

I LIVE ON FRUIT

TWO FRUITARIANS OF
MORE THAN 20 YEARS
EACH RELATE THEIR
EXPERIENCES ON THE
FRUITARIAN DIET.



Presenting proof that the fruitarian diet is not only nutritionally adequate in every respect to sustain life, but is actually superior to any and all other foods for humans!

Essie Honiball and T. C. Fry

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INTRODUCTION

This volume presents the case for fruitarianism through the voice of two of its foremost exponents.

Fruitarianism is quite controversial, especially as the medical and junk food industries are aligned against it.

The junk food industries want you to follow the basic five food eating plan. Their thrust is to sell you their products.

The foremost killer of our children is cancer. They are the victims of the junk food industry! Some of them have never eaten any fruits or vegetables in the raw state. Junk foods are all very carcinogenic on several counts:

- 1. All are cooked! The deranged products of cooking are carcinogenic in themselves!**
- 2. Most cooked fare is condimented with such things as salt, vinegar, oregano, garlic (isothiocyanate), hot pepper (capsicum and cayenne), black and white pepper (piperine), and numerous other carcinogenic herbs and spices.**
- 3. Heated oils as in frying are carcinogenic!**
- 4. In the fifth category of foods promoted by the junk food industry are such things as white sugar, oils, butter, syrups, jams, wines, beers and other carcinogenic fare.**
- 5. All animal products are unwholesome, cooked or raw!**

This book not only informs you about our natural diet, but its great beneficence in our lives.

Our earth is a dying earth with more than 50,000 acres per day being added to our deserts! Almost all this is occurring because of the world's love affair with disease-causing animal products, legumes and grains.

If we all stopped using grains and animal products, destruction of our rain forests would cease. Grain-growing would no longer erode and deplete our soils. Instead, if we ate fruits and vegetables, about 85% of the world's lands would be retired to rebuild through remineralization, plant wastes, and new tree growth.

Fruitarianism can live well on about 1/14th of an acre of fruits and

vegetables, whereas conventional grain and animal product eaters require well over an acre per person. Worse yet, animal products, legumes, and grains are destroying the health of our people! Fruit eaters live in exuberant sickness-free health!

T. C. Fry

HOW AND WHY I BECAME A FRUITARIAN

By T. C. Fry

Since boyhood I have been guided by this motto:

"Truth is my handmaiden. Wherever she leads, there will I go."

Another aspect of this dedication is another guideline that I observe: *"It is incumbent upon me to follow the dictates of truth upon discovery."*

In 1970 I was a principal in a recording/mail order record/cassette club known as Musical Heritage Society. I was an avid football fan. On Thanksgiving Day in 1970 I arose at 6:00 AM and, in view of the long wait until the football game or even before my family stirred, I decided to select some books from among several thousand that I had acquired over the years that I had never got around to reading.

Among the six books that I selected was Dr. Herbert M. Shelton's Superior Nutrition. I thought I would get that "old food faddist" out of the way first. But I had no sooner gotten into the introductory material than I realized that I was reading some sterling truths!

I spent the rest of that day reading and rereading that book. I was so captivated I ignored football altogether. The following day I went out to about ten health food and book stores. I bought over 400 books, netting among them about three more books by Dr. Shelton.

While following the program I lost from a roly poly 200 pounds at 5'6" down to 126 pounds in about four months. Even though I was on a heavy exercise program, I still lost the weight. After being at 126 for

about three weeks, I started gaining weight on the very same diet with the very same regimen on which I had lost the weight. Within two months I was at an energetic and very strong 155 pounds. Now, twenty years later at 64 years of age, I look like a case of retarded development—I'm still very active and quite athletic.

You may experience some very uncomfortable symptoms if you undertake a fruitarian diet. Those who suffer symptoms, and about 60% do, may experience weakness, nausea, dizziness, headaches, vomiting, gassiness, itchiness, watery and puffy eyes, and a variety of other discomforts. These symptoms evidence a massive house cleaning. When you make body improvements, the body detoxifies, goes into a catabolic stage (thus causing drastic weight loss), and begins needed repairs. However, weight gain is usually not experienced until detoxification is more or less complete. Don't give up the all-fruit diet just because of these symptoms. On the other hand, you may wish to make a gradual change over a period of months, thus escaping some of the more intense crises that can occur.

In conjunction with a predominantly raw food dietary of mostly fruits, I started studying the sciences of health and nutrition in great depth from the beginning. I had to know the whyfore of every subject in which I took an interest.

In my researches, studies, and reflections, I came up with further truths that decreed fruitarianism as the only way of eating natural to humans. All non-fruit eating is a perversion, even though it may be of relatively innocuous fare such as lettuce, celery, broccoli, kale, collards, cabbage, cauliflower, and other vegetables that can be eaten raw.

While vegetables are very poor in our primary need, glucose, all of the above yielding none besides broccoli and cauliflower, they are very rich in proteins, minerals and vitamins.

We do not require vegetables in our diet. Besides yielding practically none of our most needed nutrient, glucose, the nutrients are unneeded. For if you eat sufficiently of fruits to meet your caloric needs, you'll simultaneously meet all your needs for vitamins, mineral matter, amino acids (proteins), and essential fatty acids.

Why should you eat vegetables at all if you don't like them? If you meet all your needs from fruits, that is enough. And enough is all that you need.

In this book you'll find the exciting narrative of Ms. Essie Honiball who has been a fruitarian for more than 30 years.

In 1971 the fruitarian movement was so rife in South Africa that the University of Pretoria undertook controlled studies of fruitarianism. Their object was to destroy this fad.

