



fruitarianism,

fructivory : to feed only on fruits, it's **paradise**. Cf Genesis.



We are made to live from 3 to 5 kg of **fruits** each day and to have a walk for 2 hours searching for them and spreading their seeds.

At the **Fruitarian/Fructivore Club** our practices are **coherent**. To save the **animals**, the **forests**, the **aquatic life**, the **living nature**, the **fertility**, our **health**, our **prosperity**, peace, we let **every animal free and unharmed**, except cases of euthanasia or self-defense. We use only **fruitarian products**: **traditional** or **tested only on volunteers**, based on **fruits** (**avocado oil soap**, **perennial cotton jumper and quilt**, **canvas shoes**, etc.), on **mineral** or on **recycled vegetables** or dead from a natural death (**hemp**, **linen**). Like our ancestors were doing 21000 years ago, before the creation of agriculture and its drugs, then like the first Celts and Germans were still doing by feeding on bilberries, on berries, and like gathering tribes still do in Amazonia, we only eat fruits: **sea buckthorn berry**, **blackberry**, **blackcurrant**, **currant**, **raspberry**, **strawberry**, **blueberry**, **passion fruit**, **hawthorn berry**, **apple**, **pear**, **cherry**, **persimmon**, **grapes**, **kiwi**, **peache**, **nectarine**, **abricot**, **plum**, **melon**, **watermelon**, **pumpkin**, **baby tomatoe**, **fig**, **medlar**, **goumi**, **goji**, **bell pepper**, **chili pepper**, **olive**, **rosehips**...

Alan Walker, when studying the grooves of fossilized teeth, found a diverse assortment of different foods. He claimed that our first human ancestors did not live predominantly on flesh, nor seeds, buds, leaves or grass, neither were they omnivorous. It seems that they subsisted principally on a diet of fruit. Exceptions have not been found. Each tooth was examined and those coming from hominids of the period twelve million years ago, which are in direct line to *Homo erectus*, proved to be fruit eaters. Thomas Huxley: *"The length of mans digestive tube is 5 to 8 meters and the distance between the mouth and the coccyx is 50 to 80 centimetres, which gives us a result of 10 as in other frugivorous animals and not 3 as in the carnivorous or 20 as in the herbivorous animals."*

Like orang-outangs, who eat 100% fruits, we have an **arboreal fructivore** body: blood transfusable with the blood of bonobo and common chimpanzees, same teeth formula, fragile feet with fingers and fragile standing position on the ground, slow legs, strong and long arms to climb in the trees and to lean over and under bushes, sight of fruit ripeness and flower colors, flat face that cannot search into entrails, soft nails, long fingers with prehensile thumbs to hold fruits, berry prehensile refined lips, juice sucking and pouchy cheeks, a smooth, thick and muscular tongue, to move and suck the pits and mill the pulp, big salivary glands and a jaw that can also move laterally for mastication, canines not taller than the other teeth, flat side teeth to crush the pulp and not to cut up gristle or muscle. Omnivores like the bear or the boar, them, have some cutting molars and can make vitamin C. Their stomach with food in them

have an extreme acidity of pH<1, whereas ours is 4 to 5. Chasing, clawing, biting, tearing apart and swallowing a fish, a bird, a rabbit or a bovine (and their parasites and microbes) is to us impossible and dangerous as they are much faster and more agile than us, immoral because animals have rights of film Earthlings, and toxic: acidification, osteoporosis, blood clot, cancers, diabetes, concentrated pollutants, etc.

Plants and their seeds have defensive poison. If they have **pulpy ripe fruits**, the weaned fructivores eat only that, and expose themselves to the sun. It's the simplest solid food, the easiest digested, the freshest, the most nutritious, the healthiest, the most protective, the most liberating, the most ethical, the most compassionate, the most natural, the most ecological, the most economical and the most spiritualizing. The food of Leonardo Da Vinci, Henry David Thoreau, Gandhi during parts of his life, and of Steve Jobs during Apple's beginnings.

Like some primitive human people and wild mammals, we ignore menstruations. Fructivores give birth also comfortably and vertically. The website fruitgod.com/fruitarianbabie.html show that the fructivore children, who are breastfed 3 or 4 years, are lighter to carry and are 365 days per year in full possession of their faculties, and pleasant. In addition to woman's milk, they start to eat fruit at the ages of 3 to 9 months. If one stays outside nature where one eats fruits of the trees without washing them, it is preferable to take this food supplement, the Dr Pandalis Naturprodukte organic granules of sea buckthorn B12 (+C) (Sanddorn B12 Granulate Bio). With this supplement, dietetics show that all RDAs can be brought by fruitarianism.

Raw fruit is also perfectly integrated. Example for a 68 kg man of an intake of one April day according to AFSSA standards that can be debated because they are too high in proteins and fats : 1,5 kg strawberries, 16 oranges without skin 1,5 kg, 5 avocados 1 kg et 400 g passion fruits bring 2828 kcal, 1033 mg Ca, 0,27 mg iodine, 21 mg iron, 780 mg Mg, 12,65 mg zinc, 55 g proteins, 164 g of fat, 21 g omegas 6, 2,5 g omegas 3, 6,16 mg A provitamin, 2 mg B9. Our blood sample analysis are in medical norms and with low level of fat.

A fructivore stays young. Al Couch, 90 years old fruitarian: *"My research indicated that before humankind began deforesting to create the Sahara and other deserts, there were no violent thunderstorms.. nor drought.. only the gentlest mist."*

Let's fulfil our fructivore ecological role, rediscover our symbiotic relationship with the fertile fruit plant, create nourishing true forests by burying our fruit seeds with the initiations of the

Fruitarian/Fructivore Club
clubfru@gmail.com
www.fruitarisme.lautre.net

Standing Bear: *"Man's heart away from nature becomes hard."*

Dan George: *"If you talk to the animals, they will talk with you. If you do not talk to them, you will not know them. What you do not know, you will fear. What one fears, one destroys."*

In the forests where humans have never been, the birds still land on our shoulders.