

When Fruit Is Not an Option

There are certain situations where the consumption of fruit must be limited, or is not a viable option at all, for a temporary period of time. How one approaches these situations will vary from case to case. This written piece is also to ascertain that it is never “all or nothing” in the sense that if you’re unable to eat fruit, well, then you may as well not bother. It’s a process and some people must work their way up to be able to tolerate fruit.

Some individuals can handle a select few fruits (usually from the sweet and non-sweet fruit categories, which are the lesser detoxifiers) while other more toxic individuals have seemingly adverse reactions to all sweet-tasting fruit, but can still partake of the non-sweet category. Notable conditions include:

* Allergy-like reactions to fruit consumption (especially acid and sub-acid categories)
* Interstitial cystitis (acid and sub-acid fruits can invoke severe pain)
* High degree of sugar metabolism problems in type 2 diabetics
* Irritable bowel syndrome
* Crohn’s disease
* Intestinal strictures (abnormal narrowing of intestines; can restrict most, if not all solid food items)
* Intense fungal reactions from fruit stirring up the lymphatic system (e.g. itchiness and brain fog)
* Debilitating energy crashes from consumption of acid, sub-acid, and sweet category fruit
* Rheumatoid arthritis (acid fruits may invoke increased pain)
* When in excessive pain due to systemic acidosis (acid fruits can increase the pain)

SUB-ACID FRUITS	SWEET FRUITS	ACID FRUITS	NIGHTSHADES*	
Apple	Banana	Cranberry*	General	Peppers
Apricot	Date	Grapefruit	Chayote	Banana
Blackberry	Fig	Kiwi	Eggplant	Cayenne
Blueberry	Jackfruit	Kumquat	Paprika	Cherry
Cherimoya	Jujube	Lemon	Pimentos	Chili
Cherry	Longan	Lime	Potatoes(white)	Datil
Grapes	Mamey Sapote	Orange	Tomato	Habanero
Loquat	Mangosteen	Pineapple	Tomatillos	Jalapeno
Lychee	Papaya	Pomegranate	Etc.	Sweet
Mango	Prunes	Strawberry		Thai
Nectarine	Persimmon	Tangelo		Wax
Peach	Raisins	Etc.		Etc.
Pear	Etc.			
Plum				
Raspberries				
Etc.				

* Generally not part of the recommended diet protocols.

Let it be made clear that **ALL** people should be able to consume and properly digest and metabolize **ANY** fresh fruits (as well as leafy green vegetables, nuts and seeds). If they can't, there's some work to do to fix the body, which should not be ignored.

Also, never rule out the possibility of a supervised water or dry fast to grant the body a chance to rest and recuperate. Beforehand, an evaluation must be made to assess if the individual is able to sustain a fast or not.

Alternatives

So, when limited or no fruit is an option, what can be done?

Fortunately, there are still multiple options to choose from depending on the circumstances of each case.

One or more of the options below may be suitable, until the individual can better tolerate consumption of all types of fruit [again]:

- Dry fasting (allowing the body complete rest; supervision highly advised)
- Water fasting (allowing the body to rest; supervision highly advised)
- Green juices with or without apples
- Raw "soups"
- Green smoothies
- Raw/Steamed/Roasted vegetables
- Vegetable broths
- Fruit juices
- Fruit smoothies
- Stewed/Roasted fruits

It is also in such cases that - to compensate for the lack of detoxifying power from limited consumption of fruit - one may utilize alternative therapeutics, in addition to the botanicals (herbs, essential oils, flower essences, etc.), such as:

- Enemas
- Colon hydrotherapy (after 1 month of taking a Stomach & Bowels formula)
- Steam saunas
- Reflexology treatments
- Neurolymphatic reflex massages
- Biomagnetic therapy
- Etc.

Additionally, bulk herbs can be used to make:

- Compresses
- Decoctions
- Fomentations
- Herbal teas
- Poultices
- Infusions
- Herbal steams
- Etc.

... to further assist in the detoxification process.

We may sometimes feel naked without the fruit as part of the health program. But there is no reason to fret. It just becomes more of a gradual transition toward being able to comfortably eat fruit again. Use whatever means outlined above to help yourself (or the client) reach to that state. Once there, the person can now kick things up to the next level.

Sub-acid and acid fruits are aggressive. There is no doubt in that. And some individuals will, unfortunately, learn this the hard way. Fruits will stir up acid residues in the attempt to push these wastes toward the nearest eliminative pathway. When these acid residues are "broken loose", so to speak, this can be felt in the form of pain in whichever area it is taking place.

Fruit will also help dig out old chemical and heavy metal deposits that have settled in tissues up to several decades in the past. Negative effects can be experienced when this occurs. Green juices comprised of dandelion greens, parsley and cilantro (coriander) can be consumed as a natural form of chelation.