



...but I love
Fruits!

Now includes these topics:

Fruit

by Georges Ohsawa

Vitamin C

by Neven Henaff

Here's Help

by Jacques de Langre

The way to attain health, freedom and happiness in our life is by unveiling our Enlightened Mind (Supreme Judgment), and applying the unifying principle (Yin-Yang) to our selection and preparation of foods.

These two seemingly different ways are in reality one, for our brain cells are the vehicles of our Judgment, and the condition of our brain cells is affected by our judgment in selecting and preparing the foods we eat.

Health, freedom and happiness are more likely to come to those who base their diet mainly on foods that are relatively near the middle of the yin-yang spectrum (see *Macrobiotics: An Invitation to Health and Happiness*); therefore grains are the most healthful principal foods for man in most climatic zones. But since most of us have been eating so far out on both sides of the spectrum, very extreme reactions will occur if we suddenly switch and try to maintain a way of eating which includes a limited variety of foods. Those of us who have taken milk, meat, sugar or drugs especially, have reduced to a great extent our ability to transmute from such a limited diet the nutrients we need in order to maintain our physical and mental health.

We often forget that most of us have developed our poor health and unhappiness over a period of several years and that it will therefore take time to recover our strength, vitality, and clear thinking. That is why it- is important to establish a way of eating that can be maintained for more than a few days or weeks. A limited diet forces the body to attempt to revamp its entire digestive apparatus suddenly, shocks our nervous system, abruptly released stored-up toxins into our bloodstream, and results in many nutritional deficiencies - thus leading us to becoming helplessly attracted to the extremes of eating which caused our poor health and low judgment originally.

For those of us who have drastically reduced our transmuting ability, cooked and raw vegetables, beans, seaweeds, nuts, fruit, and fish are not luxuries, they are necessities.

The following are suggestions for those who want to establish their health as quickly as possible, and maintain it: (1) try to eat mainly locally grown whole foods, no chemical, industrial foods; (2) remember that the amount of salt and cooking skill we use strongly influences our condition. Also, avoid elaborate and difficult rules of eating; let your desire help you to discover and adapt to your constantly changing needs; (3) study the yin-yang principle. Good balance of yin and yang is our guide or compass of change; (4) macrobiotics we must learn

that our life is an art, that no absolute rule exist, as in science.

We must be always adaptable to the constantly changing world, independent and free from imitating, as an artist; (5) We must establish true faith which is not a superficial belief or superstition. It is clear understanding of the order of the universe; that we are manifestations of Oneness. We are the center of a spiral that passes through seven stages to create everything. This spiral is a continuous transmutation governed by yin and yang. Light, air, water, grains, land vegetables, sea vegetables, beans, nuts, fish, salt and animal foods are available to us in that approximate order, which we should follow in diet selection for health. The awareness of yin-yang order is faith. Our diet is realization of this faith: (6) Macrobiotics is an attempt to experience and express gratitude towards everything, without exception, including pain, disease, hatred and intolerance. We can appreciate such things by realizing that they are our teachers, which help us to see our ignorance and exclusiveness.

This is the highest judgment which appreciates all, the objectivity of the infinite universe; (7) When we are aware of nature's impartial and absolute justice, we know there is nothing to worry about.

There is no need for any discipline, for move as we will, we always manifest the order of nature, Oneness. When we see this we begin to enjoy our lives fully, by distributing infinite joy and thankfulness to everyone we meet.

Vitamin C *by Neven Henaff*

It is important that each of us has some knowledge of the nature and the effects of that famous Vitamin C in the human body. It is the only way to form a reasonable opinion about it and to eventually be able to convince those open-minded people who do not go into a spontaneous fit of rage when they hear Georges Ohsawa declare:

"Generally speaking, avoid consuming anything that contains Vitamin C."

Vitamin C

Of all the vitamins, Vitamin C is probably the one that has evoked the most trust.

Almost all modern civilizations believe in its virtues with far more ardor and certitude than they believe in the purity of the Holy Virgin. It would appear that

the bigger the ignorance, the bigger the faith. The ability of Vitamin C to engender such a firm religious adhesion is already a strong indication of its very yin nature.

