelons, Cucumbers, Lychees and Pomegranates are among the ‘lightest’ foods we can consume. They contain a high percentage, up to 90%, of pure distilled fruit water and they are also rich in stored sunlight energy.

I believe that the energy of juicy fruit can be further enhanced by placing the fruit in the sunlight. Kirlian photography of Oranges, placed in the sunshine, shows an increase in energy emitted from the Oranges after the fruits have been ‘solarised’.

I instinctively like to put fruit in the sun; and I have fond childhood memories of my mother placing her Oranges, in the sunlight, on the windowsill—‘to sweeten them up’.

Sunlight can also help many climacteric fruits to ripen further if they have been picked under ripe.

Light fruits increase our lightness in various ways: they can lighten our mood, they can cleanse our body and they can fill our cells with pure fruit water and sugars.

Sweet, juicy fruits require the least digestion of all foods; therefore, they take the least energy from us in their assimilation.

Fruit, if it is wild or organically grown, also contains the least amount of toxins of any food, so fruit leaves a light footprint on the earth as well as in our bodies.

A light diet can also enhance one's spirituality. The production of organic fruit requires the least killing of any food crop.

Also a fruit diet can help with an individual's spiritual development; many people find that they are better able to heal others or meditate if they eat lightly.

A light diet, combined with light thoughts and light from the sun, has the potential to bring us much peace and happiness.

If we are used to eating light fruits, we are often able to notice the change in our bodies when we eat a denser food.

Personally, I notice the effect a Banana or an Avocado has on me if I have been eating just juicy fruit for an extended period of time.

In my own personal experience, I have found that sweet juicy fruit contains all the carbohydrate, protein, fat, vitamins and minerals that I need. This diet is supplemented by deep breathing in pure air, sunbathing and positive thinking. A combination that, I find, creates the perfect package for lightness of body, heart and mind.

As well as benefiting from the light energy *inside* our food, the power of light can bring value to our life in many other ways.

We can use visualisation techniques for enabling the power of light to help us and protect us.

Light is the force that challenges the dark side of the Universe. I strongly believe that one of the fundamental laws of the Universe is:

“The power of lightness will always defeat the power of darkness.”

I interpret this to mean that good positive thoughts will always overcome negativity. If we are positive and go into any situation filled with pure love, we will always defeat hatred and darkness.

Humans have a need for light energy, in the same way that we need the air energy of oxygen. Light is fundamental to our survival and well being. Light energy not only gives us nourishment, via the plant food that we eat, but sunlight entering the pupils stimulates the pineal gland. This absorbed sunlight

helps to create serotonin production and regulates melatonin secretion. Therefore, it can be seen that natural light entering the pupil is important in maintaining a healthy endocrine system.

People who live at latitudes far from the equator can sometimes feel depressed during the winter months, when the days are short, if they do not receive sufficient light through the eyes. These imbalances in mood may occur because the levels of the hormones essential for mental well being, melatonin and serotonin, become out of balance.

Light boxes are available which imitate the sun's rays; sitting in front of these boxes, absorbing the light they emit, may help to alleviate Seasonal Affective Disorder (SAD).

If you find that you have little access to light in the winter, you could think about getting a light box or try spending your dinner hour or morning break out of doors

A nine-to-five job can mean that, in winter, many people leave the house in darkness and also return home when it is dark.

Consequently, light—the fundamental to life, joy and well being—is often over-looked and withheld from those who work indoors during the winter. Living in this way, we are denying ourselves one of our basic needs for good health

I believe that direct exposure to sunlight is a basic human right and a vital necessity. If people were denied television during the winter months, there would be an outcry. However, throughout the winter months, many people are denied sunlight; which is just so much more valuable for our health, and yet scarcely anyone seems to complain.

As seen in the chapter 'Being Kissed By The Sun', light is just so important for good health. When we are on a good diet, we just seem drawn to the sun; see the chapter 'Of Butterflies and Bats' for more details on the relationship between a fruit diet and the sun.

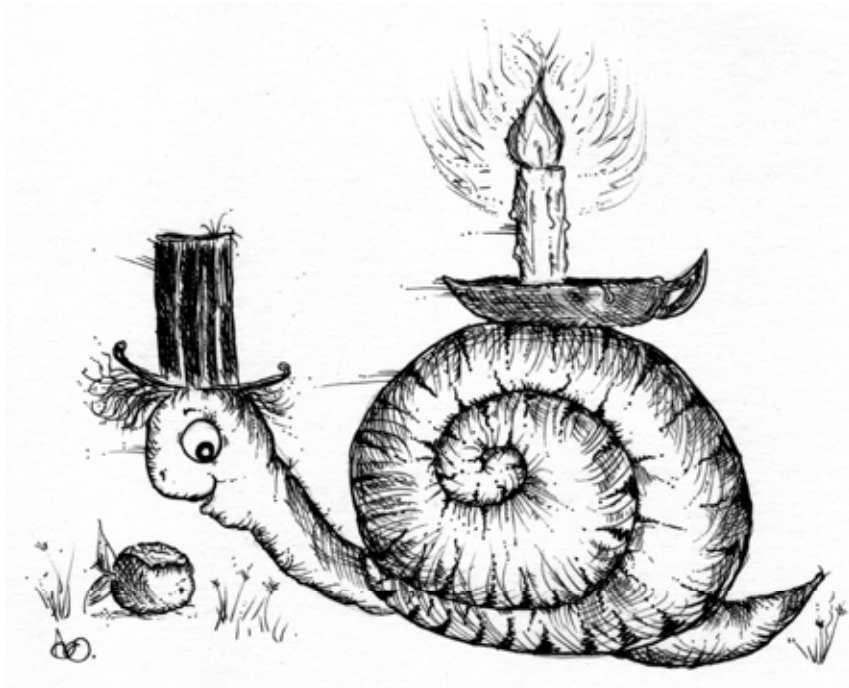
To develop ourselves and improve our health, we need to take actions that increase our lightness and lead us along the path of light.

Joy, peace, love, sunshine, beauty, fun and fruit are all light energies.

So Lighten Your Darkness

- Lighten your diet
- Let the sunshine into your life
- Let the light flow and the darkness will not worry or harm you.
- Strengthen through purity
- Strengthen through true, unselfish, unconditional love.

Enjoy the benefits that light can bring into your life—and may both your heart and your stomach be filled with light.



Alchemy and Fruit

There is nothing static in this world; everything is in a constant state of flux:

“Naught is permanent but change!”

Fruit certainly changes: from under ripe to perfectly ripe to rotten.

Alchemy happens in the fruit tree; some fruit, for example, the Chocolate Sapote, change from toxic when under ripe to healthful when fully ripe. The parent tree is an alchemy laboratory as it creates changes to best suit its survival, ensuring that its fruit is at its most delicious when the seeds are at their most viable.

Vital little helpers in the alchemy lab are the enzymes, without these vital catalysts there would be none of this wonderful magic. Try boiling an under ripe fruit or zapping it with radiation, alchemy is then impossible!

This is one reason why raw unprocessed fruit is so magical, it is alive and in a constant state of change; there is the potent possibility for transmutation within it.

If the enzymes are destroyed, the magic and life force are gone!

One of the most important reasons, for me, why enzymes are so important in the diet is because of alchemy—without enzymes it doesn’t happen. No enzymes, and the wherewithal for alchemy is lost.

After all, we *all* need magic and the potential for change in our lives!

The food content of fruit also changes as it ripens. Sweet juicy fruits have more of their complex carbohydrates turned to fruit sugar, and the fruit gets sweeter. Avocados get fattier and fattier the longer they are on the tree. Pick an Avocado a little early and it will be much more watery than one left for another couple of months on the tree.

That is alchemy! That is magic!

No matter when you pick a can of beans off the shelf, there will be no change. The beans are dead! The potential for magic and alchemy is lost. Poor beans! Poor you!

No magic beanstalks for your garden.

Our bodies are also alive and buzzing with alchemy and enzymes. We can turn fruit into bodily cells and we can turn fruit sugar into bodily actions because we are alive and we contain enzymes.

Fruit that is fresh and vital, with all its loveliness and superb taste, works its magic when it is turned into energy, health and beauty within your body.

Alive fruit **is** truly magic! Treat it with love and respect, and it truly will work wonders for you!



Cleansing

Cleansing is part and parcel of a fruit diet.

Juicy fruit is choc-full of pure, cleansing fruit water. A fruit diet cannot help but cleanse you. Once your bodily cells are purified and the elimination cycle is through, you can start to experience true and vibrant health.

After the challenges of elimination, transition, and adaptation to a fruit diet, the feeling of true unobstructed health is quite wonderful. In addition, once you are cleansed inside, fasting and further refinement become possible.

Arnold Ehret states in his book ‘Rational Fasting’, page 60:

“The Indian “Fakir”, the greatest fakir in the world today, is nothing but skin and bones. I learned that the cleaner you are, the easier it is to fast, and the longer you can stand it. In other words: In a body free from all waste and poisons, and where no solid foods are taken, the human body functions for the first time in its life without obstructions.”

Ehret believed that Vitality (**V**) (health and well being) is related to power (**P**) minus obstructions (**O**).

He gives you his equation in both ‘The Mucusless Diet Healing System’ and ‘Rational Fasting’:

V=P-O.

This may not be an equation that they taught us at school, but in my book it is one of the most important things that I have ever learned; simple yet very true. Arnold Ehret brings us his wisdom and experience neatly summed up in this straightforward formula.

When all obstruction (**O**) is removed, as in the case of the Indian fakir, then the equation becomes:

V=P.

And so the ‘Superior’ fast is obtained.

As Ehret puts it on pages 60–61 of ‘Rational Fasting’:

“ “V” equals “P” and if you simply supply the “engine” with the necessary water which is used up, you ascend into a higher state of physical, mental and spiritual condition. I

call that the “Superior Fast”...Your former life will take on the appearance of a dream, and for the first time in your existence your conscience awakens to a real self-consciousness.

“Your mind, your thinking, your ideals, your aspirations and your philosophy change fundamentally in such a way to beggar description...

“For the first time, you will feel a vibration of vitality thru your body — like a slight electric current — that shakens you delightfully.”

David Shelley, an Englishman, who wrote a book about the fruit diet, echoes Ehret’s words with his own experiences; he writes in his book, ‘Food of Truth’, page 57:

“Intense exercise performed in a state of true health when no waste is present in the bloodstream is totally free from pain and instead of being difficult or gruelling is an experience of pure joy! It is a joy that comes from a physical body freed for the first time from the shackles of poisonous waste in the blood. I had my first experience of total physical efficiency after a two week spell on just grapes. My weekly run in a local park and beauty spot began as usual but instead of getting tired as I climbed “agony hill”, I found that my speed was increasing and all fatigue was absent. By the time I reached the bottom of the second big hill I was in a state of total euphoria...

“If there is obstructing debris in the system then...instead of getting pleasure from exercise all that exercise gives is pain.”

Shelley’s experience of euphoria, after cleansing his body on a fruit diet, is akin to Ehret’s vitality vibrations after he was purified on a similar diet.

Many fruit eaters find that as they progress on to a light diet because they are cleaner and more efficient inside, they need to eat less fruit to maintain weight and to feel well and nourished.

They are working with the equation $V=P-O$; as they clean out their internal obstructions (**O**), they have more energy or power (**P**).

So, energy is not all about how much you eat but about how clean you are inside.

Using Ehret's equation and my own personal experiences, it does seem that true energy is not related to volume of food but to how cleansed we are inside.

Another factor to consider is that the cleaner we are inside, the better able we are to assimilate and absorb our food. Assimilation is very important. If we are eating the best fruit in the world but we have not sufficiently cleansed our intestines, we will not fully utilise the fruit.

The good news is that a fruit diet will cleanse your intestinal walls. The longer you are on a fruit diet, the cleaner you get, the more you absorb and the better able you are to assimilate goodness from the fruit.

Many fruit eaters reach a place where they can happily thrive on a diet of water-rich 'light' foods. When we get to this stage:

—Our bodies have cleansed and adapted, and we are able to 'make the connection'.

—Our bodies are able to eat fruit as a staple, and the fruit diet meets our needs.

Everyone is different and while some folk may go straight from a conventional diet onto an all fruit diet, others find that a transitional diet works best for them.

A transitional diet can be useful because many people are not able to 'make that connection' straight away, and they may need a period of time on a transitional diet before their bodies can really thrive on a fruit diet.

A transitional diet can consist of lots of fruit plus some raw and steamed greens, baked root vegetables, and soaked nuts and seeds.

If people are not immediately able to make that 'connection', they may then 'give up' on a fruit diet. After many years of being fuelled by processed and cooked foods, our bodies can take time to successfully adapt to a fruit diet. Therefore, a transition diet can help our bodies to effectively reach their fruity goals in the time that is most appropriate for their individual needs.

Others may go from a conventional diet to an all fruit diet with no major problems. We are all individuals and each of us have our

individual histories, so go with what works best for **you** as an individual; there are no absolute ‘rights’ and ‘wrongs’.

Listen to **your** body and what works best for it rather than listening to anybody else. Only you and your body know what is the most effective path for you; experience really is the best teacher.

Also, take into account that it is not only food toxins that may be released; toxins from old drugs and medications may be stored, and they may warrant a more transitional path towards a fruit diet.

When you give your body a chance to cleanse, it really does know what it is doing. Your body’s own innate intelligence will set the speed and manner of elimination. After all, the intelligence of the body is what ensures that the toxins are stored away from the vital organs until the day when it is appropriate to release them.

The body will eliminate at a safe rate for the individual and at a rate compatible with the individual’s state of health.

If you have used a lot of toxic chemicals in your life, for example, you have worked with pesticides and herbicides; you may be better off doing some supervised cleansing at a fasting or healing retreat. These chemicals are so potent that it may be advisable to have someone, with experience in dealing with such elimination, to assist you.

Cleansing, like life, is a very personal journey and that journey will differ for each and every one of us.

The results, however, will all have a common denominator—increased health, vitality and a renewed love for life.



Disease

Disease, literally dis-ease of the body or mind, does not have to be viewed as somehow a ‘failure’ of one’s self.

On the contrary, it shows that the body is working to heal itself. The body is indeed vital enough to progress with healing.

One Chinese adage is:

“No illness—short life,
One illness—long life.”

The reasoning, behind the saying, is that disease can be a ‘wake up’ call. Disease can let the individual know that all is not in balance, and the body is in a state where it is trying to heal and rebalance.

No illness can mean that even though the body is not in balance, it is not vital enough to begin elimination and healing. Without any wake up call, the individual has less chance to be aware that the body needs a change and an opportunity to heal.

Many Natural Hygienists refer to disease symptoms as elimination or ‘healing crises’. Elimination, in its various forms, is the action of the body when it attempts to get rid of toxins. Forms of elimination include mucus, boils, rashes, dry skin, skin eruptions, headaches, dizziness, and body odour. The type of elimination often depends on the individual and will often come out in the way that is most appropriate for the individual.

Elimination is not necessarily something to be dreaded, although the symptoms are not always pleasant. Elimination is a sign that the body’s own immune system is working hard at cleansing and rebalancing the body.

We can choose to view disease and elimination not as the ‘Bogey Men’, but in a more positive light.

We can choose to associate disease with *life*, as opposed to death. If we regard disease as a signal that all is not well balanced within us, we then have the opportunity to redress this balance by changing our lifestyle.

Therefore, when we consider disease in a positive regard, elimination can be seen as an indication that our body has enough life-force within it to attempt to deal with the imbalance whilst disease, itself, can be the impetus we need to change our life around.

George Teasdale, in his book ‘Nature Heals! Why Be Sick?’, states on page 67:

“Viewed and treated aright, every sickness and disease can be made a stepping stone to better health.”

And on page 10, he says:

“ Fatigue, aches and pains...serve a wonderful purpose...they are Nature’s “red flag”, warning us to live more advisedly.”

Essie Honiball, writing about her own elimination, in her book ‘I Live on Fruit’, says on page 64:

“ Each reaction was a rung on the ladder towards health. Today I still consider all secretions as a blessing in disguise.”

In ‘The Dries Cancer Diet’, author Jan Dries states that common characteristics of his cancer patients were the infrequency of illness in their lives and the rarity of fever or sweats.

It would appear that his patients had immune systems which had difficulty in helping the body deal with illness and imbalance. There was not enough vitality for elimination or rebalance.

The body, if given a chance, really does know how to try and heal. For all the thousands of therapies in the world, only the body heals itself.

Mother Nature is not irrational; she knows the best and most effective way to heal. This rationalism is often thwarted by modern medicine.

We get a fever, in response to an imbalance within our body. To try and get rid of unwanted bacteria or other substances within the body, the body creates a hot temperature. So what is the standard response to this—we try to cool the body down!

I repeat again; **THE BODY KNOWS WHAT IT IS DOING!**
It really does! **MOTHER NATURE IS NOT WASTEFUL!** She certainly would not waste vital energy in creating a fever if that fever were not extremely useful.

The idea that Nature is logical and rational is such an important concept. If the body does something, it is for a very good reason, and we need to stop and look at that reason rather than just trying to stop or mask the symptom. Nature makes sense, and this is easier to comprehend if we are allowed to think about her and respect her.

We get elimination, in the form of runny noses or skin eruptions, because the body is trying to eliminate something. What is the standard modern medical response? Block that inconvenient runny nose or put some chemicals on the skin to stop those inconvenient pimples. It will be a lot more inconvenient for us when we get a serious illness later on because elimination of toxins has been stopped at every turn!

If we reach a state of physical balance, we may be free from elimination because our stored toxins have been eliminated. This absence of elimination does not mean we are in a state of compromised health, as is the person who *cannot* eliminate due to enervation of the body. Rather it is the opposite. A cleansed person does not eliminate, purely because there is nothing *to* eliminate. The enervated person cannot eliminate, even though there is much within to eliminate, because their vitality is too low.

Jan Dries mentions, in 'The Dries Cancer Diet', that a person with cancer differs from a healthy person in their energy and aura; both may be free of elimination symptoms but their vitality and radiance are very different.

Dries believes that areas of weakness show a low bio-energetic value (BEV). Whilst he believes that people in good health have a high BEV in all areas of their body.

Dries measures the BEV of foodstuffs and bodily organs with a Lecher antenna; a very accurate measuring instrument, invented by a German engineer called Schneider.

This measuring of energies to determine health is similar to the methods employed by André Bovis and André Simoneton, mentioned in the Chapter 'Faith, Fruit and Fearlessness'.

Simoneton showed that using Bovis's biomètre he could measure the vibrations and the health of people and food items. Simoneton discovered that people with ill health radiated at a lower level compared to those in good health. He found that the normal healthy person radiates at about 6,500 angstroms or a little higher whilst people suffering with cancer will give off a low

wavelength of 4,875 angstroms, long before they actually show any signs or symptoms of the disease.

According to Simoneton, humans need to eat high vibratory fresh foods, such as fruits and vegetables, to increase or maintain their vibrations and stay healthy and in balance. He believed that eating highly refined foods, such as white bread, and flesh foods depleted one's health and lowered one's vibration.

The positive news is that no matter what our state of health, we all have the potential *within* ourselves to change things. Nobody else has that power: no doctor, no therapist or no one selling 'miracle cures'. Our body holds all the aces.

We are empowered to heal ourselves!

Each one of us has the capacity to heal and get well.

The power is in **our own bodies**!

The power is all our own—it does not lie with any other human being—although we can certainly benefit from the help and support of others whilst we are healing.

If we give the body the right conditions in which to rebalance and re-vitalise, good health will be ours—it is the only outcome.

Good health is our birth right, not some elusive dream to be enjoyed by a select few.

Reclaim your body and its power to heal!

Try not to view disease or illness as the enemy, as do the medical profession and the drug manufacturers; rather see them as an indication that you need to make some changes in your life. Also, on the positive side, diseases and illnesses are indicators that show your body is vital enough to try to heal itself.

Illness is not a failure of the body, but rather the natural response of the body to toxins within. We can help this great start by aiding our body in its healing. We can fast when appropriate; eat living and unprocessed foodstuffs, in mono meals; we can get appropriate amounts of sunlight; drink clean, pure water; think positive thoughts; and deep breathe fresh, clean air.

We can raise our vibrations!

It is never too late to turn our lives around; vibrant health is our birthright—and from cradle to grave that gift is there to be taken!

The Bali Experience

Over the past few years, I have been fortunate to make seven trips to Bali.

Coming from the very temperate climate of England, it had long been one of my wishes to visit the Tropics.

I had heard stories of lush tropical fruits that smelt of heaven; of rich fertile soils where potent and ripe fruits fell to the earth; of greenness and wetness, and sweet year-round warmth. A place where life was simple and where palm trees bowed towards warm, blue waters.

Bali was the dream turned into reality.

The people were so beautiful, the flowers so fragrant, the trees so vigorous—and of course the fruit was out of this world.

I had the strong feeling, not so much a thought but a strong sense that flowed through me, that the Balinese fruit was doing me so much good.

I felt a very strong conviction, deep inside of me: how could there be any other edible thing in Bali, which could be more nutritious or lush than the fruit there? Vegetables and grains or any processed food just could not compare.

This was one very special moment, for me, as it really reconfirmed to me the fact that great quality fresh fruit can be a perfect diet for humans. After experiencing such quality fruits, I really felt this resonate with truth—deep in my soul.

The climatic climax vegetation of Bali is the fruit!! It just grows, one cannot stop it; its very nature is to grow—and grow it does. Furnished with the wonderful heat, the beautiful sunshine and the heavy tropical rain; the fruit is in its own paradise.

The fruit does not need any coaxing, forcing or pleading; the growth force is so very strong. Drop a Durian seed to the ground, and in two days a two-inch sprout bursts forth. Humans are impotent against the strong, powerful forces in God's Tropical Garden.

The heat, the air, the sun, the deep fertility of the unraped soil and the vitality of the seed combine together to bring forth fruit.

It is not a struggle; it is an ease, a breeze, a dream. A Fruitarian Paradise. A return to Eden.

There are no vast plantations, no row upon endless row of mono crops open to disease and infestation.

No, it is more a beautiful raggle-taggle, higgledy-piggledyness of mixed tree crops; a Banana plant lives here, a Durian resides there and maybe a hairy Rambutan is their neighbour. The spherical Granadilla rubs shoulders with a dusty Sapodilla; there is neither segregation nor uniformity here.

And so it grows; and so we eat and nourish our sun-starved temperate bodies, filling them full of the delights of the Tropics, absorbing the minerals which the trees have drawn out of that black volcanic soil.

The Alchemists, that are the fruit trees, changing rock dust into nutritious and delicious fruit.

The fruit is given to us frugivores, by the trees. The smell of the fallen Durian, lying in the soil, draws us like moths to a flame. There is a sweet longing in our bellies; the Durian's heady aroma showing us the way to heaven.

The Rambuans flaunt their ripe and readiness, with their scarlet coats; they call to our eyes, with their gaudy raiments. They shine through all the greenness; showy fruit baubles on a tropical Christmas tree. 'Eat Me! Eat Me!' they shout. Like Alice in Wonderland, we must obey—feasting on their sweet delights.

Tropical fruits are not quiet and demure; they cry out to us though the dense foliage. After all, there is just so much plant growth that they do need to be noticed. Whether by smell, like the mighty Durian, or by sight, like the flamboyant Rambutan; they certainly let us know when they want to be eaten.

It is deep nutrition from the depths of the Tropical forests.

I am ever richer for having visited Bali. Its very fine nutrients live on in my bones; its wonderful sights are forever burnt on to my retinas; and its smells forever waft through my memory, like wraithful spirits.

The simplicity of the beautiful life there, the peace and the potent life force—bless my life forever.

