

Positive effects of eating fruit



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If you think about it, its logical for the human body to consume food that contains as much water as the body itself. The nutrition that meets that requirement is fruit. There is no other food than fruit on this planet that contains on average 80% water.

Vegetables also contain a lot of water and are therefore second best.

Fruit is 100% bad-cholesterol free

No doubt about this argument. Too much bad-cholesterol is not good for our bodies and fruit doesn't contain bad-cholesterol. Animal products like meat and dairy contain a lot of bad-cholesterol.

Fruit stimulates the memory

If you didn't know yet: fruit is the ultimate brain fuel. Fruit has a positive effect on our brains. The way this works still has to be found out and many scientists are looking into it as we speak. What we do know is that if you consume fruit effectively, your brains can recall information faster and more easily. This is very useful information for people who are preparing for an exam. Students that want to go to this page immediately go to: improve your exam results with fruit.

The idea that fruit is an expensive nutrition

Did you always think that fruit was an expensive product? Take a good look at how much money you spend on other food. It could be worth something to replace some of those expenses with fruit. We think that fruit is the healthiest food on earth and therefore it is well worth spending our money on.

The miraculous healing effects of fruit

Spectacular stories about people that cured from incurable diseases by a strict diet of raw fruits and/or vegetables are well known but do we want to believe them? We still don't know that much about fruit and its contents.

Fibers

We do know now that a diet with plenty of fibers helps against corpulence, high blood pressure, and other factors that increase the chance for a heart disease. The consumed amount of fibers maybe even a more important factor than the amount of fat that is consumed by people!

The food that contains these healthy (natural) fibers is.... right: fruit! (vegetables as well). The American Heart Association advises to consume 25 to 30 grams of fibers out of fresh fruits and/or vegetables. In practice this means: have five to nine portions of fresh fruits or vegetables a day. Check out the dietary Recommendations of the American Heart Association here.

Fruit makes you feel better

Several stories have told us about people that were frequently depressed and how they got out of their depression slowly but surely after consuming substantial amounts of fresh fruit on a regular basis. Eating much fruit can have a mysterious healing effect on human beings. Even better is to drink a lot of freshly squeezed fruit drinks on a regular basis. It will take approximately 30 days until you start to notice the effects. Don't forget to drink these smoothies 20 minutes before the consumption of other meals. This way the fruit will not ferment in the stomach and the nutritious elements can be absorbed by the blood effectively.

Ethical reasons to eat fruit

Fruit doesn't have to be killed and slaughtered before you can eat it. The fruits are just hanging there waiting to be picked by you!

This ethical argument (often used by vegetarians and vegans to not eat meat) claims that fruit is a non-animal food. Many people see animals, especially mammals, as living creatures just like humans. There are religions that say that animals have souls like us. The native Americans first asked the animal's spirit if they could kill it before they did so. Fruit has never been said to have a soul and thus can be eaten without causing any harm. Ethical or religious arguments aside, we think it's a shame that we as human beings don't eat much fruit when there is such an abundant assortment of fruits and vegetables available.

Fruit is the most natural food

When you see a piece of fruit hanging from a tree that tree is telling you something: " Eat my fruits and help me spread my seeds." That's how nature works. Humans eat vegetables and fruits and consequently help the plants to spread. Humans use animals to work the land to grow the plants and trees that produce these fruits and vegetables. In more and more people's opinion this is the way it was all meant to be.

A human diet

A healthy diet should consist for a great deal of freshly squeezed fruit juices, raw fruits and vegetables. Some tips:

A good start is to eat and drink more fresh fruits;

it's as simple as that. Before you know it you will feel much better;

Don't forget to eat fruit on an empty stomach, not after other meals and;

inform yourself about the substances that our 'modern' food contains.

The Energy In Fruit?

So what should humans eat: food that contains 80% water.

If you think about it, it is very logical to have food that contains much water.

Al right, you say, then I just drink 8 to 12 glasses of water each day, so I can have as much food that doesn't contain much water as I want. Bad luck, this won't work. You cannot cleanse your body by flooding it with water. Instead of drowning your body, you only have to eat food that is rich in water: fruit, fruit juices and vegetables are the nutrition that fit this definition.

Why is it better to consume food that has lots of water in it?

All the fixed substances that you consume have to be digested. A steak for instance can take 8-10 hours to digest, while a fruit salad only takes about 30 minutes! If you squeeze the fruit salad and drink the juice, your body can integrate the nutritious elements even faster. In this way your body can use its energy for other purposes than digesting. For example thinking or detoxifying.

The burning process & sugar in fruit

Everything you eat or drink has to be digested to extract the energy from it.

Your body can extract energy from food in two ways:

- Burning with oxygen, for sugar and fat (fruit);
- Burning without oxygen, for proteins (meat/dairy).

– **Burning with oxygen, for sugar and fat (fruit)**

The energy fruit contains is in the form of sugars (glucose). Your body can easily turn this glucose into energy by using oxygen. When the body burns the sugars with the help of oxygen there are waste products produced.

The waste products of this chemical reaction are water and carbon-dioxide. Your body can use the water and disposes of the carbon-dioxide through the lungs by breathing.

It is a very quick, clean and easy way to extract energy.

Your body does an excellent job: it extracts 50% of the energy. A combustion engine about 10 to 20%, the rest is lost through heat.

Fruit juice takes only about 15 minutes and raw fruit about 30 minutes to digest!

– **Burning without oxygen, for proteins (meat/dairy)**

Proteins are burnt in a different way. The energy that for instance meat, milk and dairy contain consists of proteins and animal fat. The largest part consists of proteins and the conversion of proteins into energy is more difficult and costs more energy than the conversion of sugar and fat into energy.

When the body burns proteins other waste products are produced than with the burning of sugars. The waste product of the burning-process without

oxygen is ammonia which is connected with carbon-dioxide and forms the less toxic ureum which is excreted by the kidneys. It's a more cumbersome way to extract energy.

A steak can take up to 8 or 10 hours to digest, especially when eaten in combination with potatoes. In comparison to fruit (30 minutes) a lot of energy is lost to the digestion of proteins and this means that you can't use that energy for other things. Thinking or the disposing of toxins for example.

Fruit and Memory?

Fruit and the memory

Fruit has a very positive effect on the brains just like carrots. So if you want to stimulate your brain functions you have to eat much fresh fruit and carrots (raw).

One of the substances that fruit contains are natural sugars. They stimulate the brain so we can think faster and recall information more quickly. There are many other substances that fruit contains which scientists think they stimulate the brain. How this works and which substance is responsible for which effect is still unknown as of yet and research is done at this very moment.

Students: improve your exam results!

We would like to tell you more about how students can improve their results by changing their eating habits before they have an exam. Fruit is the ultimate brain fuel!

You can actually improve your test results simply by changing your eating habits between waking up and doing the exam. The big trick is to consume fruit effectively. Have only fruit but as much as you want before you do your test and avoid the brain blocking foods white flour, refined white sugar, meat and dairy.