Then God said, "I give you every seed-bearing plant or herb on the face of the whole earth and every tree that has fruit with seed in it. Fruit will be yours for food."

I read many other such quotes. And all of the world religions have similar ideas. Fruit is karmaless food.

But the controversy of Big Sugar enters in and creates misunderstandings. But clear understanding might interfere with the profits of Big Sugar.

While I was in medical school they referred us to what they called as the “definitive study”, to show sugar was not so bad. Everyone knows that sugar makes for bad behavior in school. So they did study with two groups of children. One given cola with normal sugar (we now call Coke Classic), and another group given cola with cyclamates of Sinthetic sweeteners (like Diet Coke). There was no difference in the bad behavior of the 2 groups and they said this was proof that there was no sugar effect. Idiots.

I raised my hand and said there was no group given just water as a control and no group given natural sugar like fresh natural apple juice. All you proved was that there was no difference between refined sugar and artificial sweeteners in bad behavior. Both are bad for you and create disease.
We later did the study and low and behold the water and apple juice groups have much much less behavior disorders. In fact in many studies using intellectual thought to really compare refined sugar or SINthetic sweeteners to NATURAL fruits we see that fruits are healthy high glycemic sugars are not.

When I was in medical they also pointed to fructose research on High Fructose Corn Syrup which is as unnatural a product as ever. I pointed out that his was not a fruit product, but the twists of BIG SUGAR run deep. If you read the history of Cane and refined Sugar you see a path of death, slavery, captivity, dependency, obesity, disease, infection, plagues, immune-suppression, epidemics, pestilence, wherever White refined sugar goes. But yet sugar which was first found in ancient Persia 400 BC has spread throughout the world and is now the world’s largest cash crop. As such there is tremendous profit. And for a corporation, profit is more important than people. We must cut thru BIG SUGAR cruel propaganda.

To clear thru the science and the legends on this let’s dig in and go thru it.
There is extreme proof of the dangers of BIG SUGAR and High Fructose Corn Syrup and you can review it in these links.

Here is a definitive video on fruit and fructose.


Sugar can foster bad bowel bacteria that can take over your brain and make you crave more sugar to feed the bad bacteria. Thus sugar contributes to mental disease. There is good evidence that sugar caused the black plague of old Europe.

Sugar is now regarded as toxic to the dismay of BIG Sugar. Sugar is a major cause of disease.

Sugar is the cause of most tooth decay. Yes there is evidence of sugar being the primary cause of dental disease and tooth decay. Sugar makes you fat. And sugar can be extremely harmful.

And we at IMUNE have a complete course in studying the malicious effects of sugar and how to treat the diseases and the craving.

Well I will start not with science but with legend and science if you wish of the test of time. I start with the bible quotes.
Then God said, "I give you every seed-bearing plant or herb on the face of the whole earth and every tree that has fruit with seed in it. Fruit will be yours for food.

1:29,30 Herbs and fruits must be man's food, including corn, and all the products of the earth. Let God's people cast their care upon him, and not be troubled about what they shall eat, and what they shall drink. He that feeds his birds will not starve his babes.

Ezekiel 47:12
"And on the banks, on both sides of the river, there will grow all kinds of trees for food... Their fruit will be for food, and their leaves for healing."

ASK to Know More

ARE WE BEARING FRUITS OF RIGHTEOUSNESS

FAITH MEKNESS

LONGSUFFERING GENTLENESS

GOODNESS PEACE JOY LOVE

Galatians 5:22,23
“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.”
– Charles W. De Lacy Evans

“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.”
– Viktoras Kulvinskas
To eat the fruit and seeds you do not have to kill anything, so it is Karma free. If you eat a Potato or Carrot you must kill the plant to do so there is some karma attached. The fruit tree wants you to eat it and then shit out the seeds elsewhere to propagate the plant.
Fruits are the Perfect Foods

Eat at least five servings of fruits and vegetables a day, use vegetables as the center of the meal.