Fruitful Help For The Environment

In a world that seems to be running out of resources, it would make sense, to me, to adopt a diet that has the most positive effect on the health of the planet. As far as I can see, no other diet has so many positive effects for the rest of the world as does an organic tree fruit diet.

I can only see pluses!

An organic fruit diet:

- Encourages tree planting.
- Stops fields being continually ploughed up for cereal and vegetable crops.
- Provides shelter and shade for other creatures.
- Does not poison other forms of life with harmful chemicals.
- Oxygenates the planet.
- Removes carbon dioxide from the atmosphere.
- Stops forests being cut down for animal farming.
- Stops forests being cut down for cereal and vegetable farming.
- Improves the quality of the soil.

I cannot find one single negative effect on the environment from organic fruit farming!

Tree planting enhances the environment in many more ways than purely the aesthetic. One advantage is that the atmosphere benefits from an increased amount of oxygen and a reduction in carbon dioxide. This gaseous exchange occurs because the trees expire oxygen and at the same time absorb carbon dioxide, which they convert into carbohydrate in the process of photosynthesis.

Because humans have cleared so much forest in the last couple of centuries, we have far fewer trees on the planet. By planting fruit trees, we are helping to redress the decimation that has occurred to the planet's tree population.

Tree crops also provide food, shelter and shade for a host of other creatures; by eating more tree fruit, we can help to create beautiful environments for other species as well as nourishing ourselves.

By practicing organic farming, we ensure that the environment is not contaminated with harmful chemicals. We also help to prevent the death of other animals and plants, who may be poisoned by these chemicals.

Due to the consumption of fossil fuels and animal products (the use and abuse of both create greenhouse gases) humans have created higher than optimal levels of carbon dioxide in the atmosphere. Couple this with deforestation and so less oxygen being produced, and our equation for a healthy atmosphere becomes a little unbalanced.

How to redress this?

—Eat more organic tree fruit.

This is such a positive step and a win-win situation.

You get the healthiest human food on the planet and the planet gets trees and oxygen in return! Makes the most perfect sense to me.

Forests are cleared for the majority of human food. In South America, ranching has destroyed huge tracts of land that were previously fertile rainforest. Ranching and beef farming is a very inefficient use of land for food production.

Vegetable and cereal farming whilst being more efficient, in terms of food production, than animal farming are still nowhere near as environmentally friendly as fruit tree growing. In the production of commercially grown vegetable and cereal crops, there is a continual ploughing up of the soil.

The conditions required for vegetable crops include constant disturbance of the earth, causing the deaths of many creatures; annual uprooting of plants, causing a depletion of soil quality; and tree clearing and felling, causing a reduction in the tree population.

If soil is left undisturbed, as it is in fruit orchards, there is just a wonderful environment happening down there. Microbes, fungi, and soil dwelling animals thrive; they create a beautiful dynamic environment in their fecund soil abode.

As these entities are not continually being disturbed, as is the case with annual crops, the soil becomes much richer in life and nutrients.

Tree crops are also great for the structure and the health of the soil as the deep tree roots hold the soil together, and this helps to limit soil erosion and degradation.

Continual ploughing of the land every year is simply far less environmentally friendly than leaving fruit orchards to grow and flourish over a period of many years.

So, let us look at some figures to show us, at a glance, the benefits for the environment of eating tree fruit:

- One acre of Avocado trees can provide 10,000lb of fruit per year.
- One acre of Banana Plants can provide 24,000lb of food per year (the Banana is not strictly a tree crop but horticulture of the Banana provides similar benefits to the growing of tree crops).
- One acre of land used for beef production can provide 150lbs of food per year.

According to data from the California Avocado Commission:

- In one year a single Californian Avocado tree can absorb as much carbon dioxide as is produced by a car driven 26,000 miles.
- Two mature Avocado trees can provide enough oxygen for the needs of a family of four.
- One Avocado tree produces nearly 260lbs of oxygen per year.
- A one acre Avocado orchard removes up to 2.6 tonnes of carbon dioxide per year.
- Southern California Avocado orchards remove 25–88 lbs of (dry nitrogenous) pollutants, per acre, from the environment.

If we want to create a beautiful environment, planting and eating the produce from organically grown tree crops makes sense on all levels. Not only are we having a minimum impact on the environment whilst enjoying great health, but we are also putting something back; it is a symbiotic relationship rather than a purely taking relationship.

When we opt for organic tree fruit, instead of destruction of the environment and degradation of the soil and atmosphere, we are enhancing the natural environment and helping to improve the quality of the soil and air. Whilst we enjoy our

fruit bounty, we are helping to create a healthy and beautiful planet for microbes, plants, animals and humans.

Eat fruit and we all feel beaut!



Is Fruitarianism Really Possible?

Many people, including some in the raw food movement, believe that being fit and healthy, long-term, on a fruit diet is just not possible.

Recently, I was asked what I thought about a statement made on a raw food video that it was only possible to be healthy on a long-term fruitarian diet if one ‘cheated’. I really don’t get that ‘cheating’ thing. If I *were* to eat something other than fruit, which I have no desire to do, I do not feel that there is any food on this planet that would be better for me, personally, than perfectly fresh, tree-ripened fruit.

At the time of the question, my home was full of organic tree-ripened Jackfruit; Canistel so perfectly ripe that they had burst open at the top, like little yellow flowers; divine rich and creamy naturally grown Chocolate Sapote; late intense last-of-the-season Blood Oranges; fresh from the field Golden Pineapple; and local biodynamic Bananas.

I seriously do not think that there is any other food I could eat that would benefit me more than fruit. I have a very strong belief that as a form of nourishment for humans, great quality fruit just can’t be beaten.

So if I were to ‘cheat’, I think that my health would get worse, not better!

If I were eating ‘supermarket’ fruit, I may not have such good health as I currently enjoy. However, when I have such precious fruit treasures in my larder and my life, I am at a loss to think what I could be lacking.

At the time of writing, I have been on a fruit diet for 17 years. I do think that if it were not a healthy diet for me, I would have really noticed any unhealthy effects by now.

Morgan Spurlock made a documentary called ‘Super Size Me’, in 2004. In his documentary, Spurlock went on an exclusive ‘McDonald’s’ diet for 30 days.

After just 21 days into his diet, Spurlock was advised to stop the diet. The advice came from his doctor, Dr. Daryl Isaacs. Isaacs believed that Spurlock could have serious health problems if he carried on with the McDonald’s diet.

Spurlock actually carried out 30 days on this diet, and all three doctors involved expressed surprise that his health had deteriorated so much in just one month. One of the doctors believed that the irreparable damage to his heart could cause him to suffer a heart attack.

By contrast, I have been on an all-fruit diet for 17 years, over 200 times as long as Spurlock's experimental diet. During this time, a diet of fruit has brought me nothing but fabulous health.

Surely, if a fruit diet were not viable in the long-term, I would have had some indications by now. Surely if the fruit diet were not meeting all of my needs, some noticeable effects would already have surfaced.

One aspect of eating a fruit diet is the negation of moderation; fruit is such a natural diet for humans, we do not need to limit our food because of its negative effects. Morris Krok puts this very well in his book 'Fruit The Food And Medicine For Man' when he states that if a food is needed in moderation maybe it isn't such an optimal food for us after all. Krok also says that it is hard for anyone to really know what moderation is.

I feel in agreement with Krok: other animals in their natural environments, eating their natural foods, do not need to limit their food intake because of health concerns; they simply eat as much as they need and then stop.

When we look at the monkey, the cow or the tiger, no one is monitoring their diet; and yet although all three are on very different diets, none are overweight. Each naturally eats the diet best suited for its anatomy, whether frugivore, herbivore or carnivore. There are no calorie guidelines and no list of figures telling them how much they need. All they do is follow their instincts, and as long as they have access to enough of their natural diet they will thrive.

All animals in the wild eat mono diets, and with this way of eating comes a natural 'stop point'. There is no need to consider moderation; their eating naturally stops when bodily needs have been met. Moderation is simply not required when raw and totally unprocessed mono meals are eaten because it becomes very difficult to eat more than our needs on this type of diet.

However, if the unprocessed mono diet is such a 'natural' diet for all animals, and the fruit diet is the most appropriate for humans—why can adopting it often provide such a challenge?

What Can Make The Fruit Diet Challenging?

For any diet to succeed there are, of course, many contributing factors.

Arnold Ehret, as previously mentioned, is an author whose work I greatly respect. Ehret, who had many years experience helping people to achieve good health, believed that inappropriate preparation was a major factor in the failure to thrive on a fruit diet.

Ehret states on page 59 of the ‘Mucusless Diet Healing System’:

“Here is the cause why so many “fasting”, “fruit diet”, etc., “cures” fail. THE INEXPERIENCED LAYMAN ALWAYS COMES TO THE DEATH POINT. In other words, he removes “O” (obstruction) too rapidly, too much at once and feels “fine” for awhile, the dissolving process goes deeper—“O” increases—he feels terribly weak, falls back on the wrong diet stops the elimination of more obstructions, feels well again, blames the good food (fruit) for his weakness and sees the wrong food as the food of vital efficiency. He loses his faith and tells you in all sincerity, “I have tried it, but it is wrong.”

Ehret also says on page 31 of ‘Mucusless Diet Healing System’:

“We shall now learn why fruit diets and fasting have produced such doubtful results, thru their incorrect use and misunderstanding, caused thru the belief that general rules of this cure are suitable for everybody and for every case. Nothing is further from the truth! No other cure requires so much individual specialization and continual changing to meet the reaction of the patient.”

It can be seen that Ehret, therefore, believed that to be successful on a fruit diet it was vital to be properly prepared. He recommended rational fasting and the transition diet as means to help the body to cleanse appropriately, so that it would be best adapted to thrive on a fruit diet.

Ehret believed that each person has very individual needs during this process because everybody has a different life history, and we are all at different points along the road to health.

In addition to our previous lifestyles affecting our cleansing, the lifestyles of our parents can also affect our own individual healing needs.

Ehret thought that it was vital to eliminate at an appropriate rate; the fastest way not always being the best. He believed that if we go on to a fruit diet and elimination is too great for our individual situation, we will either do ourselves harm or lose faith and abandon the diet.

Furthermore, uncomfortable elimination can often be blamed on the fruit diet, simply because elimination stops when refined and processed foods are eaten again.

Creating an appropriate level of elimination, for the individual, is one reason why a transition diet can be a vital part of adopting a successful fruit diet. A transitional diet can slow down elimination to an appropriate rate whilst ensuring that elimination does not stop altogether.

At the same time as allowing elimination, an appropriate transition diet will not add any excess toxins to the body.

Essie Honiball, also believed that success on a fruit diet could be improved by a transitional diet. She thought that preparing the body for a fruit diet was important. She states in her book 'I Live on Fruit', page 38:

“Fruit has the ability to help a sick body to become normal again in a natural way, but before this can happen the body first has to get rid of enormous quantities of impurities.”

And on page 41 of the same book, she says:

“It is, of course possible to become a (fruit eater) overnight...I did so, but there was a price to pay and it was the biggest challenge I have ever known.”

Then Honiball further states on page 53 of 'I Live on Fruit':

“For the majority of those interested (in the fruit diet) the transitional diet is the ideal way.”

Like Ehret, who placed emphasis on individual specialisation, Honiball believed that people are individuals; therefore, whilst the goal of a fruit diet is common, the ways to successfully reach it are numerous.

Honiball says in 'I Live on Fruit', page 41:

"If one has a goal in sight one finds one's own ways of reaching it. The technique is a personal matter, but the goal should be clear."

We all have our own unique personal history and differing needs, and we are all on different places on the fruitarian footpath to health and well being; therefore, there is no one single correct way to get to our destination.

As I have mentioned before, I do think that for one to be healthy on a fruit diet, top quality fruit needs to be eaten. In my own experience, this has been a vital aspect of the fruit diet. Often, when more fruit is eaten and it starts to form a larger part of the diet, we start to become more knowledgeable about fruit quality.

As we eat more and more fruit and start to rely on it for our nourishment, so the importance of fruit in our lives increases; and as a result our ability to find and pick good fruit also increases. We get more of a 'sense' for good fruit. Our fruit-foraging senses also 'fine tune' and our radar becomes set to that special frequency that homes in on fantastically good fruit.

We may find that as we are drawn towards great fruit, so it is drawn towards us!

For the majority of my time on a fruit diet, I have been fortunate enough to have had access to great quality fruit; much of which has been organic, locally grown, wild or biodynamic.

I personally believe that fruit grown with love and care on rich, fertile soils is the ultimate food which humans can put into their bodies. Much commercial fruit, to me, is the equivalent of factory-farmed animals; grown solely for profit and without real love and care, and the resulting fruit often falls very short of optimal quality.

To fully succeed on a fruit diet you need to ensure that great quality fruit is at the top of your shopping list.

Make foraging for great quality fruit, whether at the farmer's market or in the wild, one of your top priorities.

Become a fruit explorer, seeking out and discovering the best fruit in your area. You may very well find that fruit naturally becomes a priority in your life.

To increase your access to good fruit:

- Grow your own.
- Join, or set up, a local organic fruit buying group.
- Find an organic delivery service in your area.
- Barter your goods and services for locally grown fruit.

As you let go of other costs and demands in your life, you may find that you indeed have more time to search for fruit and more money to buy it.

I also believe that in addition to being prepared for a fruit diet and sourcing great quality fruit, a third very important factor in determining whether a fruit diet will work for you is mental attitude.

I think that you have to *really* want this fruit diet, believe in it and have absolute faith in it while at the same time being open to listening to your body and its particular needs. Your body, if given the chance, will let you know what its needs are and will let you know how the fruit diet is working for it.

I believe that we act as mirrors; if we have faith and belief in our diet, this will be reflected back to us in other people's reactions to our diet. If we are strong in our mental attitude, this will only help to strengthen and magnify the good that the diet is doing at a physical level.

If you have brought your body, through a transitional diet or fasting, to the point where it is ready to embrace the fruit diet; if you also have access to great quality fruit; and, in addition, if you really *want* it and believe in it— I think there is no rational reason why the fruit diet won't work for you.

Part Two

Man Does Not Live By Fruit Alone

Fruit is Not an Island

Eating raw fresh fruit can allow the most wonderful health and happiness into your life. However, Man does not live by fruit alone. A fruit diet has the potential to enhance every aspect of your life, but its riches will be increased greatly when it is combined with the other wonderful elements of life.

As these facets all intertwine and enhance each other, there will be a coming together of mental, spiritual and physical health to create a beautiful and blessed life.

Listed below are some of the vital aspects of our lives, which enhance and work beautifully with a pure diet:

Love

Pure, strong love is one of the most powerful forces in the Universe. It is not elusive or exclusive, it is there for all of us to be able to reach out and touch. Rich or poor, black or white, old or young—love is not judgemental.

There is no waiting list, there are no queues; reach out it is there for you now!

If pure love flows through us, we can conquer any adversity. If flooded with pure love, most situations can be resolved. Pure love is like liquid gold; it is priceless and yet it is not beyond the means of any creature on this planet. Try tapping into this bottomless resource.

An upset child, if embraced with love, will be comforted. Anger, fear and hatred are all diffused if met with pure love.

We can channel love, send it out, radiate it. Everybody has the ability and capacity to be a creature of love.

We are all love children.

Many people have not experienced unconditional love as children. This can cause a starvation within the child. Food, toys and computer games will not nourish the gap.

I, personally, believe that many problems and insecurities originate in childhood.

Many of the well-balanced people and those with inner happiness have been fortunate to have been really loved as children. The most important thing we can do for our children is to love them unconditionally. Children can never have too much love; how can you ever give too much of such a wonderful thing.

Love does not need to be given in moderation!

Loving and caring for others whilst expecting nothing in return is the kind of unconditional and selfless love that enables children to grow and flourish into well-balanced and happy people. They will have an innate sense of their own worth, which no one else can ever take away from them. They will have cultivated within them a deep inner security that no amount of money or gifts could ever create.

Joy

It is hard to express in words the feelings of inner joy that one experiences on a fruit diet. I have felt this especially when on mono diets. There is such an excitement at life. Each day seems full of new possibilities; it is almost as if we are reborn fresh and cleansed every day. There is no jaded feeling at life; it is as if each new morning brings infinite opportunities.

The planet strikes us as a wonderful place; there is breathlessness at its beauty—whether one is in the country or the city. The smell from a rose, growing in the concrete of the metropolis, enchants us or the sight of a fruit tree growing in the middle of town astounds us—beauty is found *everywhere*.

Senses, suddenly alive and cleansed, revel in the colours, scents and tastes of Nature. Good surrounds us, we can see it; everyone is beautiful, we can appreciate the qualities of each individual.

When we are full of joy ourselves, we have no need to pick on others' differences to make ourselves feel better; instead we see the strengths and lovely diversity of each individual.

A smile spreads light and that light cannot be dimmed. Happiness and joy radiate out vibrations that stretch far around the world. With true joy comes acceptance and non-judgementalness.

I do wish you all much joy and happiness.

Fresh Air

Fresh, clean air is a prerequisite for health. Unfortunately, many modern societies relegate it to quite a lowly position, and industrial development, transport and intensive farming all seem to be given higher priority than good air quality. It appears to be the orthodox belief that if the air is just good enough not to actually kill us, its quality is acceptable.

To optimally live on a clean diet, clean air is also needed. I find it so much more conducive to eat fruit when I am in clean air. I actually find it difficult to eat if I am in an environment where the air is of poor quality. Try eating a delicious Mango in a cloud of diesel fumes!

I do believe that the fruit diet is definitely more of a challenge in a polluted environment. Eating fruit cleanses our senses and makes us more sensitive to poor air quality and air borne pollutants. Our sense of smell is awakened and we can sometimes wish it was back asleep again as we can *really* smell exhaust fumes, cigarette smoke and chemical cleaners.

We can smell and taste poisons in such a heightened way because mucus has been removed from our bodies, and our sensory organs have been rejuvenated.

In 'The Golden Path to Rejuvenation', Morris Krok tells the story of Barbara Moore. In the 1960's Moore walked huge distances up and down mountains, existing on snow water. She is quoted as saying on page 17 of Krok's book:

"When I come down to 'life' it is more difficult. The air is not the same."

This is an example of how living a very clean life becomes very different in pure air.

If we are surrounded by the fumes and pollution of the cities, I do believe that the fruit diet becomes so much more of a challenge.

We may find that we have a desire and a need for greens in our diet to help our bodies deal with the pollution. Or we may find that we need to move to a cleaner environment, to be able to effectively live on a fruit diet, as the fruit diet can just make us too sensitive to environmental pollution.

Just as I would advise putting the very best fruit into your mouths, I would also advise drawing the very best air into your lungs.

Put air quality, along with fruit quality, right at the top of your shopping list.

Breathing

We can optimise the effect of pure air if we combine it with deep breathing. Deep breathing increases the amount of oxygen in our bodies, it causes carbon dioxide to be removed more effectively and it helps the lymphatic system to operate more efficiently.

If we are eliminating or cleansing, deep breathing, coming from the diaphragm, will aid the removal of toxins and help to re-energise the body as it eliminates.

Essie Honiball found breathing exercises invaluable when she first embarked on a fruit diet and she faced some challenges with elimination. Honiball states in her book 'I Live on Fruit', page 39:

“ The breathing exercises were of inestimable value to me for without them I simply would not have been able to survive.”

There is also the belief that breathing can nourish the body. Charles De Lacy Evans states in his book 'How To Prolong Life', page 83:

“Now fruits will sustain life, and all fruits contain carbon, hydrogen, and oxygen, and most of them a small amount of nitrogen; and if these fruits which will sustain life do not contain sufficient nitrogen, may not man, who breathes and is in contact with an atmosphere (four-fifths of which are nitrogen), by means of his lungs...absorb the necessary nitrogen directly from the atmosphere?

“From casual observation on the diet of natives in tropical regions, and from direct experiments in England, we may state that this is positively the case.”

In my own personal experience, when I have been on a water fast and have felt in need of an energy boost, deep breathing of the fantastically briny sea air at a local beach nourished me, and I felt an immediate increase in energy.

In the book ‘The Magic of Findhorn’ guidance that was given to Eileen Caddy is stated on pages 109–110:

“You will find that as your bodies become more and more refined, your intake of solid foodstuffs will diminish. You will begin to absorb nourishment from the sun and fresh air as your bodies get rid of impurities.”

Deep breathing, therefore, can enable the body to more effectively eliminate toxins and may even help the body to become nourished.

Whether one is coming from a more ‘New Age’ perspective or purely an anatomical one, deep breathing is certainly an aid to better health.

Exercise

Exercise and a healthy diet are inseparable if we truly want to flourish. The best diet in the world will not yield your full potential if your body is not given an appropriate amount of exercise.

It is a delightful ‘Catch 22’. As our diet improves, so our desire and appetite for exercise increases. Then as our fitness levels improve, we enjoy and benefit so much more from our diet.

On an appropriate natural diet everyone, whether an elite athlete or not, has the ability to reach their full potential.

Reasons why fruit and exercise work so well together:

- A fruit diet gives us clean blood that flows well and has maximum oxygen-carrying abilities.
- A fruit diet helps our muscles and joints to be free of toxins and so allows muscles to work under optimum conditions.
- A fruit diet helps to make exercise become a pleasure instead of a literal pain.

And in turn:

- Exercise gives us a beautiful appetite for our fruit diet.
- Exercise ensures that our bodies are in a fit state to really appreciate the beautiful quality of life that a fruit diet creates.
- Exercise helps improve the function of the lymphatic system and the circulatory system, both of which aid the digestion and assimilation of fruit.

Positive Thoughts

Go on just try to be a gloomy fruitarian!

It is very hard when the body is freed from toxins and it is in a peak state of physical perfection to feel mentally depressed.

Personally, for me, the fruit diet makes me want to sing for joy. Certainly, there are times in life when the going is tough, but in such times the state of health accorded by the fruit diet allows one to cope so much more effectively.

It is often said, “It is not what happens to you that matters, it is how you deal with it.” If we are in a good state of health when life’s challenges do come our way, we are in a very favourable position to be able to deal with them.

Life certainly is not all happiness, but when we are strong physically it is far easier to turn about situations into a learning or positive experience.

Again it is a kind of ‘Catch 22’. We have more positive thoughts because we are on a fruit diet; and the more positive we are, so the easier it becomes to stay on, have faith in, and benefit from a fruit diet.

We may experience this huge wave of positive thought when we eat fruit and are cleansed. Then we may ride along on this high and uplifting wave to a beautiful place, enjoying the fantastic views along the way.

The more I travel along life’s road, the more I see the intertwining of everything, both seen and unseen, on this planet.

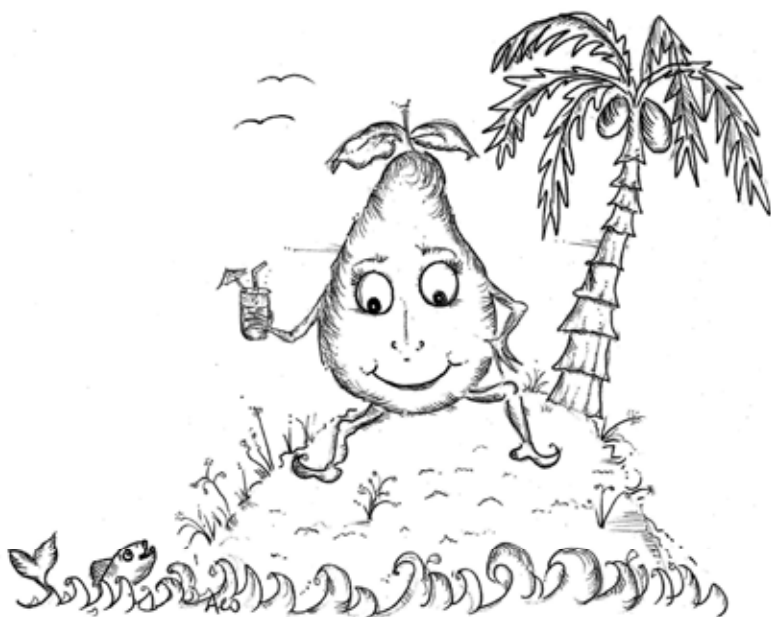
To separate the mental from the physical becomes difficult. Diet affects both, and both in turn affect our diet. Try physically digesting *anything* when we are mentally upset. Compare this with the enjoyment and the physical benefit we may obtain from

our foods when we eat them in a loving and respectful frame of mind.