Vitamin C has inspired battles in the past and will undoubtedly be the cause of many more in the future. Its quarrelsome virtues have made it so dear to my devilish compatriots that I might easily call it the Irish Vitamin. This is not at all surprising since Nordic races, generally, have a very yang character. Merely on the basis of these psychological considerations, one would be tempted to infer that Vitamin C is of an extremely yin character. Before coming to a definite conclusion, however, let us call upon the resources of biology and chemistry.

Vitamin C's chemical name is ascorbic acid. It is fairly rich in oxygen and has acidic properties, two facts that usually go together and are ordinarily indications of the existence of an extremely yin condition.

The most revealing properties of ascorbic acid are the following: It is very unstable, particularly in heat and in an alkaline environment; it is unstable in oils and very soluble in water.

Generally, instability is yin by comparison to stability (yang); instability is the property of being very quickly affected by duration or time (yang).

Confirming this diagnosis we see that Vitamin C is very easily destroyed by heat (yang). Long before the boiling point of water is reached, cooking destroys all Vitamin C.

Alkalinity (high pH) is equally yang and equally destructive to Vitamin C.

Vitamin C is insoluble in oils and fats, both yin. The oils themselves are insoluble in water because yin repels yin. The oils are generally even more yin than water. In refusing to dissolve in the oils, Vitamin C shows evidence of being as yin as oils.

Yet, it is decidedly more yin than oils in that it is very soluble in water while oils are not. The explanation is that oils, although more yin than water, are akin enough to water for the yin of the one to repel the yin of the other. Vitamin C, however, more yin than the oils, is so very much more yin than water that the latter reacts as if it were yang compared to Vitamin C. A big excess of yin behaves like yang. We can summarize all this in the following scale of comparison:

Yin VitaminC Oils and Fats Water.
yang.

Chemistry leaves no doubt at all about the extremely yin nature of Vitamin C. Biology, in turn, provides us with three fundamental facts. First, all animals and plants in fairly good health regularly show very small amounts of Vitamin C in their make-up, yet the positive function of it is not known to this day. It is only probable that this very yin chemical augments those functions that are closely related to growth hormones. The latter are very yin and in chemical composition quite close to ascorbic acid and tryptophane. The discovery of these influences over the phenomena of growth made a big sensation several winters ago in the United States.

Secondly, while the positive function of this very small amount of Vitamin C in human beings is still unknown, its negative function has been known a long time because of the following facts. Animals of a very small number of species, particularly the superior primates, monkeys, man and some types of rodents are apt to manifest signs of a fatal degeneration called scurvy. Scorbutic animals are

invariably found to be lacking in Vitamin C. It has also been found that these stricken animals had usually been living on a diet completely void of Vitamin C. The most well-known cases are those of the old sailors who had to live for months on end on rations of beans and lard. However, it was merely a question of feeding the scorbutics those foods containing Vitamin C for their condition to improve immediately (The foods that are particularly rich in Vitamin C are raw vegetables and fruits; above all, those grown in tropical countries, such as lemons and red peppers.)

Thirdly, it has been proven that all plants and animals of the species that do not develop scurvy have the capacity to create within themselves the minute quantities of Vitamin C that are necessary for them; in particular it has been proven that mammals produce these amounts in their adrenal glands. There is no doubt that the ancestors of monkeys, men and scorbutic rodents shared with all their mammalian cousins the capacity to continually produce by way of their own adrenal glands whatever Vitamin C they needed.

Why is it that some but not all animals of these species have lost this capacity in recent times? Although the answer to this is as yet unknown to

science, we are going to offer an explanation, with the help of Yin and Yang, that at the very least has the merit of being simple.

At a certain stage in their evolution, the ancestors of scorbutic animals were gregarious, tropical, and lived in trees; their diet was very rich in Vitamin C; their organisms did not have to continue to manufacture Vitamin C, but on the contrary had to continuously destroy the deluge of it they consumed. Finally they were inundated by it. A function that is not exercised wastes away. Many of the animals of these species, if not all of them, have lost the capacity to produce what small amounts of Vitamin Care necessary for their existence.