A Diet of Fruit and Seeds has No BAD Karma attached, no plant or animal need die to eat

In terms of Medical, Physical, Spiritual, Environmental, Karmic, Intellectual, and Social Considerations NATURE’s FRUIT is the Perfect Food for Humanity. Only minions of Big Sugar and or Bad Karma Animal Meat Eaters Will Argue with this.
High glycemic foods do damage when the blood sugar rises, low glycemic foods like fruit do not do this no matter how much you eat, so eat as many apples as you wish just one can keep a doctor away.

The real question is can a person with a fatty liver eat fruit?? Yes, all they want.

The observation you are posing is that Fructose is bad for them, only SINthetic Fructose like Hi Fruc Corn Syrup which is as SINthetic a chemical as there is. Fruit is the perfect food.

Can we eat ten fruits a day? How about twenty?

We don’t have to guess. It’s actually been put to the test. In one study, seventeen people were made to eat 20 servings a day of fruit. Despite the extraordinarily high fructose content of this diet (about 200 grams per day, or the amount in 8 cans of soda), the investigators reported no adverse effects (and possible benefit actually) for body weight, blood pressure, insulin, and lipid levels after three to six months. More recently, Jenkins and colleagues put people on a 20 servings of fruit a day diet for a few weeks with no adverse effects on weight, blood pressure, or triglycerides and an astounding 38 point drop in LDL cholesterol.
Switch to a Low Glycemic Diet and Starve the Cancer

Not all carbohydrates are created equal
Carbohydrates with a low GI (55 or less) will make your blood glucose rise slowly and fall gently over a longer time. Carbohydrates with a high GI (70 or more) are digested quickly causing your blood glucose levels to spike and then crash.

Biological Damage Done by High Glycemic Blood Sugar to Cells
- Brain
- Eye damage
- Oral Health
- Heart disease
- Stomach
- Kidney damage
- Sexual Dysfunction
- Nerve damage
- Foot damage

Just one Sugar High can do damage to these cells
### The Glycemic Index of Selected Foods

<table>
<thead>
<tr>
<th>LOW GLYCEMIC FOODS</th>
<th>MEDIUM</th>
<th>HIGH GLYCEMIC FOODS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Grains</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brown rice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole wheat flour</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oatmeal</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Buckwheat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cornmeal</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Quinoa</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fruits</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Banana</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grapes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Orange</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrot</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Collard greens</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Swiss chard</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Beans</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Black beans</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kidney beans</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Nuts</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Almonds</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cashews</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Eat the foods in Green**  **Avoid the foods in Red**

### Fruit Sugars Analysis

<table>
<thead>
<tr>
<th></th>
<th>Total Carbs</th>
<th>Total Sugars</th>
<th>Total Fiber</th>
<th>Free Fructose</th>
<th>Free Fructose</th>
<th>Free Fructose</th>
<th>Total Sucrose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
<td>14</td>
<td>10</td>
<td>2</td>
<td>6</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Banana</td>
<td>23</td>
<td>12</td>
<td>3</td>
<td>5</td>
<td>5</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Grapes</td>
<td>18</td>
<td>16</td>
<td>1</td>
<td>8</td>
<td>7</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Orange</td>
<td>13</td>
<td>9</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Carrot</td>
<td>10</td>
<td>5</td>
<td>3</td>
<td>1</td>
<td>1</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Bell Pepper</td>
<td>6</td>
<td>4</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Sweet Potato</td>
<td>20</td>
<td>4</td>
<td>3</td>
<td>1</td>
<td>1</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

**The important question is the elevation of Blood Sugar that creates the damage on cells as we see in Diabetes, Even a short term sugar HIGH can do damage. So even fruits like Banana, Grapes, Water Melon, Orange juice, Sweet Potato, Grapes and Carrot must be used moderately. AVOID DATES.+ SUGAR Eat lots of Apples, Pears, Berries, Tomatoe, Citrus, Grapefruit is great food.**
### Acidic / Alkaline Food Comparison Chart