All the myriad aspects of our lives are like differently textured threads, delicately weaving in and out of each other to create our own unique and beautifully patterned being. No two of us are the same, and every facet of our life affects the appearance of our self.

When we change our diet or our thoughts or our breathing, we change the unique pattern of our being; the weave and form will be slightly different.

Every aspect of our life is constantly changing, and we all have the potential to create the being and life that we want—anew each day—through our diet, our thoughts and our lifestyle.



Child Raising is Not About Diet Alone

I strongly believe that love is the most important factor in raising a child. True unconditional love creates an environment of inner self-confidence and harmony for the child. Plant great food into this beautiful environment and the combination is simply amazing!

A good diet does not make a good parent. A child who is loved and given a standard diet will be happy and secure. If you give a child the fruit diet but without love, he will emotionally starve.

However, the two *combined* make for a great time because a loved child who is not hyperactive, who has great health and who is not suffering from the usual childhood illnesses is a pleasure to care for and a joy to spend time with.

One is not up all night tending to a sick child, and one lives with a child who does not have tantrums and frustrations due to physical discomfort. It is so much less of a challenge and so much more of a pleasure to raise a child who has both great physical and mental health.

I have raised both my children in an environment where I have been with them twenty-four hours a day, seven days a week. I do feel that this style of child rearing must be very challenging for someone who has sick or hyperactive children.

I believe to have a really wonderful time caring for children, not only do we need to unconditionally love our kids but we also need to ensure that they are on a natural diet. The two just go together, especially if we intend to be with our children the whole time.

Child raising does not have to be a chore, it need not be frustrating or difficult. If we give our children *both* psychological good health by loving them *and* physical good health by feeding them natural foods, the combination is pure gold!

Many people consider that raising a child is a struggle, a hardship, and very stressful. I have been so surprised at the number of people who tell me that they dread school holidays or ‘Thank God’ when the school holidays are over.

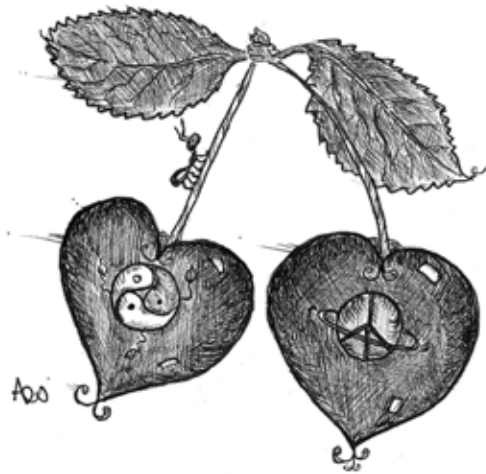
For me, raising two children on a fruit diet has been an honour. I would tell those who dread school holidays that to share your day with a child who is not hyperactive, who does not get sick and who wakes up each day beside you laughing—is such a joy.

Raising healthy children is not a big stress; certainly it takes up all your time, but it is a real pleasure.

People who believe in raising their children in a close and loving way can only benefit from their children experiencing less crying, less illness and less physical discomfort. To be with a child constantly would, I imagine, be very demanding if that child were eating an unnatural diet. Sugar, coal tar dyes and chocolate can all turn even the nicest natured child into a hyperactive whirlpool.

Just because I am fruitarian does not mean that I am a better mother, but what it does mean is that I have a fantastic opportunity to raise my children in a healthy and happy way.

To love and respect your child is the best nourishment that a child could hope for. If this is combined with a diet that causes no physical or mental discomfort to the child—spending time with your child becomes the most wonderful experience.



Being Kissed By The Sun

Since adopting a fruit diet, I have found that I really do need the sweet sunshine; please look at the next chapter: ‘Of Butterflies and Bats’ for more on the relationship between fruit and sunshine.

We are beings of light and energy. As we progress along the path of health and well-being, we increase our vital energy.

Eating lighter foods and bathing in light rays, from the sun, improves our vibrancy and feelings of well-being. When we take responsibility for our own health, we take actions that increase our lightness and lead us along the path of light.

Man cannot live by fruit alone; diet does not stand in isolation. As well as delicious fruits, a healthsome, holistic lifestyle needs —**Sunshine!**

As has been seen in the chapter ‘Light’, light energy nourishes us as surely as does fruit; which itself can be seen as a storehouse of sun-ripened light energy.

As our health improves and the blinkers are cast from our eyes, we become ‘drawn’ to the sun. It becomes vital to us. Its daily dose being as necessary as brushing our teeth or carrying out our ablutions.

As natural frugivores, we turn to the sun like the splendid sunflowers who bend their beautiful heads toward the solar rays.

As we tune-in to the sun, we raise our light levels, and our wellness and energy naturally increase.

Sun and fruit are inseparable. We need the sun’s rays to be truly healthy, just as we need the energies of fruit to nourish us. The sunshine allows our bodies to create a natural source of vitamin D, which is essential for strong bones.

Sun-lovers, therefore, have a legitimate excuse; when we are lying in the sun’s rays, we are not being lazy-bones but we are building up our bones!

Not only does Dr. Sunshine give us light energy and vitamin D, he also

- Increases and regulates the production of hormones.
- Cleanses the skin.
- Improves one’s mental state.
- Aids elimination whilst fasting.

- Helps with physical and mental relaxation.
- Stimulates the pineal gland and balances the production of melatonin.

The sun can also enhance the fruit we eat. If fruit has been picked before it is fully ripe, placing it in the sun will energise the fruit and gently warm it. In addition, climacteric varieties of fruit will ripen further in the sun after they have been picked.

The sun is not harmful to us if we are on a true and healthy diet, and if we expose ourselves to its rays throughout the year.

Office and other indoor workers can spend fifty weeks a year in sterile sun-exclusion zones, whilst filling themselves with toxins at meal times. Then for two weeks a year they expose their pale and unprepared skin to strong sunlight, and blame the sun for any damage!

After seventeen years on a fruit diet, I find that I no longer burn but tan very easily. I revel in the sun's rays year round.

It is possible to sunbathe in temperate climates throughout the seasons, providing you find a suitable suntrap. Even if the clouds are out, the sun's rays are still caressing us and giving us all their benefits; only in a more dilute form.

I find that I am also drawn to getting the sun's rays in my eyes. However, the eyes have to be strong for this, and you should only look at the sun if it feels good for you and does not cause any discomfort.

Our eyes will strengthen as they are exposed to more sunlight. Sun gaze at sunrise and sunset and start off gazing for only a few seconds, and then gradually build up the amount of time.

When sunbathing, only take as much sun energy as is comfortable for you. If you are not used to the sun, gradually increase your exposure. Listen to your body and its individual needs.

Sunshine as a therapy gained much popularity, in recent times, at the beginning of the twentieth century.

There were many heliotherapy clinics in Europe during this time. Three prominent heliotherapists were Dr. Auguste Rollier, Dr. Oskar Bernhard and Sir Henry Gauvain. Patients were healed from various diseases, including tuberculosis, by controlled exposure to the healing rays of the sun.

Many heliotherapy practitioners recommended the early morning rays as being the most beneficial. The sun energy at the beginning and end of the day brings powerful healing benefits and yet is gentler than the midday sun.

For Rollier, Bernard and Gauvain the time of year was also significant, they all believed that the optimum time for sunbathing was in spring and early summer.

—Respect the power of the sun and its mighty energy. If it is used appropriately, it cannot harm you. So forget the factor 30, and let the sun help to heal and strengthen you.

To be in a state of good health and to be kissed by the sun, is indeed heaven on earth!



Of Butterflies And Bats...

I believe that the Universe desires a state of balance. On a microscopic level each atom strives to be stable, creating the infinite chemical reactions that shape our world.

Eastern traditions refer to the opposing energies in the Universe, which together create harmony, as Yin and Yang.

Butterflies are creatures of the light; they can only really thrive in the glorious sunlight. On a sunny day they take to the skies to search for delicious nectar. The sun is Yang; their food is nectar, full of natural sugar and therefore Yin. The balance is beautiful.

Similarly, I noticed with myself that when I became a fruit-eater, I craved the sunshine in a way I had never done before. I could truly appreciate its wonderful healing rays. I feel that when on a fruit diet, the sun becomes more appreciated and valued. There is almost a need for it, which perfectly balances the beautiful fruit that is eaten.

On a cooked diet, the sun was never so appealing to me.

In my experience, when on a fruit diet, the skin does not blister but tans quickly. The good nutrients in the fruit help nourish the skin and give a better natural protection than any sunscreen. I have also found that my eyes are stronger in the sunlight.

We need sunlight on the retina to make the pineal gland function and help to create optimum serotonin levels; serotonin is the 'feel good' hormone.

If we never expose our eyes to sunlight, we may find that we do not produce enough serotonin for our needs. There is no need to stare at the sun, indirect light is sufficient to promote happiness. If sunglasses are always worn, we may miss out on some vital healing rays.

Now let us look at the vampires of the world, the blood-sucking vampire bats and the mosquitoes. They are often nocturnal; the mosquito disappears when the sun comes out, as does Count Dracula.

The dark is Yin and blood is extremely Yang, so again the two forces are balancing each other out. Maybe if Dracula swapped his blood sucking for Mango sucking, he would feel a need to sunbathe and lose his ghostly pallor.

One exception is the good old flying fox or the fruit bat. She loves her fruit but she is nocturnal, coming out at dusk to search for delicious fruit. Maybe she is more successful foraging for fruit when all the other fruit eaters, and her predators, are sound asleep; and nature gives her this advantage to help the survival of her species.

There are also other nocturnal fruit eaters among the mammals; however, I believe that humans need both the sun *and* the fruit, and in combination the two give us great and abundant health.

I definitely feel I have a greater relationship with the sun since I started to eat fruit. So enjoy your beautiful fruit; lovingly grown, ripened, and warmed in the wonderful sunlight.



Sexuality

In his book 'Mucusless Diet Healing System', Arnold Ehret states on page 172:

“The fact is that we are all, with very little exceptions, the results of stimulations instead of love vibrations exclusively.”

Cooked foods, spices, animal flesh, coffee, chocolate, alcohol and other recreational drugs can all stimulate humans, artificially create 'libido' and increase a desire for sexual relief.

Eating a fruit diet, in my experience, changes one's sexual needs and desires. There is less artificial sexual stimulation and a refining of one's sexual energy.

This clean diet combined with deep breathing and an appropriate amount of physical exercise, gives a very different kind of sexual energy.

I have found that all natural energies tend to increase and purify on a simple raw food diet, and this applies to one's sexual energy as well. When sexual feelings occur they are stronger, purer and more joyous; and they can also be more easily channelled into other avenues, if not required.

Our sexual energy has a much stronger power, but this energy is also refined and purified as the power is increased.

On a fruit diet, I have also found that one becomes more aware of the connections between the physical body and the mental and spiritual aspects of the self. This holistic development also applies to sexuality.

I find that there is a desire for sexual union to be a loving, spiritual union, rather than purely a sexual act.

When this union occurs with a partner who is loved and with whom there is also much trust and openness, the sex transcends merely the physical and becomes a spiritual transference of energy.

During sexual union we open up ourselves on many levels and this can leave us spiritually and mentally vulnerable. However, if we are joining together in a loving and sacred union, we are enveloped with and protected by pure love.

A fruit diet can bring such joy, wonder and energy into our lives, and the sexual side of life does not escape all these beautiful benefits.



Part Three

Fruity Tales

Apples — ‘The Intestinal Broom’

In Western culture, the Apple (*Malus communis*) is one of our most popular and most recognisable fruits.

The Apple is widespread throughout Europe, the United States and Asia; it is thought that the Apple originated in Asia.

In recent years, China has become the biggest producer of Apples in the world. Because of the varying climates throughout China, this vast country does have the potential to grow many species of fruit. With a large population to feed and a huge export market, when China starts to grow a crop it certainly has the potential to be big!

According to Dick Pijpers in ‘The Complete Book of Fruit,’ the Apple has been cultivated by humans for thousands of years; he gives an example of a cultivated Apple whose remains were found in Italy and are believed to be 4,500 years old.

Pijpers estimates that there are somewhere between 5,000 and 20,000 varieties of cultivated Apple; therefore, the Apple has more varieties than any other fruit species.

Arnold Ehret, who wrote several books on fasting and fruit diets, was a big fan of Apples. He thought them to be a perfect food for humans. Bear in mind that the Apples he was eating, in the early part of the twentieth century, would have been grown very differently from the vast majority of the commercial Apples of today.

Ehret states in his book ‘Mucusless Diet Healing System’, page178:

“I believe that a baby well nursed by good mother’s milk and without “special” protein foods will grow wonderfully, and after the weaning period is over could be raised on apples alone.”

Another fan of the Apple was Johnny Appleseed (1774-1845). Johnny travelled around Ohio, Illinois and Indiana, in the eighteenth and nineteenth centuries, planting Apple Orchards.

The residents of these states have Johnny to thank for centuries of Apple eating and thousands of beautiful Apple trees.

One reason why apples are very beneficial to good health is because they are a 'double cleanser'. On a physical level, due to the special fibre they contain, pectin, they act like an intestinal broom physically sweeping internal debris from the intestines. On a more cellular level, their water content and living energy help to cleanse and purify the body's cells.

I believe that anyone new to raw foods, and who wishes to embark on a mono diet would be well advised to try an Applefest. Cleansing with Apples is very effective and can be gentler than a mono citrus or Grape diet.

The thousands of Apple varieties on the planet are adorned with some beautiful and poetic names. Here are a few of them:

Court Pendu Plat—A French variety with a small, flattened shape. It has green skin with faint red stripes. This variety dates from before 1600 and has a rich, delicious taste.

Egremont Russet—A high quality dessert Apple, with a delicious nutty flavour. The skin is a beautiful yellow, occasionally tinged with red, and overlaid with a soft felty brown russet.

Flower of Kent—The Apple whose fall is said to be responsible for Isaac Newton's Law of Universal Gravitation. If he had eaten this large green variety after its fall, he would have had a slightly tart meal as this variety is usually used as a cooking Apple!

French Calville—This is one of the older known varieties of Apple; it was popular in Normandy in the sixteenth century. It is a high quality dessert apple with pale green or yellow skin and a faint rosy blush. It was this variety of Apple that Monet used in his still life 'Apples and Grapes'. The Calville has an almost effervescent, slightly

spicy taste, and this Apple variety has more vitamin C than an Orange!

Pitmaston Pine Apple—This Apple originated in Pitmaston, Worcestershire. It is a small golden nugget of an Apple, conical in shape with crisp, yellow flesh and a rich Pineapple flavour. The Pine Apple is a Russet variety, and so has that beautiful brownish-yellow textured skin.

This list could go on and on. If you are interested in discovering that not every Apple is a Golden Delicious or a Granny Smith, I would suggest that you borrow a book on Apple varieties from your local library or search on the Internet for old or heirloom Apple varieties.

One good resource is the National Apple Collection at Brogdale, U.K. They have an on-line Apple collection of over 1800 varieties:

<http://www.brogdale.org>

Thankfully, for Apple lovers and connoisseurs everywhere, heirloom varieties of Apples are making a comeback. Although a Golden Delicious can be heavenly (the best Apple I ever tasted was an organic Italian Golden Delicious), Apple lovers have missed out on many older varieties just because of lack of availability on a commercial level.

Small growers and collections, such as Brogdale, have been a vital tool in keeping old Apple varieties alive. However, now these Apple enthusiasts have been joined by some of the supermarkets. In the past few years, old heirloom and local varieties of Apple have been appearing on the shelves of some of the high-end U.K. supermarkets. I hope that these older varieties, which have always been treasured by heirloom Apple growers, will now reach a wider audience.

When choosing Apples, I tend to opt for heirloom or organic varieties. In many countries, non-organic Apples are dipped in toxic chemicals to improve their keeping qualities. Heirloom varieties are often grown with more care and love and are more likely to be picked tree ripened. Many commercial Apples are bred not for taste but for uniformity and their ability to travel well.

Jane Grigson says in 'Jane Grigson's Fruit Book', page 1:

"The food trade makes the egalitarian mistake, which is also a convenience for itself, of thinking every food ought to be as cheap and inoffensive as every other similar food. No wine merchant sells only plonk, no flower shop sells only daisies. In the matter of vegetables and fruit, we seem often to be reduced to a steady bottom of horticultural plonk."

Thankfully, a naturally grown Apple plucked ripe differs greatly from the 'plonk' fruits. In the words of Apple fan Arnold Ehret, from 'The Tragedy of Nutrition, page 21:

"For the apple is in fact the ideal food; King of all fruits, the real "bread" of heaven."

So to take full enjoyment and benefit from these beautiful fruits, be an Apple Adventurer and seek out those tastier and more unusual heirloom varieties.

Ode to the Apple

You, apple,
are the object of my praise.
I want to fill
my mouth
with your name.
I want to eat you whole.
You are always
fresh, like nothing
and nobody.
You have always
just fallen
From Paradise:
dawn's
rosy cheek
full
and perfect!

Compared
to you
the fruits of the earth
are
so awkward:
bunchy grapes
muted mangoes,
bony
plums and submerged
figs.
You are pure balm,
fragrant bread,
the cheese
of all that flowers.
When we bite into
your round innocence
we too regress
for a moment
to the state
of the newborn:
there's still some apple in us all.
I want
total abundance,
your family
multiplied.
I want
a city,
a republic,
a Mississippi River
of apples,
and I want to see
gathered on its banks
the world's
entire
population
united and reunited
in the simple act we know:
I want us to bite into an apple.

Pablo Neruda (1904-1973).

Bloody Good Juice!

One of the delights of winter, for me, is the arrival of the Blood Oranges.

Not too different on the outside from their cousins the Valencias; they hold a lush secret within. The outside may be speckled with red or have red undertones or even be decorated with beautiful red patterns and stripes; a little hint of what is to come.

Then cut or break into one; and within is filled with deep red delights, more luscious than a ruby and spilling over with sweet life blood for us mortals.

The Blood Orange has more vitamin C than a standard Orange and makes more juice than most other Orange varieties. It is just a little juice bomb waiting to explode with flavour.

When I lived in the Northern Hemisphere, I got beautiful Bloods from Sicily. The Sicilians certainly know a thing or two about great fruit growing, and I would go for their beautiful bloody Oranges any day in preference to their bloody Mafia.

Once I spent a month in Malta, which is close, geographically, to Sicily. Malta, like Sicily, is a very beautiful island. Apart from two days, I spent the entire month living on Blood Orange juice.

Now residing in the Southern Hemisphere, I appreciate that the Aussies have got their act together and are now growing some simply delightful Blood Oranges.

Do try them; a glass of Blood Orange juice looks so spectacular and always gets comments such as “What’s That!”

Blood Orange juice makes a great, healthy replacement for a glass of wine. It has that ‘winey’ taste, similar to Mulberries, and it looks so pretty sitting in a wine glass.

Build up your blood with Bloods. Leave the animal blood to the Vampire bats, go with the Fruit bats and drain the Blood Oranges dry!

Enjoy your juicing!

Blueberries and Bilberries **‘Little Balls of Antioxidants’**

Today, the Blueberry (*Vaccinium corymbosum*) is grown extensively in America, Europe and Australia.

Its acid-loving roots, however, come from North America.

Closely related to the Blueberry, but in fact a different species, is the Bilberry (*Vaccinium myrtillus*). The Bilberry’s origin is in Northern Europe but both berries share the genus *Vaccinium*, which comprises many species of wild berries.

Although the term ‘Bilberry’ is often used to describe all wild members of the *Vaccinium* genus, wild Blueberries are of the same species as the cultivated fruit.

There are some differences between Blueberries and Bilberries:

- Blueberries can be up to four times the size of Bilberries.
- The juice is clear in Blueberries; in Bilberries it is deep purple.
- Blueberries grow in clusters; Bilberries grow singly under a leaf.

Due to their smaller size and the time it takes to pick them, Bilberries are not grown commercially. However, both species grow wild, and they are both fruits that are extensively foraged for by Europeans and Americans. Searching for both berries remains a popular summer pastime.

The name Bilberry originated from the Danish name for ball, “bolle”. In Britain they are sometimes known as Whinberries because ‘whin’ is a Scottish name for gorse, where the berries like to grow. Bilberries are also known in Northern Britain as Blaeberreries; ‘blae’ being a Northern British name for blue.

Americans sometimes call their Bilberries ‘Whortleberries’ (*V. uliginosum*) or Huckleberries.

However, true Huckleberries (*Gaylussacia baccata*), as can be seen by their botanical name, are of a different genus. The Huckleberry is a drupe, rather than a berry, with ten hard seeds.

According to Alan Davidson and Charlotte Knox, in their wonderful book ‘Fruit’, the term ‘Huckleberry’ is a corruption of the name ‘Hurtleberry’. The ‘hurt’ part referring to the bruise-like colour of these berries and their juice—and bruises hurt!

The Bilberry has an ancient European history, according to Davidson and Knox. In 'Fruit', they mention a cairn in County Down, Ireland, where 'Blaeberries' have grown since prehistoric times.

The cultivated varieties of Blueberry are hybrids of three native American species: the highbush (*V. corymbosum*), the 'rabbit eye' (*V. ashei*) and the lowbush (*V. angustifolium*).

Members of the *Vaccinium* genus like boggy and acidic soils. My four year old son likes to treat our Blueberry bush with his pencil shavings. Other ways to acidify the soil include the addition of pine needles and sawdust.

Health Benefits of the *Vaccinium* Genus.

One health benefit of Cranberries (*Vaccinium macrocarpon*), Bilberries and Blueberries is their ability to help with the urinary tract infection, cystitis. These fruits, and the juices from them, can provide relief from this uncomfortable condition.

It is believed that chemicals in these berries inhibit the activity of *E. coli*, the bacteria most often responsible for cystitis. The chemicals, which are condensed tannins or proanthocyanidins, stop the bacteria from sticking to the mucosal surfaces in the urinary system.

Blueberries have also traditionally been used as a folk remedy for discomfort connected with the gastrointestinal tract.

In addition to helping a specific area of the body, *Vaccinium* fruits in combination with a clean diet will benefit the whole body.

Blueberries and Bilberries are very high in antioxidants. Antioxidants are substances that reduce oxidative damage (damage due to certain reactions of oxygen), such as that caused by free radicals. Free radicals are formed when oxygen reacts with certain molecules. The free radicals are unstable and look for stability by reacting with DNA or cell membranes, impairing these cells in the process.

Antioxidants are able to react with the free radicals and terminate their reaction with the body's cells before the cells are damaged. Antioxidants in these berries include Vitamin C, Vitamin E, anthocyanins and phenolins.

Based on data from the USDA Human Nutrition Research Center on Aging, in Boston, Massachusetts, Blueberries are among the fruit with the highest antioxidant activity. Using a test called ORAC (Oxygen Radical Absorbance Capacity) researchers there have shown that fresh Blueberries provide more antioxidant activity than many other fruits and vegetables.