Nonetheless, all of them have conserved the organs with which to continue that production, their adrenal glands. It therefore is not a question of recreating an organ that has disappeared but merely of reactivating an existing one. And even when it does involve recreating an organ that has disappeared we know that nature does not hesitate for a moment. Whales and porpoises and before them ichthyosaurs, recreated for themselves fins adapted to aquatic life, fins having no link with those of fish including the distant ancestors of all mammals.

Modern doctors lend credence to a gross Misconception by affirming that Scurvy is caused by the Absence of Vitamin C in Foods.

We say: The two conditions accompany each other, nothing more. (As a matter of fact, the same situation exists insofar as lung cancer and tobacco are concerned.)

It is clear that, at the most, only a small number of individuals of the species *Homo sapiens*, for example, have been tested to see whether they would avoid developing scurvy if they used a diet devoid of Vitamin C. In fact, we can almost say that only declared scorbutics have ever been tested. As a result, it is not certain that in human beings the absence of Vitamin C in diet necessarily causes a scurvy condition.

It is even probable that this should not be the case, for the history of scurvy is witness to the fact that all members of a group subjected to the same diet will not develop the disease.

Let us recall here that Vitamin C cannot be stocked in the body nor even be conserved for an appreciable length of time. The temperature, alkaline environment and oxidation of the warm blood of mammals destroys it without delay.

Interestingly, among sailors on the same diet, some had no symptoms at all long after others had passed away - the victims of scurvy. However, they had all undergone the same lack of Vitamin C at the same time. This systematically ignored fact seems to prove that the ability to manufacture the necessary amounts of Vitamin C for life exists, with variable efficiency, in certain individuals.

It even appears that professional sailors succumbed more readily to scurvy than did the new recruits; a fact that is inexplicable on the basis of official theory, but very revealing to us.

Not only do modern doctors spontaneously push aside facts which are in opposition to their theories, but they ignore the most elementary cautions. On the basis of the fact that very small amounts of Vitamin C are necessary in the organism, they drown patients with enormous doses of extremely yin foods without paying attention to the consequences. In short, from the fact that small amounts of arsenic

and mercury are equally vital to the constitution, they might very well recommend flooding patients with both of these elements, a dangerous situation indeed. The same thing applies to externally produced insulin and cortisone. The conclusion has been reached recently that the usage of both of them has side effects more injurious than their symptomatic advantages.

In short, the situation of both scorbutics and diabetics would appear to be analogous in that they both have the undegenerated organs necessary for the production of ascorbic acid in the one instance and insulin in the other. Yet in both cases these organs do not produce what is needed, or at least not enough. The real cure would be to restore this capacity to them.

Clearly, the administration of Vitamin C or of insulin from sources outside the organism is but a symptomatic alleviation of a condition; the more that one injects into a patient an externally produced substance, the less his organs are inclined to manufacture this substance on their own. Further, this symptomatic treatment is very dangerous in that the injection temporarily entails far higher dosages than what is produced naturally. This danger, at

least where it involves insulin, has at least been recognized. Why is not so with Vitamin C?

The modern medical mind refuses to ask itself this question to which we have already given our answer. The extremely yin nature of Vitamin C may be the cause of an excessively yin condition which will manifest itself, depending on the individual, in a number of ways: as obesity, cancer, cardiac ailments, mental illnesses or even on occasion as diabetes. It is well-known that when men are deprived of insulin injected externally, they all do not develop diabetes.

Yet doctors affirm that all men deprived of a dietary source of Vitamin C develop scurvy. We have seen that this is a groundless assumption. It has never been verified, even on an appreciable minority of human beings. The known facts, including those that relate to the sailors of old, do not in the least confirm this theory. How is it that doctors do not suspect that even if the old sailors had developed scurvy together on the same diet, their incapacity to manufacture enough Vitamin C could be due to a peculiarity in their very specialized way of life?

Little stands in opposition to our theory: diabetics and scorbutics are already sick people before developing their symptoms. Deprived of Vitamin C externally administered, these ill people develop symptoms of scurvy just as others develop symptoms of diabetes when they are deprived of injected insulin. In both cases, the real cure is the restoration of their internal productive capacity. In the second case as in the first, the symptomatic procedure of forcing into them what they do not produce internally constitutes not only an obstacle to their full cure but is also a source of danger as potentially disastrous as the original deficiency.

