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Setting The T.C. Fry Record Straight Item #1

GENUINE FRUITARIANISM:

The Ecological, Sociable, Satisfying Diet

Subtitled to Set "The T.C. Fry All-Fruit Mentality" Straight... "Eat Your Fruit — but Eat Your Veggies, Nuts & Seeds, Too!"

(Transcript Booklet to The Audio Tape)

Written by & In Gratitude to... Dr. Vivian Virginia Vetrano & Edited by... Victoria BidWell



GetWell★StayWell, America! is pleased to bring you this lecture by the renowned Dr. Vivian Virginia Vetrano on this most urgent and vital subject. For years, many disparaging remarks have been disseminated about the protein adequacy of a pure vegetarian diet. So that you will not be led astray, listen carefully. You will find all these false claims refuted. And now, sit back and relax; and enjoy this gem of a tape containing a wealth of knowledge on Genuine Fruitarianism.



“Genuine Fruitarianism” — Defined

A common pitfall of those who have chosen “Nature’s Way” is to eat “only fruit” and no nuts or seeds. They have been advised by some “authority on Nature” against the use of nuts or seeds. However, the fact that we instinctively eat nuts and some seeds, just as we eat anything that in its natural, raw state, looks, smells, and tastes good, in the “as is” condition would seem to mean that these items should be in our diet. Nuts, and seeds, when fresh, are some of the most delicious and satisfying foods. They are packed full of bone-building minerals and proteins, and like other fruits, are truly God’s demonstration of love to humans presented through nature. It would be a genuine sensory, mental, and physiological deprivation to avoid the fruits.

The practice and philosophy of “fruitarians” abstaining from every food except sugary fruits is incongruent with the correct definition of “Genuine Fruitarianism,” as I am defining it herein. The advocates of “the all fruit diet” imply that “fruitarianism” means “eating exclusively of fruits.” “Genuine Fruitarianism” is most properly defined as “eating chiefly of fruits.” Botanically, nuts and seeds are also fruits and, therefore, belong in the diet of the fruitarian, as well as

some vegetables, which are not fruits. A great misdeed is done when the word “fruitarian” is used erroneously to fit some particular hypothesis about human nutrition. I disapprove of the misuse of the word “fruitarian” because it leads people down a dangerous path to a deficiency of protein.

Unfortunately, most individuals are easily misled because they think fruits are only those that have a sugar content and that are produced by trees; whereas, many foods we casually call “vegetables” are actually classified botanically as “fruits;” and nuts and seeds are also classified as “fruits.” The error in these individual’s ideals and ideas, has caused much weakness, sickness, and suffering.

Superlative Health can be maintained on a diet of fruits only, providing nuts and seeds, which are fruits, are included. However, most individuals do better by the addition of raw, leafy vegetables to the fruit and nut diet. There is no denying that fresh fruits and vegetables contain nutritionally adequate proteins. However, a diet, composed chiefly of those fruits that have a high-sugar, low-protein content, does not supply proteins in adequate quantities for most people’s needs. Most people can’t eat enough of these foods to supply their protein needs. The proteins in fruits are of good quality, but the quantities contained therein are inadequate to maintain nitrogen balance in most cases. We need nuts and seeds which contain proteins in higher concentrations to supply our bodily needs. Our CREATOR endowed us with an elaborate digestive system, capable of secreting large quantities and all types of protein-digesting enzymes, because these are needed for the digestion of protein foods. **Therefore, the addition of nuts and seeds to the fruit and vegetable diet makes the diet “genuinely fruitarian” and will prevent the development of a primary protein deficiency and the diseases which flow from the deficiency.**

The one finding from experimental research that stands out most is that for most nutrients, the

amount needed for any individual varies greatly. Each individual is unique, has his/her own metabolic and biochemical differences; and the amounts of proteins, vitamins, and minerals needed, are quite different. So great are the differences in requirements of protein from individual to individual, and under the varying circumstances of life, that some who eat only fruits, and no nuts or seeds, develop a protein deficiency after a year or less, on this diet; yet others may continue for several years before showing a protein deficiency. A great emotional problem or illness, or other great life stress, may cause a prior, subclinical deficiency to quickly and abruptly surface. Because of the great variability in protein requirements of individuals, the Recommended Daily Allowance (RDA) of protein is set at 30% over the daily consumption which is necessarily allowed. Most Hygienists, with cleaner systems, better digestion from proper food combining, on an all raw or mostly uncooked diet, should not need a 30% excess of high protein foods because of their increased digestive and assimilative capacities.