Showing the vital power of wild foods, USDA researcher Ronald Prior found that wild Blueberries (analysed using the ORAC test) had more Total Antioxidant Capacity (TAC) than cultivated Blueberries.

Wild Blueberries have also been shown to have a high level of bioactivity inside their cells according to results of a study at Cornell University. The research was led by Dr. Rui Hai Liu. The procedure carried out to measure this activity is known as Cellular Antioxidant Activity (CAA) assay.

The higher the bioactivity levels in fresh fruits, the higher the levels of antioxidant activity and the more potential health benefits.

In addition, Jan Dries, in his book ‘The Dries Cancer Diet’, states that wild Bilberries have a much higher bio-energetic value than their cultivated cousins.

Whether you look to scientific studies such as those cited above, folk remedies that use Blueberries, measurements of vibrations such as Bovis’s Biomètre, or just your own personal experience—there is no doubt about it—Blueberries are powerful little storehouses of vitality and health.

Take the scientific explanations or the more ‘New Age’ interpretation; it does not matter—the results are the same.

Beauteous berries, especially wild ones, make a very valuable addition to one’s diet.

Let us leave the magical *Vaccinium* in the words of Robert Frost, away from home and longing for his New Hampshire Blueberries. Quoted by Jane Grigson in her book ‘Jane Grigson’s Fruit Book’, page 97:

“Blueberries as big as the end of your thumb,
Real sky-blue and heavy, and ready to drum
In the cavernous pail of the first one to come!
All ripe together, none of them green.”

All Hail The Charentais Melon!

(If Dorothy's heart belongs to Kansas, mine belongs to the Charentais Melon).

Someone once asked me what were my thoughts on Melons. When I looked at my answer, it was really a Homage to the Charentais Melon; so I decided to write a little about this most wonderful of all fruit.

The Charentais Melon, is the most fantastic fruit I have ever tasted; a fruit that I can live on in rapture and bliss.

I have shared some fantastic Durian in Bali, feasted on pure jam Figs in Queensland, picked perfectly ripe Raspberries in England, foraged for melt-in-the-mouth Persimmon in Spain; but I must hand it to the South of France and their Charentais.

I would like to put in a quote from a guy with a very lovely name:

Saint-Amant, Holy Lover.

He is writing in the 17th Century about the Charentais Melon.

" This melon is firm to the centre, with few seeds like grains of gold*. It is better than the beloved apricot, better than strawberries and cream, better than the Holy pear of Tours or the sweet green fig. Even the muscat grape I love is bitterness and muck compared to this divine melon.

O sweet grassy snake, crawling on a green bed. It is Apollo's masterpiece. The brothels of Rouen will be free of the pox...tobacco smokers will have white teeth...I will forget my love's favours before I forget you –

O fleur de tous les fruits! O ravissant MELON!"

I can see where he is coming from.

I also remember reading another quote about the Charentais, which said words to the effect of: 'Once you have tasted the Charentais it will have a spell over you forever!'

Again I can agree with this.

I spent the Northern summer of 2006 in England and delighted in many imported French Charentais; they were my staple.

I have tried to grow them in South East Queensland, but alas the climate does not suit their growth. I will however attempt to grow

more this year and maybe they will ripen before the rainy season, which is just too wet for their tastes.

I spent several weeks in the South of France in 2001. I was in the middle of my six months on Melon. I was also happily destined to arrive in Cavaillon, the 'Melon Capital' of France, right in the middle of Melon Season! Cavaillon greets its visitors with a nine tonne statue of a Charentais Melon, sitting very pretty in the middle of a roundabout at the entrance to the town. It also has the most fruit shops per square inch that I have ever seen.

I was a Melon disciple in the Holy Land. I thank my stars and my destiny for bringing me to such a place, right in the middle of my Melon diet.

There is a Melon Festival in this town and also a museum with a Charentais Melon exhibit.

'Merci Beaucoup' France and your farmers for giving the world the Charentais Melon.

Words are not enough to describe the wonderful entity that is the Charentais, but I shall endeavour to portray this fruit.

The Melon is relatively small and spherical in shape. The skin is smooth and a light green colour, with bands of darker green going from the stem to the bottom. Sometimes, if the Melon is very ripe, the skin has an orange tint.

Inside, the flesh is orange with small seeds in the centre. The aroma is so sweet, perfumed and distinctive. The taste is like some kind of ambrosial, divine nectar; created for gods and faerie folk. These Melons are picked ripe and are best eaten as soon as possible after harvesting although they will store for a few days in a refrigerator; be prepared for your house to smell of heaven!

I really hope that you will have the good fortune to try these delightful Melons.

* Only infinitely more precious.

Durians Smell Good!

To me, this fruit is a little piece of Tropical Paradise whether it is shared in a park in England, by the roadside in Indonesia or in a side street of Chinatown in Brisbane.

For me, sharing is more important than location. I have never really enjoyed feasting alone on one of these beauties; somehow something seems missing, the edge is taken off, the splendour is slightly dulled. However, when shared with friends or family, the taste and aroma waft one up to heaven.

My four year old son has been adoring them since before he could crawl, guess what he had for his first Birthday cake?

—A Durian (*Durio zibethinus*) plus one candle. A pretty amazing Birthday experience, all natural, healthy and wise.

And so to the smell; I think 'smell' is almost a little tame to describe what floats out of a Durian's pores. I love it! The first time I smelt it, even before even a tiny taste had crossed my lips, I was smitten, in love with its fantastically sweet and delicious emanations. So much so that the shirt which it came wrapped in, I took to bed with me for the next three nights.

Then came the puzzlement...‘How can anyone find this smell offensive...like drains...like putrefying flesh...?’

Are they crazy?...Or is it I?...Brain crazed from this wonderful experience!

I nearly gave myself a headache trying to figure out how the smell could be anything other than sweetie pie. So I have to figure that— ‘Smell is in the nose of the beholder.’

To many fruit eaters, fruitarians and fruit lovers, the smell is beautiful and special. However, to those whose diet is made up of other things whilst they may delight in the rotting smell of mouldy blue cheese or heated flesh, the delights of that lovely Durian smell escape them. That amazing aroma, which fruit eaters are blessed enough to appreciate, fails to enchant.

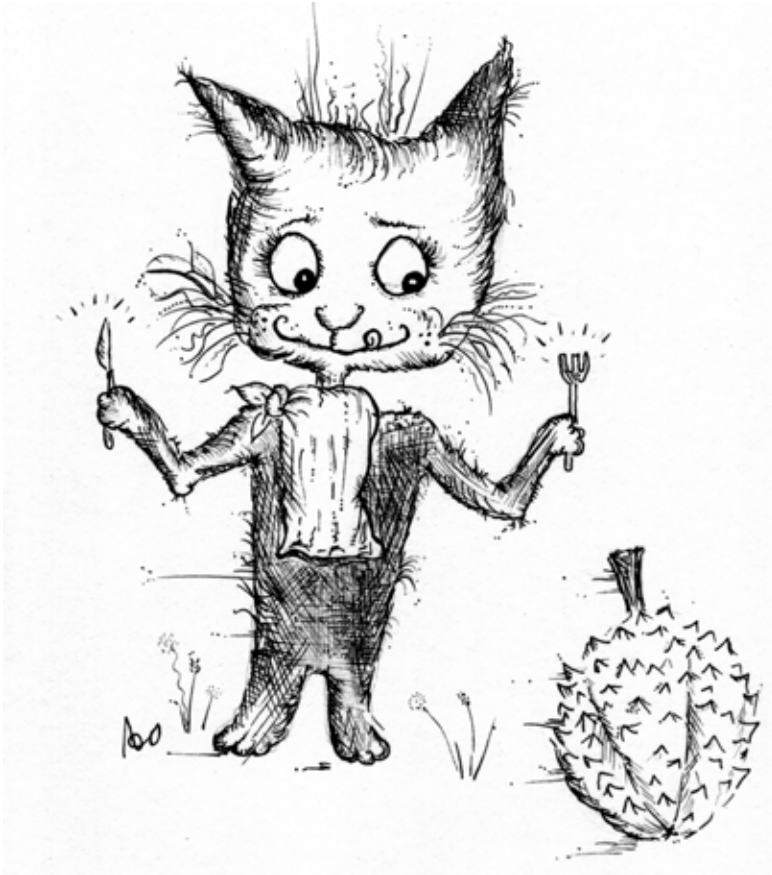
Arnold Ehret, in his book ‘Mucusless Diet Healing System’, helps to explain my dilemma; he says, regarding changes once our bodies are cleaner, on page 166:

“In fact taste and smell vibrations are so far changed...that the heavy meat eater does not like the wonderful odour of

a ripe banana. He prefers “haut gout,” a French word meaning “the smell of half decayed meat.” ”

So all hail the happiness of sharing a Durian. Thank you to the trees, the growers and the sellers—that we mortals may taste the little bit of heaven and joy that comes enclosed in all those thorns.

Love and Peace and happy sniffings XXXX.



Healthy ‘Chocolate’!

It seems that there has been a lot of publicity recently about raw chocolate. To myself, as a fruit eater, chocolate was not a healthy option when it was cooked, so why should it be when it is raw!

Also, I do not know what all the hoo-ha is about. If people get so excited over raw chocolate, maybe they have never had a piece of really good quality ripe fruit.

In addition, many substances can be more toxic when raw. Surely the best option is to eat foods that are at their most wholesome when raw and need absolutely no cooking or processing. Fresh fruit fits the bill perfectly!

I strongly feel that just because something is 'raw' it does not mean that it is automatically a healthy option. Raw can be poisonous and toxic. Some fruits and berries are obviously not intended for human consumption and are harmful to our health; the plant would rather the birds spread their seed.

Raw chocolate is defined as 'raw', but it is still a pretty processed product. There are no chocolate bar trees in the forest.

The cocoa bean, raw or cooked, is a stimulant; it contains caffeine and other substances, such as theobromine and theophylline, which are not optimum for human health. I also doubt whether the cocoa plant wants all its seeds taken away by humans to make chocolate—not such a good option if it wants its seeds to be dispersed and its genes to continue.

But never fear!

For the world's fruit eaters and health seekers, there is a truly healthy form of 'raw chocolate'!

One that is—unprocessed—100% fruit—no caffeine—no stimulants...

...The Chocolate Sapote!

They are in season right now, at the time of writing (October), here in South East Queensland. They are our staple at the moment.

The Chocolate Sapote is also known as *Diospyros digyna* or *Diospyros obtusifolia*.

Common Spanish names include Sapote Negro and Ebana. In Hawaii it is sometimes called the Black Persimmon; it is known as the Guabote in Puerto Rico and as the Zapote Negro in the Philippines.

The Chocolate Sapote is related to the Persimmon (*Diospyros kaki*); like the astringent varieties of Persimmon, it is full of tannins and inedible unless it is properly ripe. The Choc Sap needs to be saggy baggy ripe and then it tastes just fantastic!

The flavour is like the richest dark chocolate mousse, with a smooth, creamy texture.

Chocolate Sapotes are usually picked hard and unripe. They will soon ripen after harvest; although I have tasted them fully tree ripened and they are very delicious when eaten like this.

Once the calyx is raised up from the skin of the fruit, the Chocolate Sapote can be harvested. If the fruit is picked before the calyx is raised, it will not ripen properly.

During the ripening process, the skin changes from green to olive green through to a muddy green hue when fully ripe.

The fruit is also very soft and squashy when it is ready to eat.

The Chocolate Sapote is native to coastal Mexico and the forest lowlands of Central America. Chocolate Sapotes are believed to have been used as a food in Mexico since 5000 years BC.

It is a fruit that will thrive in the Tropics and Sub-tropics. The Chocolate Sapote is a pretty hardy tree when grown in the appropriate climate, and it does not require a lot of maintenance from humans. The tree is usually grown from seed, and the seeds remain viable for several months if they are kept dry.

The Chocolate Sapote is perfect eaten fresh, but it can be frozen; as a frozen treat, it will surely satisfy anyone because it is the most delicious chocolate 'ice-cream'.

Chocolate Sapotes contain useful levels of calcium and iron, and they have twice the vitamin C content of an Orange.

Unfortunately, the Chocolate Sapote is not widely available even in areas where it grows. It cannot be sold perfectly ripe because of its fragile nature when fully mature,

Also, because it is not widely known at what stage to eat this delicious fruit, people may buy it unripe and do not know when to eat it.

Hopefully, with more public awareness about the benefits and delights of the Chocolate Sapote and subsequently more demand for it, the supply and availability will increase; and then more people will have the chance to get lost in its rich and velvety depths.

So for chocolate delights without the downfalls—

Go Chocolate Sapote!



Kiwi — The 'Wide Awake' Fruit!

Kiwi is the common name given to the *Actinidia chinensis* although I love the moniker 'Wide Awake' to describe this little fuzzy beauty of a fruit.

Kiwis are my 'Wide Awake' fruit partly because of their high enzyme content and their easy digestibility. A breakfast 'shot' of this vivid green, enzyme-rich fruit is a great way to start any day. I guarantee that your eyes will be wider open after a Kiwi breakfast—try it and see!

Kiwis are also super high in vitamin C. One Kiwi has the Vitamin C content of ten Lemons! So Kiwis are a cocktail of vitality, great for improving one's energy and vitamin levels.

A fantastic antidote to 'the morning after', as those enzymes and vitamins set to work to help counteract all the free radicals milling about inside you.

Or if you are a good little fruitarian who does not know the meaning of 'the morning after', they are just great for 'the morning NOW'!

Kiwis also contain more vitamin E than Avocados, and as they are a low fat food, this really helps to bolster vitamin E reserves in the body. This is because the majority of foods high in vitamin E are also high in fat, as vitamin E is needed by the body to process fats. Therefore, a food like Kiwi, which is not only high in vitamin E but is also low in fat, provides more vitamin E for other functions within the body because little of the food's vitamin E is used up in fat digestion.

Kiwis are also rich in folic acid and potassium, and they provide good amounts of fibre.

Going back to their botanical name '*chinensis*', gives a clue to the Kiwi's true origins. In the early twentieth century Kiwi seeds were taken from the Yangtze Valley in China by Mr. James McGregor. McGregor gave these seeds to a Mr. Alexander Allison who grew them at Wanganui, New Zealand. Allison got his first Kiwi crop in 1910.

Another Kiwi seed spreader and Pioneer was Ms. Isobel Frazer; Frazer was a New Zealand school teacher who discovered the Kiwi whilst on vacation in China. Like McGregor, Frazer also brought back Kiwi seeds to New Zealand from the upper Yangtze

River in Southern China. Once home, in 1904, she distributed the seeds in her native country. All present day New Zealand varieties have been developed from these Kiwi Pioneers' original seeds.

Another clue to the Kiwi's Eastern origins comes from the name 'Chinese Gooseberry' used (now seldomly) for the Kiwi.

Other Names For The Kiwi

The Chinese Name is Yang Tao or Qi Wei Guo.

In France, (I LOVE this one!) they call the Kiwi 'Souris Vegetale' (Vegetable Mouse)!! Too cute. What a great description for this feisty little furry rodent of a fruit!

The Japanese name is Kiwi Furutsu.

In many other countries, for example, Italy, Germany and Sweden the name Kiwi is used.

The Kiwi grows on a vine, not on a tree or a bush.

There are both male and female vines and both are needed for successful insect pollination. The large, pale yellow Kiwi flowers (male and female) develop at the same time; so to get a crop one needs both male and female vines planted in close proximity to one another.

Out of the 40 or so Actinidid species, only two others besides the Kiwi produce fruit edible to humans. *Actinidia arguta*, grows in Japan and Russia; in Japan, it is known by the common name Kokowa. *Actinidia kolomikta*, the other edible species, grows mainly in Russia and is grown for its decorative foliage as well as its fruits. It is sometimes called the Arctic Beauty Kiwi.

The Development of The Kiwi

Kiwis, already very popular in New Zealand, only started to be commercially exported in 1953. The first Kiwis arriving by boat in London, for the company T.J. Poupart. In this inaugural year 2,500 trays (13 tonnes of Kiwi) were exported from New Zealand.

By 1981 the figure had jumped to six and a half million trays.

Today, the Kiwi is available year round from various producer countries including New Zealand, Australia, Israel, France, Italy, Spain, Chile, Guernsey and the U.S.A. (California).

In the past few years, an exciting new development in Kiwi Land has been taking the world by storm; from Australasia to

Asia and from Europe to the Americas, the 'Golden Kiwi' has debuted on the world's fruity stage and is set to become a firm favourite.

The Golden Kiwi has a smoother and lighter coloured skin than its green cousin. It is also sweeter, creamier and less acidic, with even more vitamin C than the original green Vegetable Mouse. Once you open the Golden Kiwi, it becomes apparent why it is so named; the flesh is a beautiful light gold colour.

Golden Kiwis, both organic and conventional, are now being grown extensively in New Zealand. However, they are also being cultivated in Italy and California.

The Golden Kiwi was first developed by New Zealand growers in the late 1970's. Fruits were found in China, which were small and yellow fleshed and had a great flavour. A female plant of this type was crossed with a traditional green male plant that had large succulent fruit—and so the Golden Kiwi was born!

This golden hybrid was developed at the New Zealand Crown Research Institute. The Golden Kiwi is 'patented' by the Zespri Company in New Zealand. Overseas growers need a licence in order to be able to grow this delightful golden fruit.

A Selection of Kiwi Varieties

Abbot—An early variety, also a good 'keeper'. This Kiwi actually tastes like a Gooseberry and helps to explain how the term 'Chinese Gooseberry' originated. It is very long in shape and looks like it has been stretched out!

Bruno—A small oval variety, popular in Germany.

Golden or Gold Kiwi—As mentioned in the development section, a sweet golden fleshed, low acid hybrid.

Hayward—A later season variety, probably the most popular of the green varieties. Hayward was developed by a New Zealand nurseryman called Hayward Wright. Hayward is a large variety, up to 120gms (4.5 oz), and is a good 'keeper'.

Matua—A small pretty Kiwi, mainly grown in California.

Plancon—A cigar-shaped, fuzzy Kiwi, which grows well in Italy. This variety does not keep so well and therefore is not likely to be widely exported.

Tomuri—a variety grown mostly in California. A sweet and flavoursome Kiwi; it resembles the Hayward variety in looks but is lighter brown in colour.

The Kiwi continues to grow in popularity. It often makes it on to the 'Best Fruits' or 'Superfoods' lists. One example of this is the placing of the Kiwi on Dr. Steven G. Pratt's list of 'Superfoods', in his 'Superfoods LifeStyle' book.

The Kiwi is immensely popular in Italy. The Italians eat more Kiwis than any other European nation, and in Italy the consumption of Kiwis, per head, is seven times that of the U.S.A.

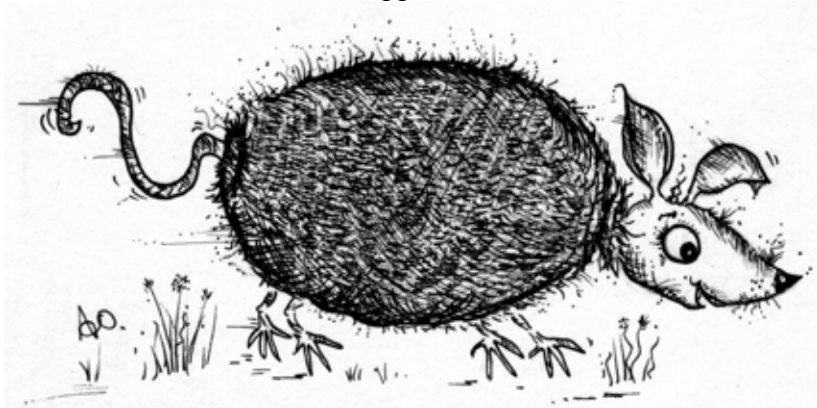
So, although having its deep roots in China, the Kiwi only really caught on, at an international level, once it reached the shores of New Zealand.

Today, Kiwis thrive in many countries and are exported to many, many more. Plenty of varieties have great keeping qualities, and Kiwis are fruits that travel well, so it is rare to find a country where they are unavailable.

Their ready availability, high density nutrient content and high enzyme count—not to mention their increasing inclusion on 'Superfoods' listings—make them a favourite fruit and also a very healthy one.

—So give these zesty little Fruit Mice a go!

Bon Appétit!



Longin' For Longan

What a unique taste the luscious Longan has! Sort of smoky and exotic, with lashings of juice; a kind of Lychee with attitude.

The Longan is native to Southern China and Thailand. Longans will grow in the Tropics and Sub-tropics in areas where their cousins the Lychee and Rambutan also flourish.

Longans will withstand lower temperatures than the Lychee, however, and will grow happily in areas where it is too cool for the Lychee.

The Longan is a modest little fruit; it certainly does not catch the eye in the same way as the brazen scarlet Rambutan and the crimson blushing Lychee. Both of whom, when ripe, are very easy to spot as they flaunt themselves amongst the green foliage of the trees.

No, the Longan is a demure dusty, brownish-yellow fruit, which hangs in clusters from the parent tree.

What makes the Longan a standout for me is its very unusual smoky flavour. I have not tasted another fruit that is remotely similar in this respect. It packs all the juicy goodness of a Lychee but with a sophisticated hint of musky richness.

My son, Cappi, loves them; he adored them from the first bite. Others tend to find the interesting flavour of the Longan an acquired taste. William F. Whitman, in his great work 'Five Decades with Tropical Fruit', says that the Longan is an acquired taste and he grew to love it more and more over time; eventually he became almost addicted to it.

I have to say that this is my experience also, and I appreciate the Longan much more now than when I first tried it.

A friend of mine made Longans the staple of her diet whilst travelling in Thailand. I think they are a fruit that would be so suitable for the Tropical Thai climate because they are so refreshing and juicy.

In England, a few years ago, Cappi and I discovered dried Longans in a Chinese supermarket in Leicester, England. They were most delicious. The musky, smoky and slightly spicy taste was more concentrated, and they had a very appealing chewy texture.

However, I must admit that I prefer the Longan fresh. I think that the hydration power of fresh Longans combined with their sophisticated flavour is a real winner!

The name for the Longan in Chinese is Lung-yen, which translates as 'Dragon's Eye'; a fitting name for such an exotic and magical fruit. Less romantically, the Longan is also often referred to as 'The Poor Man's Lychee'. A little unfair, I think, as the two fruits have very different characteristics. Also the Longan, as mentioned before, is more of an acquired taste.

I have also found the Longan referred to botanically as: *Nephelium longana*, *Dimocarpus longan* and *Euphoria longana*.

I like the last name; it has a hint of the euphoric about it. *Nephelium longana* tends to be an older nomenclature.

I would definitely recommend the Longan as a very interesting, refreshing and most delightful fruit, even if the Longan takes a little time to become your best friend!



Oranges and Orange Juice Fests

Over the past twelve years, I have carried out three major Orange (*Citrus sinensis*) juice mono diets. The mono diets were for periods of 52 days in 1995, 26 days in May 2007 and 40 days for Lent 2008. The Lenten juice diet was carried out on the juice from beautiful organic and biodynamic Oranges.

I feel very blessed to have been able to experience these blissful juicefests. Each time I have been on an Orange juice diet, I have felt incredible wellness, healing and cleansing.

One wonderful aspect of juice cleansing is that for many it may not be as rigorous as a water fast. Therefore, for those who have responsibilities such as childcare or paid work and for whom water fasting would be too much of a challenge, an Orange Juice Fest may be just what the Hygienist ordered.

I truly feel that there is huge scope to heal our society using the 'Orange Juice Cure'.