Other Facts

Neglected By Modern Doctors

Under ordinary circumstances, the Eskimos (very young people because of both their life in the North and carnivorous diet) eat none of the foods that are rich in Vitamin C, such as lemons, oranges, grapefruit, esparto grass, cauliflower, turnips, cucumbers, pimentos, tomatoes, or pineapple. In spite of this, not a single case of scurvy has ever been detected among them.

To this doctors reply with some impatience:
"Eskimos eat fish - and raw meat which contains enough Vitamin C for them to avoid scurvy."

If this reply were correct, Eskimos could be expected to have only very small amounts of the vitamin in their systems. It is nothing of the sort, however. Among all men taken into consideration, Eskimos are the ones whose blood contains by far the largest amounts of Vitamin C.

The announcement of this well-proven fact almost always has the effect of producing a medical uproar that passes the limits of decorum and usually provokes the abrupt departure of the interested parties.

The indication is that certain men do produce their own Vitamin C and that the cause of scurvy is not the want of Vitamin C in foods, anymore than it is the absence of insulin injections the reason for diabetes.

All this is not surprising to us. It is to be expected that the Eskimos, so very yang, should be the most apt to produce extremely yin Vitamin C. What is more, since their diet (devoid of raw vegetables and fruit) does not subject them to a consistent deluge of Vitamin C, their organs remember to produce it internally.

In essence, addiction to fruits in all seasons and particularly to very yin tropical varieties "in order to avoid scurvy" is one of the principle causes if not the principal cause of the disposition to develop scurvy.

In the light of all this, what can we say about the Macrobiotic diet?

In spite of the fact that many Macrobiotic individuals have lived for months on a diet consisting of cooked foods containing no Vitamin C, not a single case of

scurvy has been reported among them. This is not surprising since the effect of their diet is to make them more yang and therefore more likely to produce Vitamin C (yin). Since their diet is free of the vitamin, the likelihood that their adrenal glands will produce what they require internally is greater.

In this sense, the parallel between sufferers of scurvy and diabetics is therefore as close as possible.

There are always two sides to a coin. "The bigger the front, the bigger the back." (Georges Ohsawa)

Vitamin C (its acid taste is quite like that of vinegar) should not be considered as all Evil in the dualistic sense, for it has also been responsible for much Good. (The Unification Principle teaches that Evil is

none other than Goodness itself seen from the other side).

Vitamin C, so very yin and consumed in such large quantities by our tree-living, frugivorous, and tropical ancestors, is possibly if not probably responsible for one or another of the following yin phenomena:

a. Straightening of the backbone from a horizontal (yang) position to a vertical (yin) position, and observed in more or less all species likely to develop scurvy. (The straightening is first noticeable in the sitting position.)

b. Simultaneous development of prehensile tendencies in the hands of primates, squirrels, guinea-pigs, rats, mice, etc.

c. Development of tendencies toward the social (yin) life, very marked in monkeys, men and rodents such as rats, beavers, etc.

d. Remarkable development of intellectual (yin) tendencies among the categories of animals already mentioned.

Nevertheless, it was only when the anthropoids left their tropical places of origin and abandoned the fruit diet that they became what we call human beings. The combination of a colder climate, a higher altitude, and a more carnivorous diet produced the Yang necessary to make the species *Homo sapiens* stand out from the ape-like multitudes and enabled those that were originally quadrupeds to develop into two-legged animals. At the same time, the capacity to produce Vitamin C internally became as vital to man as its intake had formerly been for his early ancestors. In keeping with the yangization, this is understandable.

In essence, it is the predominance of the cereal diet that has accompanied the emergence of what we know as *Homo sapiens*.

Considering the dietetic habits of this modern day, it is becoming quite doubtful that *Homo sapiens* will someday give birth to a superman, despite that many prophets from Jesus to Nietzsche have announced and more or less described the arrival of the Son of Man.

While awaiting this, let us be aware that the real cure of all the symptoms of an excessively yin condition imposed on us by modern life, whether it is a matter of scurvy, diabetes, obesity, cancer, cardiac ailments, breakdowns, or mental cases, is found in Macrobiotics, which consists particularly in the avoidance of extreme Yin (Vitamin C, for example) in our daily diets.

