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VIPUL M DESAI

EAT FRUITS ONLY ON EMPTY STOMACH

Please read Dr Stephen Mak's comment on cancer patients. This may be a repeat but does not hurt to be reminded one more time.

Dr Stephen Mak treats terminal ill cancer patients by "un-orthodox" way and many patients recovered. He explains: before he is using solar energy to clear the illnesses of his patients. He believes on natural healing in the body against illnesses. See the article below.

Letter to original email writer:

Dear Shereen,

Thanks for the email on fruits and juices. It is one of the strategies to heal cancer. As of late, my success rate in curing cancer is about 80%. Cancer patients shouldn't die. The cure for cancer is already found. It is whether you believe it or not. I am sorry for the hundreds of cancer patients who die under the conventional treatments.

Thanks and God bless.

Dr Stephen Mak

EATING FRUIT

We all think eating fruits means just buying 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, 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!

KIWI: 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.

CURE FOR ACIDITY:

Acidity, it is said, is worse than Cancer. It is one of the most common problems people encounter in their daily life. The home remedy for Acidity is Raw Grains of Rice.

The Process:

1. Take 8 - 10 grains of raw uncooked rice
2. Swallow it with water before having your breakfast or eating anything in the morning
3. Do this for 21 days to see effective results and continuously for 3 months to eliminate acidity from the body

The Cure:

Reduces acid levels in the body and makes you feel better by the day.

CURE FOR CHOLESTEROL:

Cholesterol problem accompanies with Hypertension and Heart Problems. This is also one of the common problems in people who have High Blood Pressure and Diabetes. The home remedy for Cholesterol problem is RAW SUPARI or Betel Nuts.

The Process:

1. Take Raw Supari (Betel Nut that is not flavored) and slice them or make pieces of the same
2. Chew it for about 20 - 40 minutes after every meal
3. Spit it out

The Cure:

When you chew the supari, the saliva takes in the juice that is generated and these acts like a Blood Thinner. Once your blood becomes free flowing, it brings down the pressure in the blood flow, thereby reducing Blood Pressure too.

CURE FOR BLOOD PRESSURE:

One of the simple home remedy cures for Blood Pressure is Methi Seeds or Fenugreek Seeds.

The Process:

1. Take a pinch of Raw Fenugreek Seeds, about 8 - 10 seeds
2. Swallow it with water before taking your breakfast, every morning

The Cure:

The seeds of Fenugreek are considered good to reduce the blood pressure.

CURE FOR DIABETES:

There are 2 home remedies for Diabetes. One is Black Tea and the other is Lady Fingers or Okra.

BLACK TEA:

Due to high medication, the organ that is worst affected is the Kidney. It has been observed that Black Tea (tea without milk, sugar or lemon) is good for the Kidney. Hence, a cup of black tea every morning is highly advisable.

The Process:

1. Boil water along with the tea leaves (any tea leaves will do).
2. Drink the concoction without adding milk, sugar or lemon.

The Cure:

Black Tea will help in enhancing the function of the kidney, thereby not affecting it more.

LADY FINGER or OKRA:

Lady Finger/Okra is considered to be a good home medicine for diabetes.

The Process:

1. Slit the ladies finger into 2 halves vertically and soak it in water overnight.
2. The next morning, remove the ladies fingers and drink the water, before eating your breakfast.

The Cure:

After the ladies fingers are soaked overnight in the water, you can observe that the water becomes sticky in the morning. This sticky water is considered to be good for people who suffer from Diabetes.