In the last century, Dr. Leon A. Wilcox, a doctor and a chiropractor, healed many patients using an exclusive Orange juice diet. Examples of Dr. Wilcox's work and of his enthusiasm for Oranges, 'The King of Fruits', can be found in Hilton Hotema's works: 'Long Life in Florida' and 'Man's Higher Consciousness'. Wilcox is quoted in Hotema's 'Long-life in Florida', page 185, as saying:

“Orange juice is water distilled in God’s own distillery...It is a food and drink for the healthy and a medicine for the sick.”

And Hotema states in 'Long Life in Florida', page 189:

“Oranges in particular, are a food fit for the gods. An exclusive Orange diet can cure many ailments. It can rejuvenate the complexion, restore youthfulness and vitality, kill body odour, sweeten the breath and often improve sight and hearing almost beyond belief.”

And Hotema states in the same work on page 199:

“Oranges are a perfect food.”

Charles De Lacy Evans states in his book ‘How to Prolong Life’, page 85:

“On one occasion, when living for five days entirely upon *oranges*, our temperature was lessened, still we felt a pleasant glow throughout the system; but to other individuals we felt cold, animal heat is therefore only *relative*; we further found that only three or four hours sleep was required in the twenty-four hours.”

He further remarks on pages 168–169:

“ “When pain and anguish wring the brow,” in slight and temporary indisposition, or during prolonged febrile diseases, what is more refreshing and beneficial than the juice of the luscious orange?...it is in fact Nature’s remedy, and an unsurpassed one.”

I really feel that for this diet and cure to be fully successful and for it to aid healing at an optimum level, there is a need to use fully tree-ripened organic or biodynamic Oranges.

For my last juicifest, I only used organic or biodynamic Oranges. I felt noticeably better than on my previous juice fest, which was comprised of a mixture of organic and non-organic fruit. I also needed to consume less juice on the organic juicifest.

Oranges can be heavily sprayed, picked under ripe, dyed, waxed and chemically treated. Organic and biodynamic Oranges do not have any chemical processing, and in addition they are much more likely to be grown with care and love rather than purely for profit. They are also more likely to be picked fully tree-ripened.

Biodynamic and organic Oranges are not only good for *you* but for the whole of the planet.

This juicifest is a holistic event; it has grand effects on so much of the world. By cleansing yourself, you will have a positive effect on all those around you. Buying organic Oranges encourages tree planting and fruit growing, without the use of chemicals. More organic fruit trees mean more oxygen for everyone, more shelter for animals, and better soil structure.

Choosing organic fruit over processed foods, means less packaging so less waste. Organic fruit also supports those farmers and growers who really care about a healthy and wholesome planet.

I really cannot see one disadvantage for the world's health that is created by eating organic fruit. Biodynamic fruit has the further advantage of lunar gardening and special soil enrichment. And what is great is that most of us have access to these wonders; just walk down to your local organic store or organic supplier. Oranges are one of the more readily available and widespread of the organic fruits.

The Organic Movement is growing because it is rational and logical and the only way that our planet will be truly healthy!

I felt just so great on my organic Orange juice. It made me want to promote the many blessings of this cleansing and strength-giving diet. Some of the benefits, which I have experienced on my various juice fests, include

- Better colour vision, especially reds and greens. On my 52 day juice fest, my colour vision for these colours was amazing; they appeared almost luminous. Red geraniums glowed as did green moss.
- Improved flexibility of muscles and increased range of movement of joints.
- Deep and peaceful sleep.
- The need for less sleep.
- Great and adventurous dreams.
- Happiness.
- The desire to sing a lot!
- Strength and endurance.

I wrote the following in the June 1996 edition of the 'F.R.E.S.H. Network News':

“I thought I’d write and share my experience of an orange juice fast I carried out last summer. My previous experience of fasting was a ten-day orange juice fast the winter before and a 3-week grape mono-diet.

“I wanted to take advantage of the glorious weather, which in my opinion is more harmonious with a juice diet. I wanted a clear-out of all the rubbish inside but as I care for a lively 4-year old I couldn’t do a fast that depleted my energy in any way.

“I started in mid-July, ending in September – a total of 52 days. For the majority of my fast my energy was higher than usual. The first 3 weeks were a bit like being on a yo-yo! Some days I was really high while on others I had less energy than normal. After this things levelled out more and generally I had plenty of energy.

“The real test of “was I stronger than normal?” came during the 3 weeks I spent on Sark, towards the end of the fast. Sark is a beautiful Channel Island with no cars or factories and hence wonderfully clean sea air. One of the beaches has 306 steep stone steps down the cliff to the sand below. The year before, on a fruitarian diet, it had taken me (carrying my 4-year-old, Camlo) five rests to complete the ascent the first time I tried.

“This time, 2 stones (28lbs, 12.7kg) lighter and Camlo a good few pounds heavier, I managed to climb up with no rests. Proof that I had more strength and energy.

“Other changes during the 52 days were weight loss, especially towards the end – I went to below 6 and a quarter stone (91 lbs, 41.4kg). My irises went bluer and eyeballs whiter. I saw colours much more brightly. Red seemed almost luminous, especially geraniums and red jumpers for some reason! Green, as well, appeared more intense with moss taking on a green glow.

“My tongue had a yucky coating for the entire fast and my breath was a bit unpleasant. I generally had a small bowel movement, every 4 days.

“I would say that if a water fast is 100% eliminative then orange juice is about 90%. Certainly a lot of gunk came out. If you wish to clear the body but want to retain your

energy if not your fat levels, I'd recommend a spell on the golden elixir of life!"

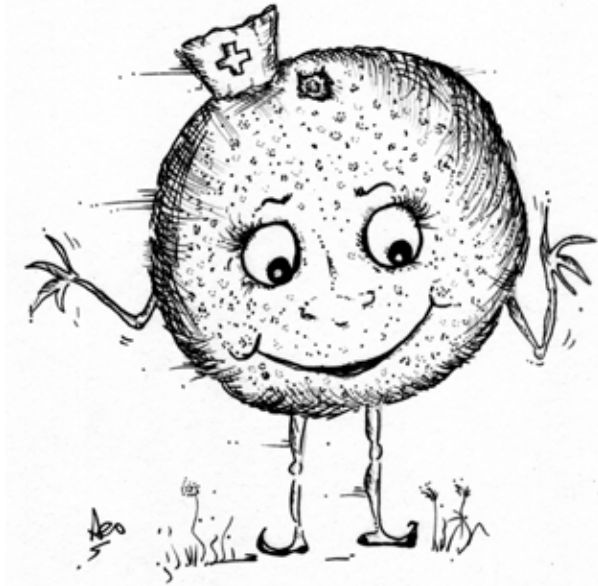
Twelve years later, I am still very grateful everyday to this wonderful experience. It really was fantastic and paved the way for the subsequent success of my fruit diet, as by cleansing my body it allowed fruit to do me so much more good.

The Orange Juice Diet is one that is potentially available to all. Organic Oranges are widely available for most of the year. They can be reasonably priced and because you may need to use less of them (due to their superior vitality) than conventional Oranges, they may not really cost any more.

Oranges tend to keep and to travel well, so all parts of the globe are able to get access to these wonderful fruits. Also, Oranges can be juiced with an inexpensive hand Orange juicer. So anybody can juice anywhere!

I think that this 'Golden Elixir' has more power and potential for human well-being and development than almost any other dietary regime. It is time to get Excited!!!

This elixir is available to all, hopefully affordable to all, and you do not need any expensive juicers or machines to embark on the Orange Juice Diet. Whether you go on an extended mono diet or just enjoy Orange juice, may these golden balls of sunshine bring much beauty and radiance into your life.



Pineapple — ‘The Hospitable Fruit’

The Pineapple (*Ananas comosus*) is a composite fruit; a complex growth of up to two hundred fruitlets all fused together.

Because commercial propagation of the Pineapple is carried out asexually, using various parts of the parent plant, the Pineapple has been developed into a virtually seedless fruit.

When I lived in England, I was always very excited when I found small black seeds in some of the ‘Tropical Gold’ varieties of Pineapple.

The Pineapple is believed to have originated in Paraguay; it is the most famous member of the Bromeliaceae family. The Bromeliaceae family members, the Pineapple included, thrive in warm tropical climates; they love sunshine and well-drained soils.

The botanical name ‘*Ananas*’ is derived from the Tupi-Guarani Indian name ‘Nana Ment’, which means ‘Exquisite Fruit’.

The South American Indians travelled the tropical seas, and the Pineapple spread to the Caribbean islands.

In 1493, Christopher Columbus and his crew arrived at Guadeloupe. They were the first Europeans to discover the Pineapple, and the fruit gets its present day English name because Columbus’s sailors thought that it resembled a pine cone.

Pineapples were brought back to Europe and greatly relished. European Gardeners were keen to grow them, however, it would be two hundred years before hothouse methods were finally perfected.

It was in 1714 that Henry Tellende, gardener for Sir Michael Decker at Richmond, England, declared that he had managed to “Bring the Pineapple to perfection.”

Because of the difficulty in European propagation and the distances imported Pineapples had to travel, for many years the Pineapple, in Europe, was rare and coveted.

In the mid seventeenth century, King Charles II of England posed for a portrait that depicted His Majesty receiving a Pineapple from the royal gardener John Rose. Being portrayed receiving a Pineapple in an official portrait was symbolic of royal privilege and befitting of the Pineapple’s regal status. The picture now hangs at Ham House, near Richmond.

In both Colonial America and in seventeenth and eighteenth century Europe, the Pineapple took on a symbolic meaning. The rarity of tasting the fruit meant that for many people the nearest they got to the Pineapple was to see its image reproduced in metal, cloth or wood.

Reproductions of the Pineapple, for the majority of people, had to take the place of actually consuming the fruit. Maybe that is one reason why images of Pineapples were so widely used at this time.

The Pineapple, when it *was* seen, became the celebratory of the dining table. It certainly had all the attributes of a modern celebrity: it was expensive, it was rare, it was very showy, and most of all—it had a reputation.

The Pineapple's spiky crown of green certainly crowned the feast.

In Europe and America, during this time of Pineapple rarity, Pineapples were often not eaten but dusted and put away to use at another dinner party. Pineapples were also rented for the day; it was rent-a-celeb just for the duration of the party! Guests who thought that they might be fortunate enough to actually get a taste of this exotic wonder were often very disappointed.

Pineapples became a symbol of hospitality because they were brought out by hosts to graciously greet their favourite guests. They became linked to a great welcome and a good host.

Pineapples appeared in architecture: adorning pillars, topping banisters and decorating walls. They were carved in wood, cast in brass, embroidered on linen, stencilled on walls and painted on furniture.

When European gardeners finally became successful at Pineapple horticulture, the results were truly amazing. In Bob Flowerdew's 'Complete Fruit Book', Flowerdew shows the most marvellous photograph of a Pineapple bounty produced by Victorian gardeners at the end of the nineteenth century. These fruits were grown without modern fertilizers and chemicals in south-facing greenhouses, which were heated by steam and hot water pipes.

When you consider that a Pineapple plant can take 18 months or more to produce mature fruit; that was a lot of intensive care and warmth that those gardeners provided for the Pineapples, nursing them through at least one English winter.

In these times, the vast majority of people in England had very little fresh fruit for most of the year. Dried fruit was consumed in large amounts to compensate for the deficit of fresh produce. By contrast, the wealthy elite of Europe were able to create Tropical Edens in their splendid gardens. Labour was cheap and many of the exotic fruits, which they hankered after as status symbols, were very labour intensive.

One fortunate man was the Duc de Bouillon, a French aristocrat, who lived in Normandy. The Duc had thousands of Pineapples growing at his estate, enough for eight or ten fresh fruits on his table *every* day!

In modern times, the Pineapple is no longer a status symbol to be dusted and put away rather than to be eaten. Modern shipping methods have ensured that the Pineapple travels the globe and is available year-round in fruit shops and supermarkets.

Pineapples are grown extensively in Africa, America, Asia and Australia. Such availability, plus rising wages for gardeners, means that rich Europeans no longer clamour to produce their own fruit in year-round heated greenhouses.

Pineapples love the sunshine and are always at their sweetest during the summer months. As they are a nonclimacteric fruit and so do not ripen after picking, all their sugars need to be fully developed whilst still on the plant. Therefore, Pineapples need to be harvested fully plant-ripened.

If you are fortunate enough to live in a Pineapple growing area, Pineapples will taste at their very best because you will be able to eat them when they are freshly picked.

When choosing a Pineapple, look at its base where it has been cut from the parent plant; the condition of the base will show how fresh the fruit is. Just after picking, the base will show no sign of mould or dryness; it will be fresh looking, light in colour and will not smell musty. In addition, if a Pineapple is ripe, the base will smell sweet. Examining the base of the Pineapple is the best method that I know of for gauging how long it has been since the Pineapple was harvested and its level of ripeness.

Pineapples can be green, yellow or golden orange when ripe, depending on the variety. Personally, I find that the yellow and orange varieties have the sweetest taste and best flavour.

Pineapples, as well as being a symbol of hospitality, are also pretty hospitable to your well being. They contain lots of fresh

fruit energy and plenty of vitamin C and beta-carotene. The Pineapple is also great for good health because it contains the enzyme bromelain. Bromelain has anti-inflammatory properties and is especially helpful in soothing throat infections.

To avoid getting a sore mouth or tongue from eating Pineapple, eat only fully ripe Pineapple. If you feel a little tingling sensation whilst you are eating it, this may be a sign that you have had enough.

One of the reasons why I believe the Pineapple to be such a wonderful and healing fruit is because it has such a high enzyme content. The great amount of enzymes in Pineapple is the reason that it is the most important fruit in Judy Mazel's 'Beverly Hills Diet'. The Golden Pineapple badge is even worn as the symbol of success for her readers.

Mazel developed this diet in the 1980's and her book became an instant best seller. Celebrities and mere mortals alike lost weight and felt fitter. Mazel states in 'The Beverly Hills Diet', page 156:

“ Pineapple is the closest thing to a panacea I have discovered. If you are ever in doubt...turn to pineapple.”

And Mazel says in the same book, pages 66–67:

“Pineapples...have a high concentration of the enzyme Bromaline which interacts with and actuates the hydrochloric acid in your stomach to help burn up the fat.”

Although the 'Beverly Hills Diet' is no fruitarian regime, I do respect much of the reasoning behind it, and it is one of my favourite non-fruitarian dietary books.

Any way of eating that recommends a totally fruitarian 'week 1' and thereafter two or three fruit days per week gets kudos from me. I also feel that Mazel really understands how fruits work in the body and knows their true value.

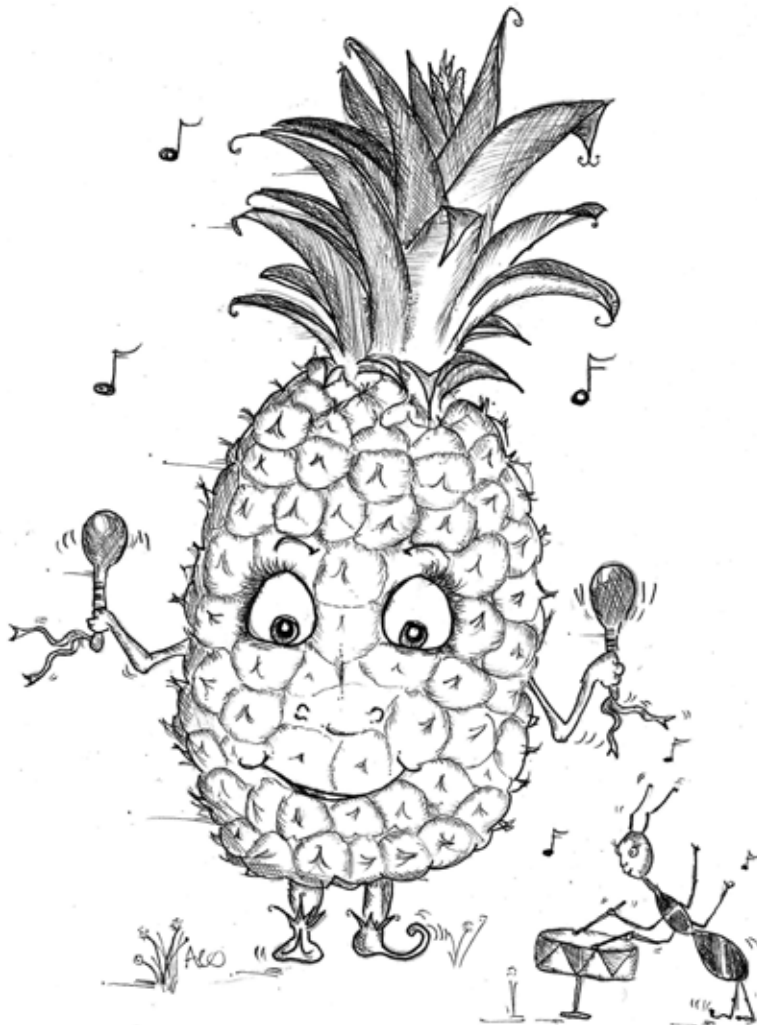
Another proponent of Pineapple power is Jan Dries. In his book, 'The Dries Cancer Diet', he puts Pineapple as the number one food. Dries says, on page 70:

“The pineapple is the most essential food in the Dries Diet...a pineapple plant in bloom can be compared to a

radar station with 100 or more radar units. It attracts a lot of light; thus the pineapple has an extremely high bio-energetic value.”

Whilst Mazel adores the Pineapple for its high enzyme count, Dries loves it for its high bio-energetic (photon intensity) level; either way, the Pineapple is one special fruit!

Pineapple is a readily available year-round fruit with great cleansing and enzymatic properties—it is indeed the ‘Exquisite Fruit’.



Pomegranate — ‘The Mythical Cleanser’

‘Ronde de la Grenade’

A little sour is the juice of the pomegranate
like the juice of unripe raspberries.
Waxlike is the flower
Coloured as the fruit is coloured.

Close-guarded this item of treasure, beehive partitioned,
Richness of savour,
Architecture of pentagons.
The rind splits; out tumble the seeds,
In cups of azure some seeds are blood;
On plates of enamelled bronze, others are drops of gold.

André Gide (1869-1951)

Legend tells it that when fertility goddess Persephone was imprisoned in the Underworld by Hades, she was forbidden to eat. However, showing her Achilles heel, she was tempted from her fast by the luscious Pomegranate.

After devouring the fruit, she was caught out when she failed to spit out four of its seeds. Her moment of weakness caused it to be winter, ever after, for four months out of every year. These four months she was bound to return to Hades and his dark Underworld; in accord with her imprisonment, the planet shared her darkness.

The Pomegranate (*Punica granatum*) even has that old and historic look to it. It is the kind of fruit you expect to see in mediaeval tapestries or Pre-Raphaelite paintings; a fruit that has stood the test of time and yet still retains its olde world charm.

It has a regal shape, reminding me of a royal sceptre; indeed its beauty must have graced many a kingly table.

The Pomegranate’s beauty is, however, far from skin deep; look inside and you will find shiny clusters of glistening jewels, priceless in their health and beauty.

Sure a diamond may be a girl’s best friend but it cannot give her the inner glow that a jewel-filled Pomegranate can!

Pomegranates are full of vitamins and antioxidants, and so are fit for mythical beauties and modern day fruit lovers alike. Their healthy treasures include polyphenol antioxidants, such as tannins and anthocyanins.

Recent research on the Pomegranate purports many health benefits of eating the fruit: the lowering of cholesterol, more efficient blood flow, reduced plaque on arterial walls, lowering of blood pressure and the control of free radicals in the body.

I do believe, however, that no fruit is a 'magic bullet'; we need to live a healthful lifestyle that includes exercise, fresh air, sunshine, rest and clean food. If we adhere to this lifestyle, all naturally grown and edible fruit, including the Pomegranate, can help us to regain our health.

If one continues to eat highly processed food containing hydrogenated fats, salt, and refined carbohydrates, all the Pomegranates in Persia will not rebalance your health.

Pomegranates have travelled the world for some time now, they are good travellers and keep well; how nicely protected are their precious jewels, wrapped carefully in spongy sections and then enveloped in a tough protective coat.

Pomegranates grow well in a variety of warm climates; semi-arid mild-temperate to subtropical being their preferred environment.

According to Dick Pijpers, in his 'Complete Book of Fruit', Pomegranates originated in Iran (Persia). However, the romantic Greeks fancied that the first Pomegranate tree was planted by Aphrodite, the goddess of love, in Cyprus. Pomegranates are now grown extensively in Spain, Portugal, Italy, Israel, areas of the former Soviet Republic, South Africa and The United States. Pomegranates also grow on a smaller scale in other countries.

Pijpers states an old belief that the nearer to Persia the Pomegranate is grown, the more perfumed it becomes!

Wherever a Pomegranate tree grows, it is truly a sight to behold with its mythical fruits dangling like festive baubles on a Christmas tree. I remember seeing one very beautiful Pomegranate tree in Portugal; it had only one fruit left on it. That single red ball stood out from far away, shining brightly, like it had been forgotten when all the other Christmas decorations were put away.

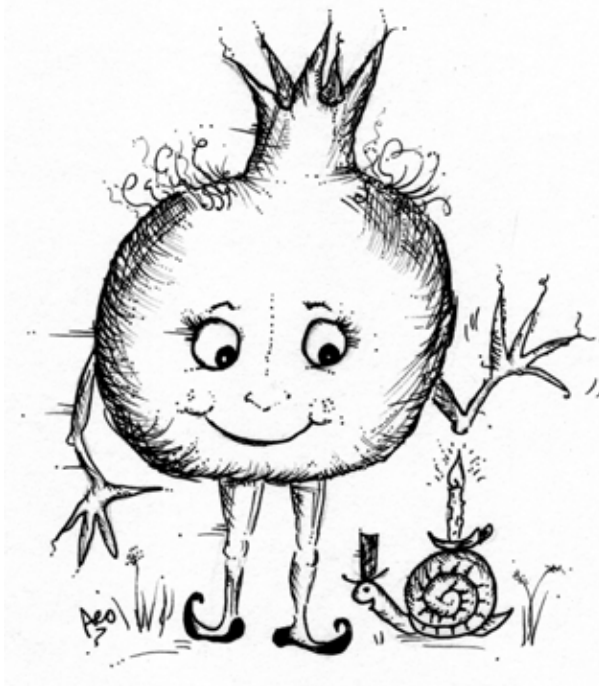
‘Pomegranate Roads’ is a wonderful book about the Pomegranate, written by Dr. Gregory M. Levin. The book documents the care, time and dedication Levin bestowed on this fabulous fruit.

Levin spent decades discovering new varieties of Pomegranate and bringing them back to his Garrigala research station in Turkmenistan, in the former Soviet Republic. In this beautiful location, he established an amazing botanical garden.

‘Pomegranate Roads’ tells of the hundreds of Pomegranate varieties that Levin discovered, including Black and Blue fruits.

Pomegranates are personally one of my favourite fruits and I place them and their amazing juice right on the top branch of my list of fruits. I believe that their juice is one of the ‘lightest’ and most vibrant and cleansing of all fruit juices. I feel that this juice is not only light and pure but at the same time is very rich in nutrients.

I am just glad that I was not in Persephone’s shoes; if so, I might have eaten many more than four seeds and thus brought a permanent winter to the Earth.



Sublime Sapotes

In mid November 2007, I was fortunate enough to visit Tropical Fruit World, which is situated not far from the Queensland/New South Wales border.

Tropical Fruit World is a horticultural research establishment combined with a tourist attraction. The organisation aims to develop information and knowledge about tropical and sub-tropical fruits whilst at the same time offering a great day out if you love fruit.