About the author

Neven Henaff was Georges Ohsawa's first European disciple. He was a student when he met Mr. Ohsawa, about forty years ago, during Ohsawa's first trip to France. He studied with him at that time, receiving his introduction to the Unique Principle.

After World War II the two men met again in Ireland, where Ohsawa found Henaff living in exile. It was then when Henaff, who had become a chemical scientist, decided to assist the Oriental philosopher - scientist in interpreting his dialectical method to the field of science. Returning with Ohsawa to Japan, Henaff continued his studies, concentrating on atomic transmutation.

"Vitamin C" is Mr. Henaff's first contribution relating Yin- Yang thinking to scientific investigation and theory.

Although he was reported to be working with a firm which manufactures explosives, his present

whereabouts is unknown. It is hoped that he is well, and will in the future continue to explore the scientific world through the "magic spectacles" of the Unique Principle.

Fruit by Georges Ohasawa

Both physicians and laypersons have questioned me from time to time asking:

"Why are fruits bad?"

I never implied that they were. I certainly agree that they are delicious and do not reject them.

2. "Why can't we eat fruits?"

I have never said that we can't. I have merely stated, "Don't eat certain fruits at certain times." Since the primary aim of Far Eastern philosophy is to transmute the poor invalid into a free man, who, among other things, can eat and drink whatever he likes according to his own desire, it would be contradictory for me to prohibit the use of any food.

3. Then my interrogators state: "In the beginning, everything was created for man: he has the right to enjoy it all."

I must answer that this kind of logic cited above is entirely egocentric, exclusive, and just a little paranoid. Even a millionaire's heir does not have the right to misuse his inheritance or poison himself with it. But just for the sake of discussion, suppose that all is created and for the specific use of humans. Can all things be accepted - pleasant and unpleasant - with the same eagerness, without distinction? Can humanity gratefully embrace the bad - viruses, microbes, murderers, thieves - as well as the good? But first of all just what is the evidence that leads us to believe that all is for us?

4. "St. Paul said that all which God created for mankind is good and that no food is taboo."

This is quite true. Yet, which fruit was created solely with man in mind? Are fruits really created for man? Who can prove it? Are there not other animals that have the right to eat some of them too? are not all the fruits that we eat today produced by men with money in mind)?

How many apples would be distributed annually per person if we observed the law of parity? Please note that only four percent of the grapes produced annually in France, and even less in California, are used as fruit, the remainder going into wine production. Then all we have to do is consume the total during one season and there will be twenty-five times as many premature births and mongoloid babies, not to mention twenty-five times as many polio victims. Still, don't believe me - try it for yourself.

I am truly amazed at the low, selfish, exclusive, infantile judgment of fruitarians and their blind imitators. Why does such veiled comprehension exist ... where does it come from?

The discovery that fruit is of therapeutic value in the organism of a meat-eating individual is certainly admirable. The genius of Dr. Carton is something for which we must always be grateful. But at the same time we must develop and perfect his theory instead of remaining blind imitators. We have the obligation to prove the validity of his discovery. I cannot understand blind imitations; the following and aping of someone else's judgment. Phonographic doctors and phonographic patients! Why are there so many

of them? Because medical colleges are of poor quality. One can still take entrance exams at the age of thirty after having failed them for ten or twelve years in a row. Medical students, it has been jokingly said, are those students who have been eliminated from other fields by natural selection.

I rather believe the fault lies in the curriculum and the philosophy of modern medicine.

Still where does the unequalled, unimaginable judgment come from that question: "Why are fruits good?"

"Because our sensory judgment tells us so ... they taste good."

Then the only justification for their use in an empirical one. There seems to be no other, certainly none of a scientific nature.

"Yet there are so many animals that live on fruit and enjoy good health."

- Would you really be satisfied to eat as monkeys do and remain at their level of development?

"But fruits were created for man ... you can eat them raw ...

Then why did man invent fire? Would you wipe out the very things that spell the difference between human civilization and the jungle life of animals and aborigines?

"But Vitamin C is so important for people)"

Just what is ascorbic acid? Don't you realize there are illnesses that are specifically common to those who eat quantities of fruit and salad? That heart trouble, asthma, cataract and allergies are only a few of them?