<table>
<thead>
<tr>
<th>Eat Less-</th>
<th>Neutral</th>
<th>Eat More+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soft Drinks</td>
<td>Coffee</td>
<td>Avocados</td>
</tr>
<tr>
<td>Energy Drinks</td>
<td>Pomegranate</td>
<td>Green Tea</td>
</tr>
<tr>
<td>Carbonated Drinks</td>
<td>Dark Chocolate</td>
<td>Lettuce</td>
</tr>
<tr>
<td>Sugar</td>
<td>Pistachios</td>
<td>Tomatoes</td>
</tr>
<tr>
<td>Juice</td>
<td>Peanuts</td>
<td>Almonds</td>
</tr>
<tr>
<td>Alcohol</td>
<td>Nuts</td>
<td>Most Tap Water</td>
</tr>
<tr>
<td>Processed &amp; Refined Food</td>
<td>Most Spring Water</td>
<td>Coffee</td>
</tr>
<tr>
<td></td>
<td>River Water</td>
<td></td>
</tr>
</tbody>
</table>

*Eat less processed and refined foods and more raw and uncooked greens and fruits.*

Note that a food's acid or alkaline-forming tendency in the body has nothing to do with the actual pH of the food itself. E.g., lemons are very acidic, however the end-products they produce after digestion and assimilation are very alkaline so lemons are alkaline-forming in the body. Likewise, meat will test alkaline before digestion but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid-forming.

### Examples of some excellent alkaline forming foods to try and incorporate into your diet:

- Barley Grass
- Wheat Grass
- Spirulina
- Chlorella
- Kelp
- Aloe vera
- Parsley
- Kale
- Spinach
- Beet greens
- Brussel sprouts
- Cabbage
- Artichoke
- Alfalfa
- Broccoli
- Asparagus
- Kiwifruit
- Capsicum
- Pineapple
- Lime
- Apple
- Chestnuts
- Water chestnuts
- Coconut
- Pine nuts
- Lime beans
- Hazelnuts
- Almonds
- Coriander
- Dill
- Basil
- Spearmint
- Turmeric
- Fennel seed
- Celery seed
- Cumin seed
Scientific studies on Fruitarians

Dental studies

In 1979, Professor Alan Walker, a Johns Hopkins University paleoanthropologist, reported that preliminary studies of unmarked tooth enamel in early hominoids suggested that pre-human ancestors apparently had a diet of mostly fruit. Walker said, "I don't want to make too much of this yet. But it is quite a surprise."[18]

Clinical studies

In 1971, a short-term study by B. J. Meyer was published in the South African Medical Journal[19] describing how lipid profiles and glucose tolerances improved on a particular fruitarian diet.[20] In a further trial in the study, body weights of overweight subjects showed a tendency to "level off" at the "theoretically ideal' weight".[21]

Nutritional deficiencies

Fruitarianism is even more restrictive than veganism or raw veganism.[22] Maintaining this diet over a long period can result in dangerous deficiencies, a risk that many fruitarians try to ward off through nutritional testing and vitamin injections.[22] The Health Promotion Program at Columbia University reports that a fruitarian diet can cause deficiencies in calcium, protein, iron, zinc, vitamin D, most B vitamins (especially B₁₂), and essential fatty acids.

Despite the fact that fruits are healthy and provide a source of carbohydrates, they have very little protein, and because protein can't be stored in the body like fat and carbohydrates, fruitarians need to be careful that they consume enough protein each day.[23] When the body doesn't take in enough protein, it misses out on amino acids, which are essential to making body proteins which support the growth and maintenance of body tissues.[23] Consuming high levels of fruit also poses a risk to those who are diabetic, or pre-diabetic due to the negative effect that the large amounts of sugar in fruits has on blood sugar levels.[24] These high levels of sugar means that fruitarians are at high risk for tooth decay.[26] Another concern that fruitarianism presents is that because fruit is easily digested, the body burns through meals quickly, and is hungry again soon after eating.[27] A side effect of the digestibility is that the body will defecate more frequently.[27] Additionally, the Health Promotion Program at Columbia reports that food restrictions in general may lead to hunger, cravings, food obsessions, social disruptions, and social isolation.[28] The severe dietary restrictions inherent in eating strictly low-carb or fruitarian regimes also carry the serious risk of triggering orthorexia nervosa.[27]
Vitamin B\textsubscript{12}  

Vitamin B\textsubscript{12}, a bacterial product, cannot be obtained from fruits. According to the U.S. National Institutes of Health "natural food sources of vitamin B\textsubscript{12} are limited to foods that come from animals." Like raw vegans who do not consume B\textsubscript{12}-fortified foods (certain plant milks and breakfast cereals, for example), fruitarians may need to include a B\textsubscript{12} supplement in their diet or risk vitamin B\textsubscript{12} deficiency.