Tropical Fruit World grows hundreds of different varieties of tropical and sub-tropical fruits. Amongst their many treasures are several types of Sapote. When I was there I bought Canistel (Yellow Sapote), Green Sapote and Mamey Sapote; all were really delicious.

The word Sapote originates from South America and simply means 'fruit'. Sapote is used to describe fruits from several different fruit families. The Chocolate or Black Sapote (*Diospyros digyna*) is in the Ebenaceae family; the White Sapote (*Casimiroa edulis*) is in the Rutaceae family; and the Green Sapote (*Pouteria viride*), the Yellow Sapote (*Pouteria campechiana*), and the Mamey Sapote (*Pouteria sapota*) are all in the Sapotaceae family.

Though from different families, what all these fruits seem to have in common is that they are rich and nutritious. Therefore, they can be a very valuable source of vitamins and minerals for those on a fruit diet.

The Sapotes have their origins in Mexico, Central America and South America. They are generally fruits that are widely appreciated in their native countries, and they also often appear to be fruits that have not been developed so much by growers.

They remain, as they would have thousands of years ago, as great nutritional fruits.

All fruits cleanse to some degree, but others also have more 'building-up' effects. Whilst helping the body to cleanse, the Sapotes will also help one to 'build-up' and nourish one's being.

The Canistel or Yellow Sapote is so rich that I find it difficult to eat a whole fruit to myself; they make a great fruit for sharing! Canistels also contain good amounts of iron and calcium.

I would imagine that the Canistel would be an ideal fruit for any one who wants to eat a denser fruit, while also wanting to remain on a low fat diet.

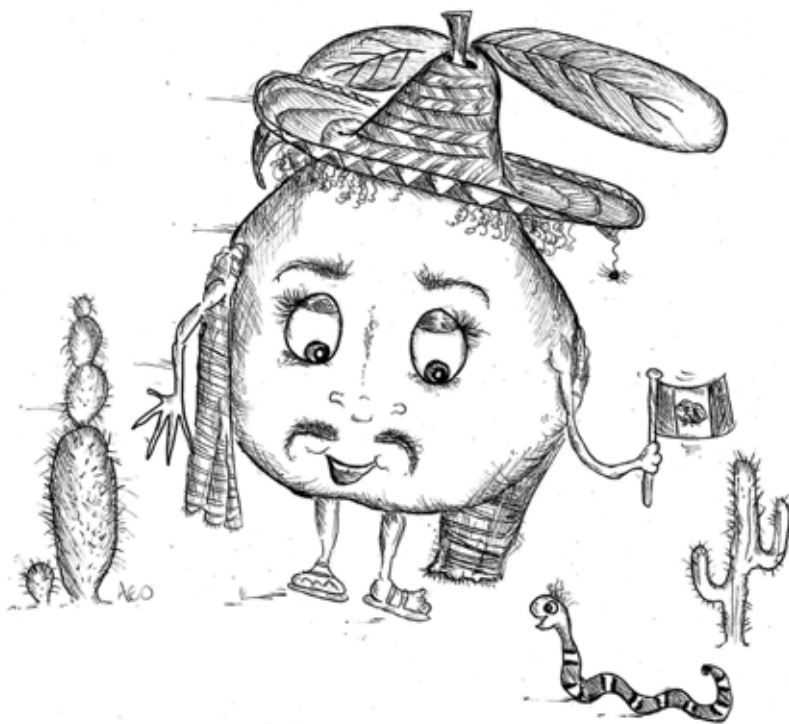
Mameys are so full of beta-carotene that they taste like carrots or sweet Pumpkin pie; they are also good for iron. The perfect Mamey, when opened, reveals her rich deep orange interior—no cooked Pumpkin pie ever had so much vibrance!

Green Sapotes are also storehouses of beta-carotene, and they are regarded by some Sapote aficionados as superior in taste to their close relative the Mamey.

Chocolate Sapotes have good amounts of calcium and vitamin C and are fun fruits for children. They taste like the best and most velvety chocolate mousse; please see the chapter 'Healthy 'Chocolate'!' for more information on these wonderful fruits.

The ancient races that inhabited Central and South America were well known for their great health and strength; I am sure that some of their wellness was due to the wonderful range of Sapote fruits which grew in abundance in their environment.

Enjoy and thank those Sapotes; they have given humans so much over the last few millennia.



Watermelon — ‘Nature’s Refresher’

Who doesn’t go Bananas for a cool, refreshing Watermelon (*Citrullus vulgaris*) on a hot summer’s day?

Watermelon is such a beautiful complement to a warm climate; as it quenches and refreshes, it cleanses and washes the system. Children seem to love it, and it loves them; hydrating and energising their wee bodies.

At one house we lived in, we had a young neighbour who liked to share Watermelon and she taught us this song:

(To the tune of Frère Jacques)

Watermelon, Watermelon,
How it drips, how it drips!
Up and down the elbows, up and down the elbows!
Spit out the pips, spit out the pips!

A slightly more ‘grown-up’ verse, in honour of the Watermelon, is this haiku:

Summer’s loud laugh
Of scarlet ice
A melon
slice.

Jose Juan Tablada (1871–1945)

As well as being full of sweet, fruity energy, Watermelon is a good source of iron and vitamin C. In addition to all the nutrients in the flesh, much goodness lurks close to the Watermelon’s skin in the pithy white bit. So, if you enjoy doing so, eat as close to the skin as possible. If the Melon is organic or home-grown, you can even eat some of the green skin for a quick chlorophyll kick!

Watermelons are grown both with seeds and without. Personally, I prefer the seeded varieties. I tend to think that seeds and fruit are an inseparable part of Nature.

A Selection of Watermelon Varieties:

(from the many of hundreds in existence)

Black Diamond—A deep red heavyweight variety.

Cream of Saskatchewan—An heirloom beauty; it is a delightful creamy-yellow fleshed Melon with a light green skin, banded with dark green.

Golden Midget—This is a mini-Melon; canary yellow on the outside and salmon pink inside. This variety was created by crossing a ‘Pumpkin Rind’ variety with the ‘New Hampshire Midget’

Klondike Striped—A small, magenta fleshed, stripy-skinned Melon; this Melon is also a good traveller.

Moon and Stars—Another beautiful heirloom variety. It has vivid yellow moons and stars scattered across its dark green skin.

The original Watermelons originated in Africa. In the 1850’s, the famed explorer Dr. Livingstone found Watermelons growing wild in the Kalahari Desert. They were known locally as Kenwe or Keme.

Over one hundred and fifty years later, the Watermelon is to be found growing in most warm climates; America, Europe, Asia and Australia all grow this most re-hydrating of fruits.

So, if you want to keep up your energy levels and also keep hydrated when the mercury is rising, go for ‘Nature’s Refresher’.

If you really want to have a super taste experience, maybe try some of the heirloom varieties that are starting to pop up at the local farmer’s markets.

Oh yes, and watch out for the drips up and down your elbows!

Part Four

Fruitarianism in History

Recent History of The Fruitarian Diet

This section of the book looks at the recent pioneers and proponents of the fruit diet.

These innovators varied in their approach; some ate an all fruit diet whilst others included grains or greens or nuts. Despite their differences, they were all united in believing that fruit is a perfect food for human beings, and I am eternally grateful to them for their deep wisdom and invaluable contributions to the fruitarian dietary.

These fruit lovers paved the way for fellow fruitarians, such as myself, to follow in their fruity footsteps.

Gustav Schlickeysen wrote his innovative and groundbreaking book 'Fruit and Bread' in 1877. Schlickeysen was the first of the authors, mentioned in this book, to use comparative analysis tables to show that the anatomy of human beings is compatible with a fruit diet.

Schlickeysen spends the first part of 'Fruit and Bread' showing that there are strong anatomical similarities between humans and the frugivorous anthropoidal apes. He explains how the human dental formula and the structure of the human placenta are very similar to the dental formula and placenta of the anthropoid apes.

Schlickeysen collates these anatomical similarities in his comparative analysis table on page 68 of 'Fruit and Bread'. His table brings together the similarities and differences between the different classifications of mammals in an attempt to show, at a glance, the nature of man's natural diet.

At no point in Schlickeysen's book is the term 'fruitarian' used. In Emmet Densmore's book 'How Nature Cures and The Natural Food of Man', published fifteen years later in 1892, the noun 'fruitarian' is used to describe a fruit eater.

It could be that the term 'fruitarian' was first coined in-between the publication of these two books.

The first mention of 'fruitarian' in the New English Dictionary referred to the 'Natural Food Magazine' of February 1893.

The definition of a fruit diet, according to Schlickeyesen, includes fruit *and* grains. He states on page 167 of 'Fruit and Bread':

“We thus have fruit and bread as articles of food...whose influence is wholly pure and normal. No repast can be more simple, natural and agreeable.”

Even though Schlickeyesen included grains in his frugivorous diet, he recommended whole and unprocessed cereals.

Schlickeyesen's ideas would have been very radical for his time, and his thoughts on the true and most natural diet for man have helped to pave the way for those raw-fooders who followed him along the fruity path.

His comparative analysis tables have been much used and copied, by fruitarians and vegetarians alike, to demonstrate our frugivorous origins.

His book is indeed groundbreaking and is well worth reading for anybody who is interested in the history and origin of modern day fruitarianism.

Then, in 1879, another innovative book was published; given the title 'How to Prolong Life', it was written by doctor Charles W. De Lacy Evans. 'How to Prolong Life' is an extremely important work in the recent history of fruitarianism because De Lacy Evans believed that it was possible to live off fruit, and that fruit was the most important article of food. One of the reasons he gives great importance to fruit is because as well as fruit having high nutritive value, it contains the least 'earthy' matter of all food. De Lacy Evans believed that accumulated 'earthy' matter was one of the fundamental reasons why we age. De Lacy Evans says, on page 79:

“We see that fruits, as distinct from vegetables, have the least amount of earthy salts; most of them contain a large quantity of water, but that water in itself is the purest kind—a distilled water of nature, and has in solution vegetable albumen.

Regarding the suitability of a fruit diet, he says on page 85 of 'How to Prolong Life':

“Man may live entirely upon fruits, in better health than the majority of mankind now enjoy. Good, sound, ripe fruits are never a cause of disease.”

In his book De Lacy Evans did not use the term ‘fruitarian’; like Schlickeysen before him, he used the term ‘fruit diet’.

Emmet Densmore, although he obviously gained much from Schlickeysen’s work and used Schlickeysen’s comparative analysis tables in his own book ‘The Natural Food of Man’, differed from Schlickeysen in his recommendations for a fruit diet.

Densmore, like Charles De Lacy Evans, believed grain and grain products to be the least valuable additions to the ideal diet for humans. Densmore states on page 288 of ‘The Natural Food of Man’:

“It will be observed that he (De Lacy Evans) places fruit and nuts as first in fitness for the promotion of health and longevity; animal foods were placed second; vegetables third; and last, and worst, are placed the pulses and cereals, which, from their alleged excess of earthy salts, are of all food best calculated to induce ossification of the joints and tissues, thickening of the arteries and consequent and inevitable premature old age.”

Hereward Carrington (1880–1958) was born the year after the publication of De Lacy Evan’s book. Carrington was a British investigator of psychic phenomena, as well as a writer on health, fasting and diets. Carrington adopted the fruitarian diet for several years of his life. For Carrington, a fruitarian diet was one comprised of fruit and nuts. Carrington’s definition of ‘fruitarian’ diet concurred with Densmore’s; this is not surprising considering that Densmore’s book ‘How Nature Cures’ was Carrington’s inspiration. Carrington states on page 5 of his book ‘The Hygienic Way of Life’:

“My adoption of the fruitarian diet was due to Densmore’s ‘How Nature Cures.’ I finished it one morning, shut the book and said to myself: “That is the diet for me!” ”

Josiah Oldfield was another fruit revolutionary; he was born in England in 1863. Like Densmore and Carrington, Oldfield used the term 'fruitarian'. In Oldfield's case the use of the word 'fruitarian' described what would be seen today as a modern vegetarian diet.

Oldfield's fruitarian diet consisted of fruit, nuts, vegetables and grains, as well as eggs and milk.

An explanation of his adoption of the word 'fruitarian' is mentioned in 'The Herald of the Golden Age', August 1902:

"To distinguish the converts of the Order (The Order of The Golden Age) from the members of all other societies, and to enable these toilers to work in this great harvest-field, free from the handicap of a name that smacks of faddism, the order has elected to use the words "Fruitarian" and "Fruitarianism" and to discard as completely as possible the words 'vegetarian' and 'vegetarianism', for the latter words are the property of different organisations whose aims and methods are not the same, and whose sphere of work is amongst a different class of people."

It comes across from these words, that as well as differing greatly from Densmore's definition of 'fruitarian', Oldfield has quite an elitist edge to his definition.

And not everyone was happy with Oldfield's definition of 'fruitarian' and 'fruitarianism'. Dugald Semple, in his article "Fruitarianism" published in the Scottish Vegetarian Society's 'Health Reform' journal in August 1907, states that:

"By fruitarianism is meant a dietary consisting chiefly of fruit and nuts.

"Cooked cereals and vegetables are not necessarily excluded, although the exclusion of all cooked foods, should means and knowledge permit, will lead to better results. For this dietary it will be noted that not only is flesh and meat omitted, but also the animal products milk and eggs. The use of these products by vegetarians has long been one of the chief objections to vegetarianism, especially in medical circles."

The Vegan Society also found the inclusion of animal products in a 'fruitarian' diet inappropriate. In the first edition of their Newsletter, 'The Vegan News' No.1, November 1944, the Society stated:

“ “Vegetarianism” and “Fruitarianism” are already associated with societies that allow the ‘fruits’ of cows and fowls, therefore it seems we must make a new and appropriate word.”

Oldfield had started 'The Fruitarian Society' in 1902, and it is likely that, as a result of the Society's definition of 'Fruitarian', many people at this time perceived 'Fruitarianism' to include eating grains, milk and eggs as well as fresh fruit and nuts.

Oldfield was physician at the Lady Margaret Fruitarian Hospital, which had a fruitarian dietary according to Oldfield's definition.

The hospital was originally founded in Bromley, Kent, later moving to Doddington, Kent, in 1921.

In addition to his duties at the Lady Margaret Hospital, Oldfield was a member of 'The Order of The Golden Age'; a philanthropic and humanitarian society, founded in 1895.

The society advocated the adoption of a natural and hygienic dietary as both a prevention of disease and as an aid to spiritual development. They published the journal 'Herald of the Golden Age'.

Oldfield also published several books and pamphlets about his dietary ideas and philosophy including 'A Popular Guide to Fruitarian Diet and Cookery', 'Eat and Keep Well', and 'The Raisin Cure'.

One of Oldfield's peers was Arnold Ehret. Ehret was born in 1866 in Baden, Germany. After suffering ill health in his early years, he discovered the health benefits of fasting and a mucusless diet.

His new adoption of fasting and a fruit diet brought him greater health and joy than he could have ever imagined. Ehret states in his book 'Mucusless Diet Healing System', page 161:

“Your former life will take on the appearance of a dream, and for the first time in your existence your consciousness awakens to a real-self-consciousness.

“Your mind, your thinking, your ideals, your aspirations and your philosophy changes fundamentally in such a way as to beggar description.

“Your soul will shout for joy and triumph over all misery of life, leaving it all behind you. For the first time you will feel a vibration of vitality through your body (like an electric current) that shakes you delightfully.”

Ehret did not make reference to ‘fruitarian diet’ or ‘fruitarianism’ in his works; rather, he used the term ‘fruit diet’. Whether he was not aware of the term ‘fruitarian’, or whether he avoided it because of its various definitions, is unclear.

In his book ‘Rational Fasting’, he states on page 12:

“After a two years’ strict fruit diet, with intercalated fasting cures, I had attained a degree of health which is simply not imaginable nowadays.”

Ehret thought that for true health to be obtained, a rational approach was needed; he believed in cleansing the body in order for the optimal application of the fruit diet.

The recommendations in his books are for cleansing by fasting and the adoption of a transitional diet, with a view to being able to live on a light fruit diet when the body was cleansed.

Ehret’s ‘Mucusless Diet Healing System’ and ‘Rational Fasting’ are both still in print today, and they remain classic works on the benefits of a fruit diet in a clean body.

Another important contributor to fruitarian literature was O.L.M. Abramowski. Abramowski, like Ehret, was born in Germany, but fourteen years earlier in 1852. He emigrated to Australia in 1884.

Like Arnold Ehret, Abramowski does not use the words ‘fruitarian’ or ‘fruitarianism’ in his book ‘Eating for Health’, instead he uses the term ‘fruit diet’. On page 87 of the 1913 edition of ‘Eating for Health’ he states:

“I have dwelt at length upon the marvellous change which a fruit diet worked in myself, my family and my patients...how it not only stopped my getting older, but made me absolutely younger, bodily, mentally and intellectually.”

His original book, first published in October 1908, was initially entitled ‘Vitalism: The Art of Eating for Health’. By the 1913 third edition, this had condensed to ‘Eating For Health’. Only when it was republished several years later was his book given the title ‘Fruitarian Healing System’. There was also a subsequent publishing of a small booklet, which also had ‘fruitarian’ in the title. The booklet was called ‘Fruitarian Diet and Physical Rejuvenation’. In this booklet, which is dated May 1946, the word ‘fruitarian’ is used, for example, on page 7 he says:

“The ultimate result with our nurses since 1903, was that most of them became fruitarians, themselves, and, as a matter of fact, got stronger and healthier than they ever were before.”

There is no doubt that Abramowski recommended a fruitarian diet, where ‘fruitarian’ diet means fruit and nuts (and tender greens if desired). The term ‘fruitarian’ is used in his pamphlet whilst the term ‘fruit diet’ is used to refer to his dietary regime in his earlier publication, ‘Eating for Health’.

Abramowski, as well as writing on health and diet, was a doctor who worked at the Mildura Hospital in Victoria, Australia. He had great success treating patients, using fruit diets.

Abramowski was also in correspondence with Oldfield, who at the same point in time was also trying to help heal patients using non-orthodox diets. Abramowski mentions in “Fruitarian Diet and Physical Rejuvenation”, page 8:

“I have, however, before me a letter dated June 3, 1908, kindly sent me by Dr. Josiah Oldfield, the well known London surgeon and superintendent of the fruitarian “Lady Margaret Hospital” at Bromley, which proves the immense benefit of a regime similar to our own in surgical cases.”

Abramowski tells in 'Eating For Health', pages 63–64, of his successes using fasting and fruit diets at the Mildura Hospital:

“ From 1903 to 1908, I treated one hundred and sixty-six cases of typhoid, one hundred and five in hospital and sixty one in private practice; of the latter I lost none, in the hospital there died two; the first...during one of the heat waves...the other...came in too late...This glorious result—viz., a death rate of virtually 1 per cent.”

By comparison, during this epidemic, patients who were not under his regime had a death rate of 13 per cent (23 deaths from 175 cases).

Abramowski believed that both his own personal experience and the experiences of his family and patients showed that fasting and fruit diets were of utmost importance for great health.

Abramowski had turned his own ill health around at the age of 49. In 1901 he was, in his own words from 'Eating For Health', page 19, suffering from:

“Increasingly fatty degeneration of my whole system and an accumulation of uric acid, which was destroying my resistance, and, unless I changed my habits rapidly, inevitably leading to apoplexy or sudden death.”

Abramowski embarked on a dietary change that was to save not only his own life but also the lives of his future patients. By the beginning of 1904, Abramowski was eating an all raw fruit and vegetable diet and he had reduced his weight from 14 to 10 stones (196lbs to 140lbs, or 89kgs to 63.6kg).

The doctor from Mildura was thus able to work out in the sun, with no hat on, without getting sunburnt. No mean feat in the middle of the hot Victorian summer!

Abramowski remarked that his body felt strengthened and he did not tire; he states on page 27 of 'Eating For Health':

“This experiment, extending over five weeks in summer, in the hottest part of Victoria, proved...that white people can work in a hot climate, if they live on natural food, and

that raw fruit and vegetables, with nuts and almonds, produce strength and energy sufficient for the hardest day's work."

In the early twentieth century, in 1916, an Anglican Order of Sisters was formed by Mother Elizabeth in Fulham, London. The Order was called 'The Order of Elizabeth of Hungary'; the Sisters adopted a fruitarian diet.

In his book 'The Franciscan Revival in The Anglican Community', page 90, Barrie Williams states:

"Mother Elizabeth wrote her fruitarian views were held with deep conviction. 'We believe it to be one of the really missionary works God has given us to do.' "

The fruitarian diet, followed by the Sisters, would appear to have complemented beautifully their spiritual and modest way of living.

In Europe and North America in the 1960's and 1970's there was a renewed interest in the works of the early twentieth century fruitarian authors. Their works were reprinted and reached a new audience.

Despite the time that had elapsed since the original authors had written their words, the wisdom and truth of those words were timeless; they had stood the test of time.

Also in the 1960's and 1970's, new writers emerged who advocated raw fruit diets. Hilton Hotema was one of this new generation of fruitarian authors. Many of his books are still in publication today, including 'Man's Higher Consciousness' and 'Long-life in Florida'; both of which advocate a fruit diet.

Hotema, like De Lacy Evans, believed that fruits were the perfect food for humans, because they contained the least earthy matter. In 'Long-life in Florida', page 198, Hotema says:

"Ripe fruit, as it comes from the tree and the vine... is the most agreeable food for child and adult."

Morris Krok was another author of this period; his book 'Fruit the Food and Medicine For Man' was first published in 1961 and is an account of his experiences on a fruit diet. The book also

includes accounts of other people he encountered who followed a fruit diet. Krok believed that sweet juicy fruits were the optimum dietary articles. He states in 'Fruit the Food and Medicine For Man', page 78:

"Irrevocably, fruit by being the perfect food and medicine is the balancer of life, and the secret, simple elixir."

A popular 1970's raw food author was Viktoras Kulvinskas. Kulvinskas wrote several books on diet and health, his best known being 'Survival Into The 21st Century'.

This book remains in print to this day and covers various raw food diets, including fruitarianism. He says on page 101 of 'Survival Into The 21st Century':

"Fruit is the only cuisine that is karmaless. All other food involves killing, whether it be of animals, plants or seed. Fruit is offered from the tree by God. When ripened to perfection by the sun, it is plucked from the tree by the wind and laid as an offering to humans or animals. Fruit is the most perfect food for human kind. It is the easiest food to digest. It is the least mucus-inducing of all foods."

Then, in the early 1980's, Essie Honiball, a South African, published her book: 'I Live on Fruit'.

In this book, Honiball tells of how she adopted the fruit diet in an attempt to heal herself from serious illness. Her experiences were overseen in the first few years by her husband, Cornelius Valkenburg de Villiers-Dreyer.

Valkenburg de Villiers-Dreyer died, due to an accident, a few years after Honiball first embarked upon his 'experiment' with her diet. Honiball calls herself a 'guinea pig', but she was greatly thankful and respectful of her late husband's knowledge and ideas.

Honiball's diet consisted of fresh seasonal fruits and raw nuts; at the time of writing her book, she had been on a fruit diet for twenty years.

During Honiball's time on fruit, there were also experiments being conducted at the University of Pretoria as to the possibility

of human beings living successfully on a fruit diet; the experiments were carried out by Professor B.J. Meyer.

Honiball is still alive, at the time of writing, in her mid-eighties and living in South Africa.

Honiball says in 'I live on Fruit', page 40:

“Like Cornelius and many other pioneers of the diet, I believe that the people of the future will be fruit eaters and that disease and suffering will disappear.”

