

Mind For Life

An Interesting Article

EATING FRUIT:

We all think eating fruit means just buying fruit, cutting it up and popping it into our mouths. It's not that easy. It's important to know how and when to eat fruit.

What's the correct way to eat fruit?

IT MEANS NOT EATING FRUIT AFTER A MEAL!

FRUIT SHOULD BE EATEN ON AN EMPTY STOMACH.

Eating fruit like that plays a major role in detoxifying 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, then a slice of fruit. The slice of fruit is ready to go straight through the stomach into the intestines, but it's 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.

Eat your fruit on an empty stomach, or before your meal!

You've heard people complain: Every time I eat watermelon I burp, when I eat durian my stomach bloats, when I eat a banana I feel like running to the toilet, etc. This will **NOT** happen if you eat the fruit on an empty stomach. Fruit mixes with the putrefying other food and produces gas. Hence, you bloat!

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

All fruit becomes alkaline in our body, according to Dr. Herbert Shelton who did research on this matter. If you have mastered the correct way of eating fruit, 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 drink juice that has been heated. Don't eat cooked fruit; you don't get the nutrients at all; you get only the taste; cooking destroys all of the vitamins.

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. Eat fruit and drink fruit juice for just 3 days, and you will be surprised when your friends say how radiant you look!

KIWI: Tiny but mighty, and a good source of potassium, magnesium, vitamin E & fibre. Its vitamin C content is twice that of an orange!

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 risk 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.

2 - 4 ORANGES a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones, and reduce 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; it is also a key source of lycopene, the cancer-fighting oxidant. Also found in watermelon: 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 fibre, which helps prevent constipation. Papaya is rich in carotene, good for your eyes.

Drinking Cold water after a meal = Cancer!

Can u believe this? For those who like to drink cold water, this applies to you.

It's nice to have a cold drink after a meal, however, the cold water will solidify the oily stuff that you've just consumed, which slows 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.