Growth and development issues

In children, growth and development may be at risk. Some nutritionists state that children should not follow a fruitarian diet. Nutritional problems include severe protein-energy malnutrition, anemia and deficiencies including proteins, iron, calcium, essential fatty acids, raw fibre and a wide range of vitamins and minerals.

"Is Sugar Found In Fruit Bad? I heard bananas are bad for you because of the high amount of sugar, is this true?"

The answer is NO. However, nutrition is highly individualized. To begin, let’s take a look at the sugar content of fruit.
The sugars found in fruit are fructose, glucose, and sucrose. Fructose and glucose are monosaccharides, the basic building block of any carbohydrate. Sucrose is a disaccharide, composed of 2 monosaccharides. A sucrose molecule is composed of one molecule each of fructose and glucose.

As you can see in the table, the total sugars in any fruit (or vegetable) is a sum of the fructose, glucose, and sucrose found in the fruit. A banana has 12 grams of sugars, equal to 3 teaspoons. 5 grams are from fructose, 5 from glucose, and 2 from sucrose.

Let’s talk about fructose, a sugar of concern for some people. Although it is almost identical to glucose, fructose is metabolized primarily in the liver.

Studies published in Journal of the American Medical Association have shown that increased fruit consumption is tied to lower body weight and a lower risk of obesity-related diseases.

This is because fruit is not fructose; it comes with fiber, which slows down the absorption of sugars in the body. Fiber is one of the main reasons to eat fruit. Besides taming the effects of sugars, it helps promote satiety. Lastly, it improves the diversity of our gut microbiome.

Most people do not eat enough fruit. The recommended intake is 1.5 – 2 cups, yet less than 13% of Americans consume this amount. We’re talking about 2 fruits a day! A banana counts as one cup, as does a medium apple. Having a banana in the morning and an apple for an afternoon snack is not dangerous to your health. It’s good for you!

That said, if you have diabetes or pre-diabetes, your body is more sensitive to sugars of any type, even if ingested with fiber. In such cases, you should limit your fruit and sweet vegetables intake to focus more on leafy green vegetables. Always consult with a health professional if you are unsure.
How fruit makes you more a-peeling!

Healthy hair due to the increased vitamins and minerals, no longer oily, dull and lifeless.

Clear, glowing skin from the betacarotene, water and fiber found packed in fruits.

Skin tone is naturally more vibrant and fresh, blemishes disappear. You look great without make-up!

Look better naked due to a lean, toned body built on fresh fruit and veggies.

Sexual organs are at full function due to increased oxygen and alkalinity in the blood.

When we eat sufficient fruit we have a happier mental state and more balanced mood due to the natural fruit sugars nourishing the brain.

Sparkly healthy clear eyes from a clean colon and liver that signifies health and vibrancy.

Fresh fruity breath and body odor due to clean stomach contents and colon.

A dis-ease free body due to the protection of antioxidants & anti-cancer compounds found in fruit.

Skin all over body is MUCH smoother to touch hence making physical contact more pleasurable and sensual.
You Must declare war as well

Satisfy your Sweet-Tooth
Don’t Compromise on Flavor

Click here to learn how to switch to safe sugars, starve your Cancer + Live the Good Life

Substitute

Equal Portions for Substitution of Fine Apple Sugar and Apple Sauce, add large parts for extra flavor and taste
Sugar fed bad bacteria in the gut can take over your brain like an alien presence.
References:

1. "Living and Raw Foods: Types of Raw Food Diets: A Brief Survey".


3. http://www.downloads.imune.net/medicalbooks/Bad%20Bowel%20Bacteria%20can%20take%20control%20of%20your%20Brain.pdf


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14. Nutrition for the recreational athlete, Catherine G. Ratzin Jackson, page 95, “The fruitarian diet usually consists of consuming those parts of the plant that are cast off or dropped from the plant and that do
not involve the destruction of the plant itself.