Whether advocating an all fruit diet, a fruit and nut diet, a fruit and greens diet or a fruit and grain diet—the common thread of all the authors mentioned is that they have strived to find a diet that the human body is naturally adapted to. They have endeavoured to find the food on which the human body naturally thrives.

In their attempts to find 'The Natural Diet of Man' some have looked more to the physical anatomy, for example, Schlickeysen; others to the philosophical and spiritual, for example, Oldfield; some to the ethics of eating a fruit diet, such as Kulvinskis; and some have based their fruit diet on a calling from God, for example, Mother Elizabeth and her Order.

This book includes a chapter on comparative analysis tables because the information in them was the origin of many pioneers' beliefs that a fruit diet was the ideal dietary of man. By examining the tables ourselves, we can get an idea of how a fruit diet is indeed in accord with human anatomy.

In conclusion, in recent history, from the inception of the word 'fruitarian' until the present day, there has been a constant interest in the fruit diet. Whilst the exact definitions of what constitutes a 'fruitarian' diet may vary, all the proponents of fruit diets agree in seeing fruit as a vital part of humankind's well being.

There have been periods of more intense interest, for example, at the end of the nineteenth century and the beginning of the twentieth century, and then a fruit diet revival in the 1960's and 1970's.

At the beginning of the 21st century, as more and more people are discovering the health and emotional benefits of raw and fruit diets, the true value and position of fruit in the dietary is finally being recognised.

A Selection of Quotes on Fruitarianism and The Fruit Diet

This section of the book looks at quotes that support fruitarianism and fruit diets

Firstly, a quote from **Arnold Ehret (1866–1922)** from his book ‘Mucusless Diet Healing System’.

Ehret says on page 94:

“Raw fruits, and if desired, raw leafy green vegetables form the ideal food of man.”

He remarks on page 72 of the same work:

“When I appeared with my friend in a public air bath, after having lived for several months on a mucusless diet with sun baths...people believed we belonged to another race.”

Ehret then states on page 79 of ‘Mucusless Diet Healing System’:

“ The cardinal standard substance for man’s blood is the highest developed form of carbon hydrate, chemically called sugarstuff, grape or fruit sugar as contained more or less in all ripe fruits, and in the next lower state as vegetables.”

And he asserts in the same book, page 84:

“It is farcical, not to say pitiful, to pray to the creator for a miracle healing, rejecting and disregarding real divine food—the fruits of the paradise—the “bread of heaven”, and instead stuff your stomach three times daily with harmful prepared food, manufactured by man for commercial purposes, and never destined by the Creator to be man’s food at all.”

Ehret sums things up on page 118 of ‘Mucusless Diet Healing System’:

“The ideal and at the same time the most natural method of eating for man is one kind of fresh fruit, in season.”

More from **Arnold Ehret**, from his work ‘Rational Fasting’ he states on page 39:

“ If anybody would live from childhood on absolutely mucusless food, and feed on nothing but fruit, it would be just as certain that he could grow neither old nor sick.”

And from page 33 of the same book:

“ Grape-sugar of the fruits and their nutritive salts are the right sources for a firm muscle-substance, by which a body disfattened and dis-mucused can be quickly rebuilt.”

And finally, on page 29 of ‘Rational Fasting’ he says:

“ Will the aroma and wealth of these splendid products of nature not induce man to eventually become a fruit-eater entirely?”

Morris Krok (1931–2005), a South African fruit and yoga devotee, states on page 42 of his book ‘Fruit The Food And Medicine For Man’:

“As the fruitarian system is the natural way of living, it brings everything to pass, be it health, happiness or spiritual attainment.”

Krok further writes on page 43 of the same work:

“Man, if he is living in the fruit orchards will be restored to his natural habitat. Once in his rightful kingdom, he will renew the rest of the earth’s surface by planting trees.”

George and Doris Fathman, an American couple who followed the ideas of Arnold Ehret, state on page 28 of their book 'Live Foods: Nature's Perfect System of Human Nutrition':

“ We consider the highest and best diet for man is a strict fruit regime, as Ehret emphasized in his teachings.”

Ross Horne, an ex-airline pilot and Australian health writer, says in his work 'The New Health Revolution', page 167:

“It is a fact that in reasonable variation, fruit can provide the full complement of all required nutrients in adequate quantities...fruit should be considered in its own right as a staple food.”

Harvey and Marilyn Diamond, who started a raw food revolution in the mid 1980's, state on page 49 of their book 'Fit For Life:

“The reason we instinctively crave fruit is that fruit, without any question, is the most important food we can put in the human body. It is the one food the human species is biologically adapted to.”

In another book entitled 'Fit For Life', the British polar explorer **Ranulph Fiennes** says on page 22:

“Fruit is the Panacea for good health...the human body system, from hands and teeth to digestive juices, was designed to cope superbly with fruit and not with meat or even cereals...nothing fulfils our vitamin, mineral and toxin-cleansing water needs more effectively than fruit...Fruit is absolutely the best foodstuff for our health.”

The British doctor **Charles De Lacy Evans** states in his book 'How to Prolong Life', page 82:

“ It has been argued that fruits will not sustain life because they do not contain sufficient nitrogen; this argument is founded upon a *theory* which is demonstrably incorrect,

and it is an ascertained *fact* that fruits alone will support life in good bodily health.”

De Lacy Evans also states, in relation to the importance of fruit and its wonderful variety, on page 168 of the same work:

“The beneficial effects of fruit as an article of diet, both in health and disease cannot be overrated. In health, the apple, the pear, the grape, the strawberry, the gooseberry, the tomato, the fig, the date, wall fruits, the melon, and numerous others, present such a field for choice that the most capricious appetite need never be disappointed.”

And finally a further quote from **De Lacy Evans**, from page 102 of ‘How to Prolong Life’:

“Fruits are nutritious in themselves; but should they not contain sufficient nitrogen to satisfy a theoretical appetite, we have shown that all the other elements are present, and that man may absorb the deficient nitrogen from the surrounding atmosphere, the combination resulting in albumen or protein. For this reason, together with the fact that they contain little earthy matter, fruits are man’s best diet if he truly desires a long life.”

August Englehardt was a German who believed in natural living in a tropical climate. His way of eating was a mono diet system. Englehardt bought a tropical island in the Western Pacific on which to live out his dream.

‘The New York Times’, October 15th, 1905, gave this quote about Englehardt in a piece about his life:

“Weeks of life under the sun, in the salt sea, and living upon fruit, had brought him to a state of wonderful physical perfection. His skin was like copper, and against it his yellow hair shone like gold.”

Dr O.L.M. Abramowski, a German physician who migrated to Australia, says in his work ‘Eating For Health’, page 89:

“The Natural food of man is the food which he can eat in its natural state without any interference whatsoever—eat with pleasure, and to the satisfaction of his whole body. And if we go through the whole world, we will find nothing answering to these desiderata but the soft luscious, thirst-and-hunger quenching fruits and the solid, heat-and-strength-giving and body-building nuts.”

Another quote from **Abramowski** comes from page 15 of his booklet ‘Fruitarian Diet and Physical Rejuvenation’:

“Fruit is not a luxury, but an absolute necessity in this diet of man.”

Gustav Schlickeysen, a German health writer, gives us this quote from his book ‘Fruit and Bread’, page 111:

“If now man is shown by his development and organization, frugivorous, it must be that nature provides for him all that he requires for his sustenance, completely ready, and without the necessity of artificial preparation, and this we find actually to be the case. The original Southern home of man presents these fruits in abundance.”

And later on in the same book, **Schlickeysen** states on pages 167–168:

“Take for example, a man who lives in the free air and in daily communication with Nature, who enjoys the blessings of willing labor, who eats of the juicy fruits of the garden, and drinks from the pure fountain, whose eye is clear and whose cheek is crimsoned by the blessed sunlight, and compare him with one who lives in the foul air of some great factory and who subsists upon flesh, and potatoes, beer and coffee. Look only at two such men standing as the representatives of two distinct systems of diet and life, and say which system is to be preferred.”

Then, on page 204 of 'Fruit and Bread', **Schlickeysen** says:

“For what but freedom does a child require in order that it may dwell in the sunlight, and drink at the fountain, and pluck the ripe fruit as its food...“What shall we eat?” Strange indeed that there should ever have been so much controversy regarding it; for that man’s original organization was best adapted to this food is clear, and that his remote progenitors were frugivorous in their habits is generally conceded by physiologists; and since the physical organization has not changed, it follows with certainty that the food properly remains the same; for man is not independent of nature.”

William H. Dieffenbach, a medical doctor who is quoted in Hilton Hotema’s ‘Long-life in Florida’, remarks on page 185:

“Fruit, instead of being a dessert, should, if properly evaluated, be classified as the most valuable of foods.”

Hilton Hotema, a prolific American health writer, states on page 198 of ‘Long-life in Florida’:

“In the tropics, where man first made his appearance, Nature to this day spontaneously produces the most luscious fruits to be found anywhere...primitive man took these substances from the generous hand of his Mother, and ate of them cooked and prepared for him by his wonderful provider...”

“Man was a purely frugivorous animal...Despite the many years that have passed since man forsook fruit as his food, no appreciable change has occurred in his digestive apparatus. A careful study of human anatomy constrains all leading physiologists to affirm that man today, from the make-up of his body, is still a frugivorous animal.”

David Shelley, a British fruitarian, wrote his book ‘Food Of Truth: The Key To Perfect Health’ in the early 1990’s. **Shelley** says on pages 5–6:

“Our natural food is obviously that which we find to be delicious in a totally natural, raw and unprocessed state. Interestingly, the only food on the planet to fit the bill to any worthwhile degree is fruit. Even raw vegetables can hardly be termed delicious when held in the same light as a single piece of fresh, ripe fruit. I could never see myself swapping a golden peach for a cabbage or a stick of celery. Unlike almost all other foods there is little that can be done to a piece of fruit which will improve its flavour.”

Jan Dries, a German nutritionist and lecturer in Natural Medicine, also believes that fruit is a perfect food for humans. He states in his book ‘The Dries Cancer Diet’, page 12:

“The human has always been a frugivore – that is a fruit eater by nature. The famous paleologist Richard E. Leakey has proven that beyond a doubt.”

And on page 93 of ‘The Dries Cancer Diet’ he says:

“Humans are frugivores by nature. A comparison between the human digestive system and those of other frugivores makes this clear...Our entire metabolism is tuned in to fruit.”

Finally, on page 183 of the same book, **Dries** states:

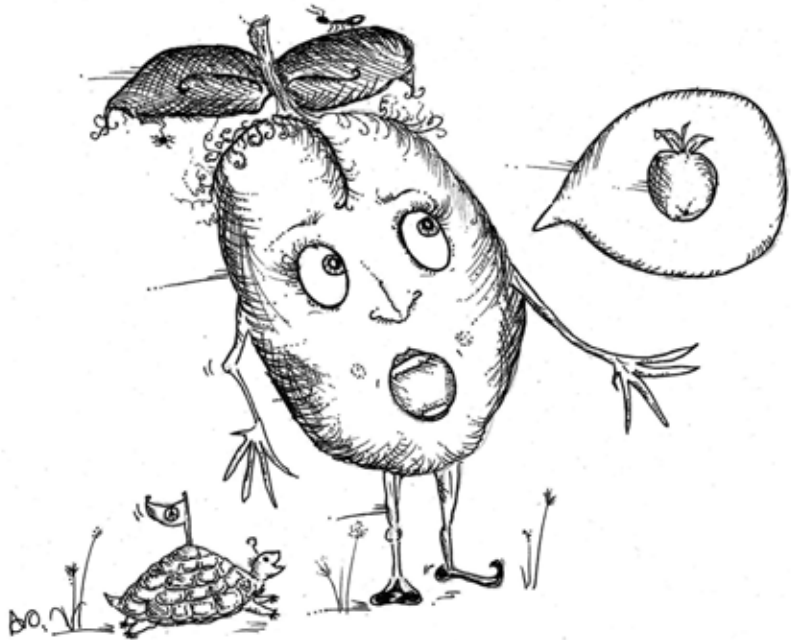
“Modern anatomy and physiology irrefutably prove that humankind has the digestive system of a frugivore.”

The British author **Hereward Carrington (1880–1958)**, who wrote about diet as well as spiritual and psychic matters, says in his book ‘The Argument For Vegetarianism’, page 48:

“Many have followed an exclusively “fruitarian” diet for years...I myself have followed this regime for long periods of time, and have never felt so well.”

And finally, a beautiful quote from **Harvey Diamond**, from a personal correspondence:

"Is fruit not a veritable celebration for the senses?...It is inviting in every way. Is there anything quite as aromatic and enticing as the sweet scent of a fully ripe peach? Can anything surpass the luscious flavor of a fresh-cut slice of watermelon on a hot day? And, of course, fruit is a feast for the eyes. Is there anywhere to be found an artist's palate that can rival the spectacular circus of colors that a table laden with a wide variety of fruit can display? "Fruit looks, smells, and tastes as good as anything that can be put into the body. Does it make sense to you that the Grand Creator would blanket the Earth with every beautifully colored, pleasantly scented, and delectable tasting fruit imaginable only to play a monstrous trick on us? To intentionally entice us with fruit so that we will eat it and become sick...The reason why fruit is supremely pleasing to our senses is to assure us that it is a food perfectly suited for the human diet. And when CORRECTLY eaten, it will do more good than any other food you can eat."



Conclusion

The last seventeen years have been a wonderful journey for me, filled with good health, fruitful adventures and much joy and happiness.

Whilst fruit is not an island, and food is only one piece of the complex jigsaw of life; I do believe that diet is the backbone which holds all the other pieces together and allows the mind, body and spirit to function to their optimal potential.

Exercise, fresh air, sunshine, breathing, joy, love, positive thoughts, symbiotic relationships with others and our environment all combine in the complex recipe of life to bring us the most delicious meal.

A fruit diet helps this meal to taste even more delectable.

The fruit diet can help to unlock the door, within us, that leads to a special place; a place where we feel an excitement at living and a joy in everyday activities. A place where there exists a beautiful and natural state of balance so that we are in accord with the world around us.

When we are eating a natural diet and living in harmony with nature, we find that we fit in to our very own niche in the world in the same way as do all the other creatures and plants; a place where living means giving back as well as taking.

The universal truths of the fruit diet do not age; authors such as Arnold Ehret, Morris Krok and O.L.M. Abramowski speak with a language that still rings true.

Their messages do not seem dated, but the words spring out of the page as fresh as the day that they were written.

This truth reaches out across the generations. It cannot age because it is fundamental to good health, and therefore it is as relevant to people in the twenty-first century as it was to Arnold Ehret at the turn of the twentieth century or to our frugivorous forebears thousands of years ago.

A totally fruit diet may not be the optimal way for everybody; however, from my own experiences, I can certainly say that it has the potential to work very well and to bring amazing health and happiness to everyday life.

Even if a solely fruit diet is not the way for you, just by including more fresh organic fruit in your diet you will have a very beneficial effect on the environment as well as improving your own health.

By reducing the consumption of other foods and replacing them with fruit, you will not only be treading more lightly on the planet you will be supplying your body with the finest grade fuel.

The beauty of a fruit diet is that the benefits reach far beyond your own life.

Fruit is created by plants as the most beautiful propagation tool, and it is to the joy and benefit of humankind that many fruits are also a delicious food.

There have been many folk who have found that big pot of gold that lies at the end of the beautifully hued fruity rainbow. I am happy and honoured to join them, and I wish you all the very best riches and happiness on your own personal road to good health.

May your life be filled with the most delicious fruits and the most radiant health. I raise a glass of Orange juice to all the fruit trees, the growers, the pickers and the sellers; through them perfect health is within reach.



Glossary

Albedo: The white, spongy protective layer inside a Pomegranate, which protects the seeds.

Allotment: A patch of land, usually situated in the suburbs, leased to individuals by a council or a private landlord. The land is used for growing food crops.

Angstrom: A unit of measurement, approximately 1/250 millionth of an inch. Angstroms are used to measure the wavelengths of light.

Aril: The covering or appendage of certain seeds, often edible to humans.

Biodynamic: A method of agriculture whereby, in addition to being organic, produce is grown according to principles devised by Austrian philosopher Rudolf Steiner. Special soil preparations are used, and sun, moon and planetary influences are considered.

Bio-energetic Value: The measurement of photon intensity in foods.

Biomètre: A pendulum, devised by André Bovis, for measuring the vibrations of plants and animals.

Calyx: The outermost part of a flower. In relation to fruit, the remains of the flower situated next to the stalk.

Chakra: A spinning vortex of energy. There are seven major chakras in the body. Chakras are centres of spiritual energy.

Climacteric Fruit: A fruit which continues to ripen post harvest.

Drupe: A fleshy fruit, which often has a single stone.

Endocrine System: A network of glands and tissues that secretes hormones directly into the bloodstream.

Fruit: The fleshy, fruiting body of a plant.

Fruitarian: One whose diet is comprised of fruit.

Heirloom: An old fruit variety, non-hybridised and not genetically modified. A variety whose quality has stood the test of time and has been cultivated for at least 50 years. Heirlooms must be capable of reproduction from seed.

Heliotherapy: A therapy that uses the sun's healing power to treat illness; it was practiced in many European clinics in the first half of the twentieth century.

Hybrid: The offspring of genetically dissimilar parent plants. Many hybrids have non-viable seeds.

Kirlian Photography: A method of capturing, on photographic plates, images of emitted light.

Mono Diet: The practice of eating one foodstuff at a time.

Nonclimacteric fruit: A fruit that will not ripen post harvest.

Organic: A method of growing, whereby no chemicals or artificial fertilizers are used. At the time of printing organic produce is not permitted to be irradiated.

Seasonal Affective Disorder (SAD): A condition that occurs in wintertime in areas where there are few hours of daylight. Those affected suffer mood imbalances. SAD can be helped using light therapy. The condition gives rise to melatonin imbalances which affect mood. The functioning of the endocrine system is also impaired.

Stop Point: The point at which, when one is eating a raw unprocessed mono meal, the taste of the food changes or the body feels satisfied and wants to stop eating.

Symbiotic Relationships: A relationship between two entities, benefiting both, at the expense of neither.

Synchronicity: The occurrence of special and significant coincidences in one's life. Also, when events and occurrences are in tune with one another.

Transition Diet/Transitional Diet: A diet that is adopted to limit elimination and provide a comfortable move from a conventional diet to a fruit diet. Transitional diets may contain limited amounts of lightly cooked wholefoods.



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Index

- Abiu, 54
- Abramowski, O.L.M., 164–167, 174, 178
- adipose tissue, 29
- Africa, 149, 158
- aging, 160, 161, 165, 171
- air, 70, 71, 72, 91, 92, 96, 106, 107, 108, 153, 178
- albedo, 55, 180
- alchemy, 11, 15–16, 65, 68, 82–83, 93
- alcohol, 73, 118
- Alcott, Amos Bronson, iii
- Allison, Alexander, 136
- allotment, 52, 180
- almonds, 167
- America, 126, 138, 148, 149, 158
- angstrom, 72, 73, 90, 180
- anthocyanins, 127, 153
- antioxidants, 77, 127–128, 153
- apes, anthropoid, 1, 3–5, 159
- Apples, x, 7, 18, 28, 35, 46, 49, 54, 120–124, 173
- Appleseed, Johnny, 18, 121
- appreciation, 40, 68–69, 71
- Apricots, 8, 28, 22–23, 129
- arils, 19, 180
- Asia, 120, 138, 149, 158
- auras, 48, 70
- Australia, 41, 51, 126, 137, 149, 158, 164, 165
- Avocados, 18, 20, 22, 42, 47, 49, 54, 55, 75, 79, 82, 136
 - in diet, viii, 15, 21, 27, 29
 - environmental benefits of, 96
 - fat content of, 9, 11, 13, 14, 82
 - toxicity, 21
 - as a transition food, 13, 15, 21
- babies:
 - and a fruit diet, 24–30
- Bali, 52, 92–93, 129
- Bananas, viii, 7, 14, 27, 31, 49, 54, 75, 79, 93, 98, 132
- Banana plants:
 - environmental benefits of, 96
- bears, 59
- berries, ix, 8, 10, 58, 75, 126–128, 133,
 - beta-carotene, 150, 156
- Beverly Hills Diet, 150
- Bilberries, 126–128
- biodynamic, 35, 98, 102, 142, 143, 144, 180
- bio-energetic value (BEV), 78, 90, 128, 151, 180
- biomètre, 63, 72, 73, 90, 128, 180
- biophotons, 77
- Bird, Christopher, 49, 50, 72
- birds, 10, 21, 22, 45, 50, 77, 133
- birthday cake, 131
- Blaeberries, 126
- Blending, 60, 61, 63
- blood flow, 108, 153
- Blood Oranges, 68, 98, 125
- blood pressure, 153
- Blueberries, 77, 126–128
- body odour, 88, 142
- Bouillon, Duc de, 149
- Bovis, André, 63, 72, 73, 90, 128, 180
- Brandt, Johanna, 34
- bread, 33, 38, 91, 160
- breastfeeding, 24–26
 - long-term, 24, 25, 26
- breathing, 70, 79, 91, 107–108, 110, 117, 118, 178
- Brisbane, 131,
- Britain, 126
- Brogdale, 122
- bromelain, 150
- Bromeliacea, 147
- Buddhism, 18
- butterflies, 116
- Caddy, Eileen, 77, 108
- caffeine, 133
- calcium, 7, 8, 134, 155, 156
- California, 96, 137, 138, 139
- California Avocado Commission, 96
- calyx, 134, 180
- Canary Islands, viii

- cancer, 34, 77, 89, 90, 128, 150, 176
 Canistels (Yellow Sapotes), 27, 47, 75, 98, 155, 156
 Cantaloupe Melons, 7, 20, 39
 carbohydrate, 11, 79, 82, 94, 153
 carbon, 11, 21, 107, 170
 carbon dioxide, 94, 95, 96, 107
 Caribbean, 147
 carnivores, 3–5, 57, 99
 Carrington, Hereward, 161, 176
 cats, 20, 59
 Cavaillon, 41, 130
 Central America, 134, 155, 156
 cereals, 94, 95, 160, 161, 162, 172
 chakras, 76, 180
 Charentais Melons, x, 39, 129–130
 Charles II, 147
 cheese, 131
 chemicals, 38, 40, 78, 87, 90, 94, 95, 106, 122, 148
 Cherimoyas, ix, 14, 25, 27, 75
 Cherries, 20, 27, 49, 50
 childhood illnesses, ix, 30, 111, 112
 children:
 fruit diet and, ix, 7, 24–30, 111–112, 171
 greens and, 7
 love and, 104, 105, 111–112
 Chile, 137
 China, 120, 136, 137, 138, 139, 140
 Chinese Gooseberries, 137, 138
 chlorophyll, 77, 157
 chocolate, 31, 34, 112, 118, 133, 134, 135, 156
 Chocolate Sapotes, 27, 49, 82, 98, 133–135, 155, 156
 cleansing, 33, 35, 37, 42, 43, 62, 78, 84–87, 100, 101, 106, 107, 113, 121, 142, 143, 145, 146, 154, 155, 157, 164, 172
 climacteric fruit, 49, 54, 78, 114, 180
 climate, 12, 14, 15
 cockatoos, 21
 cocoa, 133
 colons, 5
 colour, 57, 70, 76–77, 105, 144, 145
 Columbus, Christopher, 147
 comparative analysis tables, 1–5, 56, 159, 160, 161, 169
 composting, 19, 69
 cooked food, viii, 38, 60, 63, 73, 86, 116, 162, 182
 cooking, 63, 73, 75
 co-ops, 53
 Cornell University, ii, 128
 County Down, 127
 Court Pendu Plat, 121
 cows, 7, 12, 16, 56, 59, 60, 61, 99, 163
 milk from, 12, 16, 24, 25, 26, 27, 163
 Cranberries, 127
 Cucumbers, 75, 78
 cutting, 54, 64
 cystitis, 127
 Dates, 8, 14, 18, 173
 Davidson, Alan, 126
 De Lacy Evans, Charles, 107, 143, 160–161, 167, 172–173
 Deadly Nightshade, 10
 Decker, Sir Michael, 147
 deforestation, 94, 95,
 Densmore, Emmet, 1, 159, 161, 162
 dental comparisons, 3, 159
 dental formulae, 3
 detox, 9, 29
 Diamond, Harvey, 172, 177
 Diamond, Marilyn, 172
 Dieffenbach, William H., 175
 disease, 29, 73, 88–91, 93, 114, 143, 161, 163, 169, 173,
 dizziness, 88
 dogs, 59
 Dracula, Count, 116
 Dragon's Eye, 141
 dreams, 91, 144, 164
 dried fruit, 28, 42, 62, 63, 65, 72, 140, 149
 Dries Cancer Diet, 77, 89, 90, 128, 150, 176
 Dries, Jan, 77, 78, 89, 90, 128, 150, 151, 176
 drugs, 118
 drupes, 20, 180
 Durians, 27, 47, 55, 75, 92, 93, 129, 131–132
 smell and, 47, 93, 131–132
 E. coli, 127