Pitfalls of “The All-Fruit Diet”

— or —

Symptoms of Chronic Protein Deficiency

Those neophyte Health Seekers on “only fruit” who develop protein deficient symptoms usually also develop an array of other symptoms not directly attributable to a dietary deficiency of proteins. The symptoms of protein deficiency are mingled with symptoms of toxicity, caused by excessive fruit eating and from other wrong ways of living not yet cast off. They have an unrecognized protein hunger that keeps them ravenous and gorging on fruit all day long yet never feeling satisfied even after a large meal. These individuals don't know what is going wrong. Here they are feeling worse and worse when they thought they were eating a health-giving diet! Under these conditions, any disease can be developed, according to the individual's diathesis. (“Diathesis” means “inborn tendencies” or “genetic predisposition.”)

When protein is lacking and fruit is eaten in excess, nutrition is poor. Metabolic processes are impaired because nutrition is impaired. All the functions of the body become impaired, including digestion and the elimination of metabolic wastes. As these body wastes (metabolites) caused by poor elimination increase, they add to the wastes absorbed from the intestinal tract. The excessive fruit eating continues because of a driving hunger, thereby increasing the toxic wastes absorbed from the gut. Then organs begin to function less efficiently. Digestion becomes more impaired, and internal secretions are inadequate. Because of the endogenous and exogenous toxicity and insufficient protein for normal function of the internal organs, the endocrine glands diminish their secretions and begin to atrophy; and thereafter, the body goes downhill rapidly.

Because there is insufficient protein to form digestive juices, as well as insufficient protein for continuous repair of

the lining membrane of the intestinal tract, many symptoms frequently relate to digestion and the digestive tract. Toxic products of indigestion are absorbed and can cause problems elsewhere in the body, in addition to the protein deficient syndrome. Both protein deficiency and starvation diminish the rate of cell division of the mucosa of the gastrointestinal tract, which, in health is obligatorily renewed about every three days. Besides the impairment of digestion, there is less mucous to protect the stomach and intestines from the fermentative products of bacterial decomposition and the acidic gastric juice. Ulcers are very likely to form; and when they do, they heal very slowly because the rate of cell division is very slow.

When excess fruit is eaten, all of it can't be properly digested or absorbed; consequently, it ferments in the digestive tract. This is “the green light” for bacteria! If food is not digested, it lingers in the digestive tract; and the bacteria are forced to do their duty, which is to decompose organic matter wherever it is found. So they decompose it in the gastrointestinal tract just like in a warm, wet garbage pail, forming the various highly toxic alcohols that irritate the lining of the stomach and intestines. Thus, in conjunction with other wrong ways of living, overeating on fruits can lead to Inflammation, The 4th Stage of Disease, and eventually Ulceration, The 5th Stage. Some of these highly toxic, alcoholic products are absorbed and cause problems elsewhere in the body, thereby masking and compounding the protein deficient syndrome.

The poor results which I have seen in people who have tried eating only fruit for prolonged periods of time strengthen my view that The Ideal Diet for health-minded persons must contain nuts and seeds, as well as fruits and some vegetables — especially the leafy greens. These are the foods to which we are constitutionally adapted. In other words, these are the foods that GOD designed us to eat, provided by nature and in a natural state.

The early symptoms of an excessively low protein diet are functional in nature and are often missed by the layman. The body's ability to make the best out of a detrimental situation, by using the body's reserves of protein and calories, masks the nutritional deficit for quite some time before cellular and then anatomical degeneration occurs. A protein-calorie deficit may not manifest for years, because the body slows down its metabolism and learns to live on less needed nutrients. Additionally, the individual lacks energy, and of necessity, slows down his/her activities. Therefore, the decreased metabolism and diminished activities permit the conservation of all nutrients. This is a definite and purposeful conservative effort of the organism, aimed at the prevention of pathological deterioration. It is successful, because the cellular and then anatomical damages from protein-calorie deficits may be postponed for years. This is a portrayal of the “fearfully and wonderfully made” design and the physiological intelligence of the living organism. The body gives you ample time to discover your problem and to correct it before serious damage is done.