How primitive ... judgment on the sensory (second) level, taste gratification mixed with superstition! This kind of judgment in supposedly civilized people appals me!

Fruits can be recommended for the person with a very yang constitution in order to neutralize the injurious residue of a meat diet that has been continued for many long years. In such an instance they are quite helpful.

Fruits should not be used, however, by sick people whose very yin constitution is the result of:

1. a very yin diet - raw vegetarianism in excess, fruitarianism, the intake of much sugar.
2. prolonged medication with substances that are rich in metal by-products, ascorbic acid (Vitamin C), Vitamins B" B2. B6, B12, nicotinsauremid, etc.

The proof of the dilatory (yin) effects of fruit are everywhere around us, for example:

Give fruit to a child who is not a habitual bedwetter and he will perform on schedule that very night.

The pregnant woman who takes fruit (particularly figs) for a few days will give birth prematurely to an infant that will not live long ... *

The woman who uses fruit daily will be sterile ... *

Ninety percent of the individuals who suffer from excessive loss of hair are people who love fruit. Those who do not regularly eat fruit can try a pear or a peach to prove to themselves that ten times more hair than usual will be in their combs, the very next morning ... Those who eat fruit all the time have no sexual desire. Those who have a more or less yin constitution, either by birth or as the result of a fruit diet, forget about sex forever. They become more and more religious and consider sexuality hateful and loathsome ...

A fruitarian community or country is gradually depopulated. This is obvious if we study a population (demographic) map.

The number of polio victims and mongoloids is proportional to the number of fruit trees in the area, to their productivity, to the total consumption of

fruits or the amount of them imported. It is more than a coincidence that the polio and fruit seasons are concurrent with one another..

In the United States where polio has been of epidemic proportions, the polio virus (?) has been exorcized with oral vaccines ... but actually the malady has been distributed in the streets by unknowing fruit vendors.

Fruitarian monkeys and gorillas are, in reality, mongoloid homosapiens ...

Cancer victims are almost always those people who love sweets and eat fruit in quantity ... Finally fruits are not very rich in calories. From the economic or agricultural point of view, their production is a waste. I f all the vineyards of California and France were to be converted to grain production, the millions of tons harvested each year would make importation completely unnecessary.

I suggest that you verify my theory by xperimenting on yourself or by giving someone one or two pieces (one-quarter to one-half pound) of fruit everyday for

a length of time. You will see an undeniable tendency toward cardiac hypertension in a short time.

It would be interesting also to study in greater detail the available information on fruit cultivation, the increased area given over to orchards, and the annual increase in fruit production and above all, the original promoters of fruitarianism. We might then ascertain whether or not there is some fundamental benefit to be derived from the whole practice; not merely a temporary, palliative result.

Note

***Editor's note:**

It should be noted that persons who have been meat eaters over a period of many years may not immediately experience these results. However, after four or five years of following a diet without meat (especially a fruitarian diet), the body will no longer retain the large quantities of sodium (present in meat) and will no longer be predominantly constituted of animal protein. At this time, the effects of fruit in the diet will be quite noticeable. It is important however, for persons following a Macrobiotic diet (particularly pregnant women and mothers who are nursing) to follow Mr. Ohsawa's recommendations from the beginning in order to retain good health.

Fruits, Their Influence on Human Development

If the goal of a macrobiotic diet is to attain perfect health and maintain a balance without having to juggle extremes, when fruits are consumed (great yin by definition, brown rice alone cannot re-establish it, since it is in correct balance itself.

Three alternate ways remain open: Meat, eggs or salt:

Meat brings too many toxins within the organism so that while it attempts to bring the body hack into balance, there is too great a risk of disrupting the equilibrium by inner pollution.

Cooked eggs, appears to be a better solution for rebalancing, they contain fairly large amounts of sodium (see table below) which, in this case, must be considered as a medical treatment and not an everyday food since they also contain a form of toxin that is difficult to eliminate, the purines.

Salt is an extremely yang element but presents dangers: 1. The yangizing effect is too quick and sometimes shocks the organism. 2. The thirst that salt creates often leads one back to consuming yin. So this latter solution is only valid when clean, unrefined salt is available, because in that form, the element, causes the least thirst and, used with care serves best to balance the fruit.