- earthy matter, 160, 161, 167, 173
- Ebenaceae, 155
- eggs, 75, 162, 163
- Egremont Russet, 121
- Egyptians, Ancient, 72
- Ehret, Arnold, 29, 31, 32, 43, 84–85, 86, 100–101, 102, 118, 120, 123, 131–132, 163–164, 170–171, 172, 178
- elimination, 42, 43, 84, 87, 88, 89, 90, 100, 101, 107, 113, 145, 182
- emotional eating, 12, 13, 59, 60
- endocrine system, 80, 181
- England, 92, 107, 129, 131, 140, 147, 149, 161
- Englehard, August, 173
- environment, x, 12, 18, 42, 57, 58, 59, 71, 94–97, 99, 106, 111, 143, 144, 156, 178, 179
- enzymes, 28, 33, 62, 65, 82, 83, 136, 139, 150, 151
- Essene Gospels of Peace, 32
- ethnic food stores, 53
- exercise, 39, 70, 71, 85, 108–109, 118, 153, 178
- Europe, 114, 120, 126, 138, 147, 148, 149, 158, 167
- eyes, 3, 116
- faith, xi, 42, 54, 67, 70, 73, 74, 77, 90, 100, 101, 103, 109
- fasting, 33, 70, 84, 87, 91, 100, 103, 108, 113, 120, 142, 145, 161, 163, 164, 166
- fat, 21, 82, 136
 - in diet, 11–16, 79, 153, 156
 - mental addiction to, 12–13, 14
- Fathman, Doris, 172
- Fathman, George, 172
- Feijoas, 49
- fever, 89
- fibre, 35, 121, 136
- Fiennes, Ranulph, 172
- Figs, 8, 14, 17, 19, 27, 28, 75, 129, 173
- Findhorn, 51, 108
- fish, 75
- flesh foods, 56–57, 60, 75, 91, 118, 131, 132, 162, 163, 172, 174
- flexibility, 144
- Flower of Kent, 121
- Flowerdew, Bob, 148
- flying foxes, 117
- folic acid, 63, 136
- foraging, 48, 52, 58, 102, 117
- France, 39, 129, 130, 137
- Frazer, Isobel, 136–137
- free radicals, 127, 136, 153
- French Calville, 121–122
- F.R.E.S.H Network News, 144
- Frost, Robert, 128
- Frugivores, 1, 3–5, 8, 9, 29, 54, 55, 93, 99, 113, 159, 174, 175, 176, 178
- fruit:
 - building up properties, 14, 155
 - children and, ix, 7, 24–30, 111–112, commercial, 50, 53, 102, 120, 122
 - diet, viii–xi, 1, 11, 24, 28, 30, 42, 43, 45, 67, 84, 85, 86, 98, 99, 100, 101, 102, 103, 105, 106, 109, 111, 113, 114, 118, 119, 120, 146, 159, 160, 161, 163, 164, 165, 166, 167, 168, 169, 170, 178, 179, 181, 182
 - diet, challenges of, 100–103, 106
 - exercise and, 108–109
 - freezing of, 64, 134
 - gazing, x, 46
 - as an ideal food, viii, 92, 143, 159, 160, 161, 167, 168, 169, 170–177
 - locally grown, x, 51, 52, 122
 - picking good, 37, 45–48, 52, 53, 71, 102, 149
 - picking of, 27, 50, 52, 54, 56, 58, 69, 134, 149, 175
 - quality of, xi, 8, 24, 26, 27, 28, 30, 33, 37, 39, 40, 42, 45, 46, 47, 48, 52, 53, 63, 98, 99, 102, 103, 107, 133
 - reading of, 46
 - supermarket, 40, 52, 98, 122
- fruit bats, 117, 125
- fruitarian, 25, 29, 30, 92, 102, 112, 150, 159, 160, 161, 162, 163, 164, 165, 167, 169, 171, 174
- diet, 1, 98, 159, 161, 162, 163, 165, 167, 176
- fruitarianism, viii, 31, 98, 160, 162, 163, 164, 168, 170
- experience of, viii–xi, 161, 163–169
- history of, 159–169

- fruitarians, 109, 131, 136, 159, 160, 162, 165, 169, 175, 181
 anatomical features of, 1, 2, 3–5, 27, 56, 159, 169, 172, 175, 176
 fun, xi, 36, 37, 80, 156
 fungi, 95
- Garrigala, 154
 Genesis, 6
 geraniums, 36, 144, 145
 Germany, 137, 163, 164
 gibbons, 29
 Gide André, 152
 Golden Delicious, 122
 Golden Elixir, 146
 Golden Kiwis, 138
 Gooseberries, 138, 173
 gorillas, 16, 29
 gourmet raw food, 33, 60
 grains, 92, 159, 160, 161, 162, 163
 Granadillas, 93
 Granny Smith, 122
 Grape Cure, 34
 Grape diet, ix, 34, 35, 85, 121, 145
 Grapes, 27, 46, 85, 121, 129, 173
 Green Sapotes, 27, 75, 155, 156
 greenhouses, 148, 149
 greens, 6–10, 11, 15, 61, 75, 86, 106, 159, 165, 169, 170
 as a balancer, 9
 children and, 7
 Grigson, Jane, 123, 128
 Guadeloupe, 147
 Guavas, 47
 Guernsey, 137
- Hades, 152
 Hai Liu, Dr. Rui, 128
 hair, 11, 21, 173
 happiness, viii, ix, xi, 41, 67, 73, 79, 104, 105, 109, 111, 112, 116, 132, 144, 153, 171, 178, 179
 Hawaii, 134
 Hawken, Paul, 51
 headaches, 88, 131
 healing, 33, 35, 42, 68, 77, 79, 88, 89, 91, 101, 116, 142, 163–166, 170
 healing crises, 88
 health, viii–xi, 43, 62, 65, 67, 71, 72, health (*continued*), 73, 94, 96, 100, 178
 children and, 24, 27–30, 111–112
 cleansing and, 84, 85, 87, 121
 control of, 51, 71, 91
 disease and, 89, 90, 91
 fruit diet and, 98, 161–169, 170–177
 mono diets and, 31, 32, 33, 34, 37, 39, 40, 41
 sunlight and, 80, 113–115, 117, 153
 heirloom, 40, 122, 123, 158, 181
 heliotherapy, 114–115, 181
 ‘Herald of The Golden Age’, 162, 163
 herbivores, 3–5, 7, 8, 12, 61, 99
 herbs, 75
 Honeydew Melons, 39, 75
 Honiball, Essie, 14, 45, 89, 101–102, 107, 168–169
 hormones, 80, 113, 116, 181
 Horne, Ross, 172
 Hotema, Hilton, 142, 167, 175
 Huckleberries, 126
 human physiology, 3–5, 56, 58, 176
 hunger, 43
 Hurtleberries, 126
 hybrids, 127, 138, 181
 hydrogen, 11, 21, 107
- ice-cream, 134
 Illinois, 121
 immune system, 26, 89
 Indiana, 121
 Indonesia, 131
 indoor workers, 80, 114
 instinct, 48, 56–58, 59–61, 100
 Iran, 153
 Ireland, 127
 iron, 8, 134, 155, 156, 157
 irradiation, 65, 82, 181
 Isaacs, Dr. Daryl, 98
 Israel, 137, 153
 Italy, 120, 137, 138, 139, 153
- Jackfruit, 14, 27, 98
 Jesus, 36
 joints, 11, 108, 144, 161
 joy, viii, 67, 73, 80, 105, 109, 110, 111, 118, 119, 132, 163, 164, 178, 179
 juicing, 64, 125, 142–146

Kalahari, 158,
 karma, 167
 Kirlian photography, 70, 78, 181
 Kiwis, 31, 47, 49, 136–139
 Abbot variety, 138
 Arctic Beauty species, 137
 Bruno variety, 138
 Golden variety, 138
 Hayward variety, 138
 Matua variety, 138
 Plancon variety, 139
 Tomuri variety, 139
 Knox, Charlotte, 126
 Kokowa, 137
 Krok, Morris, 13–14, 99, 106, 167–
 168, 171, 178
 Kulvinskis, Viktoras, 168, 169

 Lady Margaret Fruitarian Hospital,
 163, 165
 Leakey, Richard E, 176
 Lecher antenna, 90
 Leicester, 140
 Lemons, 136
 Lent, 35, 36, 40, 142
 Levin, Dr. Gregory M., 154
 life force, 17, 62, 82, 93
 light, 75, 76–81, 113, 116, 180, 181
 fruit and, 71, 75, 76, 77, 78, 79, 80,
 151, 154
 vibrations and, 71, 75, 76, 77
 light boxes, 80
 lions, 59, 61
 living:
 in the moment, 66–67
 Livingstone, Dr., 158
 locally grown fruit, x, 51, 52, 98, 102,
 103, 122
 London, 137
 Longans, 140–141
 longevity, 44
 love, 40, 53, 68, 69, 70, 71, 73, 74,
 79, 80, 81, 83, 87, 102, 104, 105,
 111–112, 118, 131, 143, 178
 Lychees, 75, 78, 140, 141
 lymphatic system, 107, 109

 Mamey Sapotes, 18, 27, 75, 155, 156
 Mangoes, ix, x, 7, 8, 18, 20, 25, 27, 46,
 47, 49, 51, 57, 60, 68, 75, 106, 116
 Mark, 19
 Mazel, Judy, 150, 151
 McCoy, Frank, 33
 McDonald's, 98
 McGregor, James, 136
 Medlars, 49
 melatonin, 80, 114, 181
 Melons, ix, x, 15, 20, 35, 37, 38–41,
 45, 47, 78, 129–130, 173
 Cantaloupe, 7, 20, 39, 75
 Charentais, x, 39, 129–130
 Honeydew, 39, 75
 mono diets and, ix, 35, 36, 37, 38–41
 Tiger, 39, 75
 Mexico, 134, 155
 Mezereon, 10
 Meyer, Professor B.J., 169
 mice, 21, 22
 microbes, 95, 97
 Mildura Hospital, 165, 166
 milk, 24, 25, 29, 72, 73, 75, 162, 163
 cow, 12, 16, 24, 25, 26, 27, 163
 goat, 24
 human, 7–8, 24–26, 27, 28, 29, 30, 120
 soy, 24
 mixing food, x, 15, 31–33, 60, 61, 63
 moderation, 13, 14, 99, 105
 Monet, 121
 monkeys, 61, 63, 99
 mono diets, viii, ix, x, xi, 15, 31–40,
 42, 43, 73, 99, 105, 121, 130, 142,
 145, 146, 173, 181
 mono eating, 7, 15, 31–34, 40, 60, 61,
 91, 99, 171
 monosodium glutamate, 38
 Monstera, 18
 moon, 180
 Moore, Barbara, 106
 mosquitos, 116
 Mother Elizabeth, 167, 169
 mucus, 21, 88, 106, 163, 168, 170, 171
 Mulberries, 16, 125

 Nana Ment, 147
 natural diet of humans, 58, 99, 120,
 159–161, 163, 166–169, 170–177

Natural Food Magazine, 159
 Natural Hygienists, 88, 142
 Neruda, Pablo, 123–124
 New English Dictionary, 159
 New South Wales, 155
 New York Times, 173
 New Zealand, 136, 137, 138, 139
 New Zealand Crown Research
 Institute, 138
 Newton, Sir Isaac, 121
 nitrogen, 96, 107, 172, 173
 nonclimacteric fruit, 49, 149, 181
 Normandy, 121, 149
 North America, 167
 nuts, 11, 13, 20, 58, 75, 86, 159, 161,
 162, 163, 165, 167, 168, 169, 173

 Ohio, 121
 Oldfield, Josiah, 162, 163, 165, 169
 Olives, 11
 Omnivores, 3–5
 Orange Juice, viii, 33, 35, 36, 42, 43,
 65, 125, 142, 143, 144, 145, 146,
 179
 Oranges, viii, 8, 35, 54, 75, 78, 122,
 125, 134, 142–146
 Blood, 68, 98, 125
 healing and, 142–146
 orangutans, 29
 Order of Saint Elizabeth of Hungary,
 167, 169
 Order of The Golden Age, 162, 163
 organic, 8, 24, 30, 40, 52, 53, 78, 79,
 94–96, 98, 102, 103, 122, 138, 142,
 143, 144, 146, 157, 179, 180, 181
 oxidative damage, 127
 oxygen, 11, 21, 94, 95, 96, 107, 108,
 127

 papain, 62
 Papayas, 19, 27, 62, 75
 Paraguay, 147
 Parham, Barbara, 1, 2
 parrots, 21, 59, 61
 Passionfruit, 19
 pasteurization, 64, 72, 73
 electronic, 65
 peace, 32, 59, 67, 70, 79, 80, 93, 132,
 Peaches, 31, 37, 47, 57, 60, 68, 177

 Pears, 27, 28, 35, 45, 173
 pectin, 35, 121
 Persephone, 152, 154
 Persia, 153
 Persimmons, 14, 26, 27, 46, 49, 129,
 134
 pesticides, 71, 87
 phenolins, 127
 Philippines, 134
 photons, 77, 78, 151
 Pijpers, Dick, 120, 153
 pineal gland, 79, 114, 116
 Pineapple, 28, 47, 49, 75, 98, 122,
 147–151
 choosing of, 149
 Pitmaston Pine Apple, 122
 placentas, 3, 159
 pollution, 9, 71, 96, 106
 ‘Pollyanna’ effect, 66
 polyphenols, 153
 Pomegranates, 55, 75, 78, 152–154, 180
 Popp, Dr., 77
 pores, 4
 Portugal, 153
 positive thinking, 52, 53, 70, 79, 88,
 91, 109, 178
 potassium, 136
 potassium sorbate, 28, 62
 Poupart, T.J., 137
 Pratt, Steven G., 139
 Pre-Raphaelites, 152
 Prior, Ronald, 128
 proanthocyanidins, 127
 processing, 6, 56, 60, 62–65, 72, 133
 protein, 79, 120, 173
 Prunes, 8, 28
 Puerto Rico, 134
 pulses, 161

 Queensland, 129, 133, 155

 Rambutans, 75, 93, 140
 Ranching, 95
 Raspberries, 129, 152
 raw food diet, 9, 11, 12, 31, 33, 34,
 60, 71, 74, 118, 121, 168, 169
 rest, 24, 35, 153
 ripeness of fruit, 34, 40, 45, 46, 47, 48,
 49–53, 54, 55, 71, 73, 75, 78, 82, 98,

- ripeness (*continued*), 114, 117, 123,
 133, 134, 140, 143, 161, 167, 168,
 170, 175, 176, 177
 rodents, 20, 22
 Rose, John, 147
 Rutaceae, 155

 Saint-Amant, Holy Lover, 129
 salivary glands, x, 4, 47
 salt, 38, 153
 Sapodillas, 14, 93
 Sapotaceae, 155
 Sapotes, 14, 27, 155–156
 Chocolate, 27, 49, 82, 98, 133–135,
 155, 156
 Green, 27, 75, 155, 156
 Mamey, 18, 27, 75, 155, 156
 White, 27, 75, 155
 Yellow (Canistel), 27, 47, 75, 98,
 155, 156
 Sark, 36, 145
 Schlickeysen, Gustav, 1–2, 159–160,
 161, 169, 174–175
 Schneider, 90
 Schwartz, Richard, 1, 185
 Scottish Vegetarian Society, 162
 Seasonal Affective Disorder (SAD),
 80, 181
 seeds, 9, 11, 13, 17–23, 26, 49, 69, 75,
 82, 86, 92, 130, 133, 134, 136, 137,
 157, 168, 180, 181
 planting of, 18, 20, 22, 92
 toxins in, 19, 20, 133
 self-esteem, 67, 111
 selflessness, 70
 Semple, Dugald, 162
 senses, 38, 45, 47, 48, 68, 106, 177
 serotonin, 80, 116
 sexuality, 118–119
 sheep, 59, 61
 Shelley, David, viii, 33, 85, 175–176
 shopping, 67
 Sicily, 125
 sight:
 and fruit picking, 45–46
 ‘Silence of The Lambs, The’, 57
 silkworms, 16
 Simoneton, André, 49, 54, 63, 72, 73,
 90, 91, 186

 singing, 109, 144
 skin:
 of fruit, 46, 47, 50, 54–55
 of humans, 4, 11, 21, 88, 90, 113,
 114, 116, 173
 sleep, 143, 144
 smell, 46, 47, 57, 68–69, 93, 106, 131–
 132
 fruit picking and, 45, 47
 soil, 40, 92, 93, 94, 95, 96, 102, 127,
 143, 144, 147, 180
 solar radiation, 49
 South Africa, 153, 168, 169
 South America, 51, 95, 147, 155, 156
 Soviet Republic, 153, 154
 Spain, 129, 134, 137, 153
 spiders, 16
 Spurlock, Morgan, 98–99
 squirrels, 20–21
 Steiner, Rudolf, 180
 stomachs, 4, 8, 12, 16
 stone fruit, 75
 ‘stop point’, 14, 60, 63, 64, 99, 182
 Strawberries, 64, 129, 173
 strength, viii, 74, 76, 105, 115, 118,
 144, 145, 156, 165, 166, 167, 174
 stress, 9, 71, 112
 sub-tropical fruit, 18, 140, 155
 sulphur dioxide, 28, 62
 sultanas, 8
 sun, 78, 80, 92, 93, 108, 113, 114,
 115, 116, 117, 166, 168, 170, 173,
 180
 sun gazing, 114
 sunbathing, 79, 113–114, 116, 170
 sunshine, 70, 71, 76, 78, 79, 80, 91,
 92, 113–115, 116, 117, 147, 149,
 153, 174, 175, 178
 energy of, 71, 76, 78, 108, 113
 fruit eating and, 113, 114, 116, 117
 health and, 70, 113, 114, 115, 116.
 117, 178, 181
 ‘Superfoods’, 139
 Sweden, 137
 symbiotic relationships, 17, 18, 19,
 20, 96, 178, 182
 synchronicity, 73, 182

 Tablada, Jose Juan, 157

- tails, 3
- tannins, 26, 127, 134, 153
- Taoists, 12
- taste change, 15
- tastebuds, 7, 26, 27, 36, 38, 56
- taxine, 19
- Teasdale, George, 89
- teeth, 3, 27, 28, 56, 113, 129
- teething, 28
- television, 80
- Tellende, Henry, 147
- Thailand, 140
- theobromine, 133
- theophylline, 133
- Tiger Melons, 39, 75
- tigers, 99
- tobacco, 73, 129
- Tomatoes, 77, 173
- Tompkins, Peter, 49, 50, 72
- tongues, 4, 145
- touch:
 - in fruit picking, 47–48
- toxins, 26, 29, 43, 66, 71, 79, 86, 87, 88, 90, 91, 101, 107, 108, 109, 172
 - in plants, 10, 19, 20, 21, 26, 49, 82, 133
- transition diet, viii, 9, 86, 100, 101, 103, 164, 182
- trees, 50, 68, 92, 93, 94, 95, 96, 105, 121, 132, 133, 134, 167, 168, 179
 - environmental benefits of, 94–96
 - planting of, 18, 22, 94, 121, 143, 171
- tropical fruit, 18, 78, 92, 93, 131–132, 140, 147, 155, 175
- Tropical Fruit World, 155
- ‘Tropical Gold’, 147
- Tupi-Guarani, 147
- Turkmenistan, 154
- typhoid, 166

- United States of America, 18, 120, 137, 139, 148, 153
- Universe, 12, 66, 70, 73, 74, 76, 79, 104, 116
- University of Pretoria, 168
- uric acid, 166
- USDA, 128

- Valencias, 125

- Valkenburg deVilliers-Dreyer, Cornelius, 168, 169
- vampires, 116, 125
- vegan diet, viii
- Vegan News, 163
- Vegan Society, 163
- vegans, 16
- vegetables, 7, 51, 70, 73, 75, 86, 91, 92, 94, 95, 123, 160, 161, 162, 166, 167, 170, 176
- vegetarians, 160, 162
- vibrations, 54, 64, 70–74, 75, 76–77, 85, 90, 91, 105, 118, 131, 164
- vision, 56
 - improvement in, viii, 36, 142, 144, 145
- vitamin B group, 62, 63
- vitamin C, 62, 63, 122, 125, 127, 134, 136, 138, 150, 156, 157
- vitamin D, 113
- vitamin E, 63, 127, 136

- water:
 - pure, 28, 62, 75, 78, 84, 91, 121, 160
- Watermelon, 8, 39, 49, 75, 78, 157–158, 177
 - Black Diamond variety, 158
 - Cream of Saskatchewan variety, 158
 - Golden Midget variety, 158
 - Klondike Striped variety, 158
 - Moon and Stars variety, 158
- weight loss, 36, 42, 145
- weight maintenance, 39, 42, 43, 85
- Western Pacific, 173
- Whinberries, 126
- White Sapotes, 27, 75, 155
- Whitman, William F., 140
- Whortleberries, 126
- Wilcox, Dr. Leon A., 142
- wild foods, 8, 24, 30, 40, 50, 51, 53, 78, 79, 102, 103, 126, 128
- Williams, Barrie, 167
- Worcestershire, 122
- Wright, Hayward, 138

- Yin Yang, 12, 116
- Yellow Sapotes (Canistels), 27, 47, 75, 98, 155, 156
- Yew, 19

Index of Botanical Names

- Actinidia arguta, 137
Actinidia chinensis, 136
Actinidia kolomikta, 137
Ananas comosus, 147
Atropa belladonna, 10

Bromeliaceae, 147

Casimiroa edulis, 155
Citrullus vulgaris, 157
Citrus sinensis, 142

Daphne mezereum, 10
Dimocarpus longan, 141
Diospyros digyna, 134, 155
Diospyros kaki, 134
Diospyros obtusifolia, 134
Durio zibethinus, 131

Ebenaceae, 155
Euphoria longana, 141

Gaylussacia baccata, 126

Malus communis, 120

Nephelium longana, 141

Pouteria campechiana, 155
Pouteria sapota, 155
Pouteria viride, 155
Punica granatum, 152

Rutaceae 155

Sapotaceae, 155

Taxus baccata, 19

Vaccinium angustifolium, 127
Vaccinium ashei, 127
Vaccinium corymbosum, 126, 127
Vaccinium macrocarpon, 127
Vaccinium myrtillus, 126
Vaccinium uliginosum, 126