15. *Handbook Of Pediatric Nutrition*, Patricia Samour, “A fruitarian diet consists of only fruits. Any plant food that is botanically a fruit or can be obtained without killing or harming the plant is considered a fruit.” Jones & Bartlett Publishers, 2003, page 143.


17. ^ Jump up to: t The Fruit Hunters, Adam Leith Gollne, “Some factions eat only fallen fruit. Others refuse to eat any seeds because they contain future plants.”

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23. ^ Jump up to: * What is a Fruitarian?


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insulin secretion, plasma proteins and plasma lipids was investigated. The results suggest that, at least for the period covered by the experiment and under the prevailing conditions, the diet was adequate with respect to the parameters investigated, and may even have something to commend it."

32. "Some physiological effects of a mainly fruit diet in man." Meyer BJ et al. South African Medical Journal, 1971 Feb 20; vol. 45, pp. 191-5. "An interesting aspect of the diet was the tendency for the weights to level off more or less at the 'theoretically ideal' weight for the subject."


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41. Mucusless Diet Healing System by Arnold Ehret, Mucusless Diet Healing System, ISBN 1-884772-00-5, 75th Anniversary edition, "The next winter I went to Algiers, in northern Africa. The mild climate and the wonderful fruits improved my condition and gave me more faith in Nature's methods and an understanding of them, and I gained courage to try short fasts to assist the cleansing properties of fruit and climate, with such results that one morning of a well feeling day I chanced to notice in my mirror that my face had taken on an entirely new look", page 15, "Arriving home again.... I gradually took up the ordinary diet.", page 15, "My experience, tests, and experiments as well as cures, all showed that grape sugar of fruits was the essential material of human food, giving the highest efficiency and endurance, and at the same time was the best eliminator of debris and the most efficient healing agent known for the human body", page 16, "To test our efficiency at exhaustive labor, we took a trip
through northern Italy, walking for 56 hours continuously without sleep or rest or food, only drink. This after a seven-day fast and then only one meal of two pounds of cherries.


44. *I Live On Fruit*. Essie Honiball, Macro Books, Pretoria 1981. First edition. Page 9, Chapter 1: "One does not easily cast aside established habits almost overnight...This is precisely what I did in 1958 when I, after a three day water fast, started living on fresh fruit and nuts. That was twenty years ago.", Page 17, Chapter 1: "Today I still live virtually exclusively on fruit.", Page 18, Chapter 2: "The Diet on which I have lived since 1958 is so simple that it appears almost laughable in a line of complicated diets — I live on fresh fruit and nuts.", Page 19, Chapter 2: "I can live on fruit alone, but not on vegetables."


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53. Morris Krok, *Fruit: The Food and Medicine For Man*, Connecticut: O'Mangod Press, (1961), page 17, Chapter 8: "It had taken me almost ten years of continual reading and meditation before I had the courage to live only on fruits.", Page 40, Chapter 19: "At the time of the incident I was living on all fruit.", Page 46, Chapter 21: "After living on fruit for about four months, raw vegetables tasted flat."

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57. *The Fruit Hunters: A Story of Nature, Adventure, Commerce and Obsession*, Adam Leith Gollne "Idi Amin, the tyrannical Ugandan dictator, lived his final years in Saudi Arabia as a fruitarian (his affinity for oranges earned him the nickname "Dr. Jaffa")."


59. *Autobiography: the story of my experiments with truth*, Social Sciences Series, Mohandas Gandhi, Gandhi (Mahatma), Mahadev Haribhai Desai, Dover, 1983, 468 pages, page 318 " Dr. Jivraj Mehta treated me. He pressed me hard to resume milk and cereals, but I was obdurate."


62. *Salubrious Living* (Creativity Book Publishers, 1982, and World Church of Creativity, 2003), chapter 'The Fruitarian Diet': "The fruitarian diet is composed of the products of the plant kingdom which are delicious and appealing to our taste in their natural uncooked condition. As fruits, vegetables and nuts are the foods which meet this qualification in an ideal manner they are the primary foods used by the fruitarian."

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