

Wally's Weekly News 27<sup>th</sup> MARCH 2010  
Written by Wally Richards.

#### MORE ON FRUIT

After last weeks article on fruit a reader sent me an email with further information about how good fruit is for you, this is especially so when you grow your own fruiting plants because you have the control on what minerals and chemicals are used or not used. I would like to share the information with you.

The email read:

We all think eating fruits means just buying or growing fruits, cutting it and just popping it into our mouths. It's not as easy as you think. It's important to know how and when to eat.

What is the correct way of eating fruits?

**IT MEANS NOT EATING FRUITS AFTER YOUR MEALS! \* FRUITS SHOULD BE EATEN ON AN EMPTY STOMACH.**

If you eat fruit like that, it will play a major role to detoxify your system, supplying you with a great deal of energy for weight loss and other life activities.

**FRUIT IS THE MOST IMPORTANT FOOD.** Let's say you eat two slices of bread and then a slice of fruit. The slice of fruit is ready to go straight through the stomach into the intestines, but it is prevented from doing so.

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

So please eat your fruits on an empty stomach or before your meals!

You have heard people complaining - every time I eat watermelon I burp, when I eat durian my stomach bloats up, (For those that do not know Durian: The durian is the fruit of several tree species belonging to the genus *Durio* and the *Malvaceae* family. Widely known and revered in southeast Asia as the "king of fruits", the durian is distinctive for its large size, unique odor, and formidable thorn-covered husk. The fruit can grow as large as 30 centimeters (12 in) long and 15 centimeters (6 in) in diameter, and it typically weighs one to three kilograms (2 to 7 lb). Its shape ranges from oblong to round, the colour of its husk green to brown, and its flesh pale yellow to red, depending on the species. End)

When I eat a banana I feel like running to the toilet etc - actually all this will not arise if you eat the fruit on an empty stomach. The fruit mixes with the putrefying other food and produces gas and hence you will bloat!

Graying hair, balding, nervous outburst, and dark circles under the eyes all these will NOT happen if you take fruits on an empty stomach.

There is no such thing as some fruits, like orange and lemon are acidic, because all fruits become alkaline in our body, according to Dr. Herbert Shelton who did research on this matter. If you have mastered the correct way of eating fruits, you have the Secret of beauty, longevity, health, energy, happiness and normal weight.

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

Don't even drink juice that has been heated up. Don't eat cooked fruits because you don't get the nutrients at all. You only get to taste. Cooking destroys all the vitamins.

But eating a whole fruit is better than drinking the juice. If you should drink the juice,

drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it. You can go on a 3-day fruit fast to cleanse your body. Just eat fruits and drink fruit juice throughout the 3 days and you will be surprised when your friends tell you how radiant you look!

The following are good reasons for growing your own fruit where possible;

**KIWIFRUIT:** Tiny but mighty. This is a good source of potassium, magnesium, vitamin E & fiber. Its vitamin C content is twice that of an orange.

**APPLE:** An apple a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants & flavonoids which enhances the activity of vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

**STRAWBERRY:** Protective Fruit. Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer-causing, blood vessel-clogging free radicals.

**ORANGE :** Sweetest medicine. Taking 2-4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessens the risk of colon cancer.

**WATERMELON:** Coolest thirst quencher.. Composed of 92% water, it is also packed with a giant dose of glutathione, which helps boost our immune system. They are also a key source of lycopene - the cancer fighting oxidant. Other nutrients found in watermelon are vitamin C & Potassium.

**GUAVA & PAPAYA:** Top awards for vitamin C. They are the clear winners for their high vitamin C content. Guava is also rich in fiber, which helps prevent constipation. Papaya is rich in carotene; this is good for your eyes.

Drinking Cold water after a meal = Cancer! Can u believe this?? For those who like to drink cold water, this article is applicable to you. It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed.

It will slow down the digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal.

A serious note about heart attacks **HEART ATTACK PROCEDURE': (THIS IS NOT A JOKE!)** Women should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw line.. You may never have the first chest pain during the course of a heart attack . Nausea and intense sweating are also common symptoms.. Sixty percent of people who have a heart attack while they are asleep do not wake up. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive...

A cardiologist says if everyone who gets this mail sends it to 10 people, you can be sure that we'll save at least one life. **END**

Fruit can easily be grown in either open ground or in containers.

As from above information it is well worth the effort and the savings you can have, over many years, makes great sense as fruit is fairly expensive to buy and unless grown organically you do not know how much goodness or harmful chemicals are in your purchases.

This autumn/winter plant at least one more fruiting plant/tree.

Problems ring me at 0800 466464 (Palmerston North 3570606)