Interestingly enough, all fruit fare better when salt is sprinkled on and allowed to melt into the pulp, or better yet, eating fruits cooked with a small amount of salt.

Because of the complex carbohydrates nature of fruits, the addition of a little salt, besides enhancing their sweetness and flavor, renders them more digestible.

In the course of healing one's own illness, to take fruit in any form causes great harm since the fruit's yin action penetrates to the very core of the cells that are in transition and therefore highly vulnerable. The additional hardship created for the system is twofold: One must cancel the setback due to the fruit itself but the regression of the cell condition as well.

Fruits and Children

An infant, after being weaned, needs small amounts of a good quality yin for proper growth. 'Sips of the juice from cooked apples, or pieces from a baked apple, supply that requirement very adequately. Parents who apply the principles of macrobiotic nutrition to their children experience very little difficulties until their children begin public school. There sugar is often offered to the child for the first time either by the teacher or by schoolmates.

Reasoning that fruit is less yin than sugar, one is tempted to place fruit in the lunch of a child to offset the attraction for candy and other forms of undesirable sweets. For a growing child, the cell structure being in formation, just as in convalescence, great yin, even in the form of fruits does penetrate to the cell core and invites illness. To demonstrate the extreme yin character of fruits, observe how just a little raw fruit in the diet creates immediate urine incontinence.

The food chosen for a child must take into account the in-fractions to the diet he or she creates in or outside the home, (and quite often without guile), as much as factors of heredity, seasonal climate and the child's current terrain of health. The latter point needs to be considered seriously: There are times when a child is less able to resist the onslaught of yin foods: fatigue, home or school pressures or a just-surfacing illness.

Although a child is basically yang, fruits tend to be prematurely wear away this store of precious yang. The expansion caused by the consumption of fruit can be observed quite readily in the child, not only in the general form of the face but in the distended belly as well. The harmonious biological future of a young person is threatened when this chronic distention begins to affect the cell.

Fruit to Quench Thirst?

Summertime creates a desire for refreshing foods or drinks. While fruits or fruit juices appear to possess that cooling power it is a rather fleeting illusion, The element of potassium is very high in fruits:

For 100 Grams of Edible Matter:
(Shown in Centigrams) K Na
(potassium) (sodium)



Apricots	440.	0.6
Bananas	420.	3.
Cherries	260.	2.
Strawberries	145.	2.
.....		
...and for comparison:		
Eggs	130.	122.
Soy Sauce	497.	8367.
Miso	545.	2600.
.....		
Buckwheat	235.	.61
Brown Rice	230.	46.
White Rice	280.	20.
Whole Wheat	310.	17.
Baker's Dry Yeast	2000.	52.
Yeasted Bread	930.	60. at 6.2 pH
Natural Leaven Whole Wheat	210.	89. at 4.8 pH
Human Milk Bread	338.	92.
Potatoes	604.	31.

As we see in the table above the Potassium (K) content is in direct function of the fruit's yin factor, but K is also abundant, and in better balance, in cereal grains from which a more lasting cooling effect is achieved by transmutation (See Kervran's experiments: "The New Bread's Biological Transmutations" and "Seasalt and Your Life", by the same author.

Cereal grains have their vitamins and their minerals in the proper equilibrium whereas, in fruits and raw vegetables in excess, there is a very real danger of over mineralization, thus the better guideline, for

children as well as for adults who desire to maintain this harmonious balance, the better method is not to take fruits in the first place.

The Influence of a Fruit Diet on Character and Individual Destiny

The elimination of the excess of potassium from the body fatigues the human organism, premature aging is a manifestation that is linked to the oxydo reduction potential. Fruits affect the blood and shows a marked oxydation of the entire system.

In women, early consumption of fruits causes the uterus to malform and for the menses to become irregular already in the teens. With .very little resistance to cold and chills, the sterile women are, in the majority of cases, fruitarians but the elimination of fruits from their diet will restore function and their warmth.

Fear and suspicion, jealousy, loss of memory and hesitation, stammering and over cautiousness are dominant traits in the character of fruit eaters;

fruitarian children develop heart diseases very early in life and succumb prematurely to cardiac disorders. It has also been noted that, in spite of widespread vaccination, the map of polio epidemics coincides with the areas of higher fruit consumption.