The experiment was made amongst two control groups. Ms. Honiball participated in the study. The health of each group was assessed at the beginning. One group continued to eat conventionally, and the other group undertook a fruitarian diet with some nuts.

Well, some very remarkable things began to happen. The control group living conventionally had many diseases and continued to get worse. The control group on fruits had many of the same diseases. But instead of getting worse on the fruit diet, everyone started getting better! Before the experiment ended, the fruit-eating control group was practically free of disease. And Ms. Honiball became a national celebrity instead of a food faddist. She tells her story dramatically further along.

Living On The All-Fruit Diet In America

In observing the all-fruit diet, I have had a broad variety of experiences in supplying myself.

And I've been through the gamut of criticisms. Many of my peer critics have died. Unfortunately, this has included about ten of my brothers, a sister, aunts, uncles, and in-laws. And it has included such noted writers as Paavo Airola (we had an ongoing feud), Hannah Allen, and James Fixx. Fixx had a love affair with conventional fare and wouldn't believe me that he could be ruining himself by eating conventionally. Airola and Allen both insisted on cheese very heavily in their diet. Airola paid for this with a stroke that killed him at age 64. And Hannah Allen died at age 81 of cancer.

All of them criticized me severely for advocating fruitarianism.

Airola and Allen made charges which were responded to by some of my articles appearing herein.

Analysis of My Diet

Because I ate occasional salads, many have said I was a vegetarian (meaning I was a vegetable eater) and not a true fruitarian. Since the word vegetarian merely means an eater of foods that give rise to "liveliness," I am, indeed, a vegetarian, but I also lay claim to being a fruitarian!

I started assessing my eating and I came up with this:

I eat about eight pounds of food daily. Its caloric content is about 1,800 calories. That is adequate to meet my energy needs and maintain my weight. Of this intake I eat of lettuce, nappa cabbage, cabbage and other vegetables about four to five times weekly. By weight, my average intake per salad meal is about two pounds or 32 ounces. Of this, only five ounces of vegetables are taken, or a total of about 20 ounces per week! Most of my salads are of fruits! Such things as tomatoes, avocados, red peppers, lemon juice, grapefruit juice, cucumbers, tomatillos, etc. constitute the bulk of my salads! 20 to 25 ounces of greens or vegetables per week in a fruit diet weighing over 850 ounces amounts to less than three per cent! Even with the intake of some nuts and seeds on occasion (about five pounds per year), I am still a fruitarian.

Getting fruits has never really been a problem. I eat most heavily in the year of bananas. They're always available. I eat citrus fruit the year around. Likewise, I eat grapes and apples most of the year. But I also eat strawberries and other berries, figs, mulberries, loquats, persimmons, watermelons, cantaloupes, mangos, papayas, plums, peaches, apricots, and a host of other fruit, including considerable of dried fruits. My dried fruit eating consists of dates, raisins, figs, bananas, pineapple, peaches, apples, and other goodies.

I've always been able to procure all that I've wanted in the way of fruits. I've never been in a "foodless" situation for lack of fruits.

There are occasions when I've been offered dishes contrary to my

dietary. I always thank the offerer and voice my wish to eat what is being offered: "I sure would like to tackle that, but I'm on a special diet and I don't dare." My hostess invariably wants to know what she can get me and I usually end up eating luscious fruits!

As a fruitarian you should have no real difficulty supplying yourself. I find it no problem at all to load up on fruit at the super market and carry it with me on trips, even airplanes.

Remember, what you buy with your dollars is your vote for what you're buying. If you buy junk, it will bring more junk to the marketplace. If you buy fruits and vegetables, your vote will bring more fruits and vegetables to the marketplace.

Fruit eating is the way to go because:

1. Fruit is absolutely essential to highest level health.

Conventional eating results only in sicknesses, diseases, and impaired performance levels.

2. Fruit eating saves our earth by reducing land usage by over 90%! Further, fruit growing helps build, not destroy our soils.

3. Conventional ways of eating are causing the desertification of our earth as well as disastrous soil erosion.

I'm sure that which follows will inspire you to undertake fruit eating as your primary fare. And, inasmuch as you do not wish to suffer sicknesses and diseases, all the mandatory reasons you need are afforded as well.

FOREWORD

I am sitting at my desk and in front of me are all the friendly letters with enquiries about the fruit diet, a diet I have been following since 1958.

There were enquiries in the past too, but whereas enquiries initially came from people who were surprised to hear that one could indeed live on fruit alone, that the food of Paradise is no longer a fairy tale or allegory, that the housewife of the future can look forward to less household drudgery, better health for herself and her family, and a more economical way of life, the enquiries are now coming from people who have already embarked upon the great adventure of rejuvenation, renewal and a return to the natural food which Nature so richly provides.

However, to change habits which are so deeply rooted as are our eating habits, habits which originated so far back in our past and have become part of us physically, psychologically and socially, requires faith and daring.

I am not surprised at all the enquiries from people who are looking for knowledge, advice and comradeship. Moral support and company are more than welcome, as this road "back to the food of Eden" is still fairly unknown and not without its challenges.

The reader should bear in mind that what I am writing is personal and subjective, and arises out of my own experience and that of others on the diet with whom I have been in touch through the years. I am no scientist; nor am I an authority on the subject of fruit as a human food. I am not a doctor who can heal the sick, and I cannot prescribe remedies or make predictions. I can only share my experience of the diet with you and offer suggestions. If these are of value to you, I shall be pleased.

As a desperate person I had to venture to be able to gain,

but to me the fruit diet was no short cut to health or happiness. Without self-examination, discipline and hard work I would not have achieved the results and enjoyed the health I now enjoy.

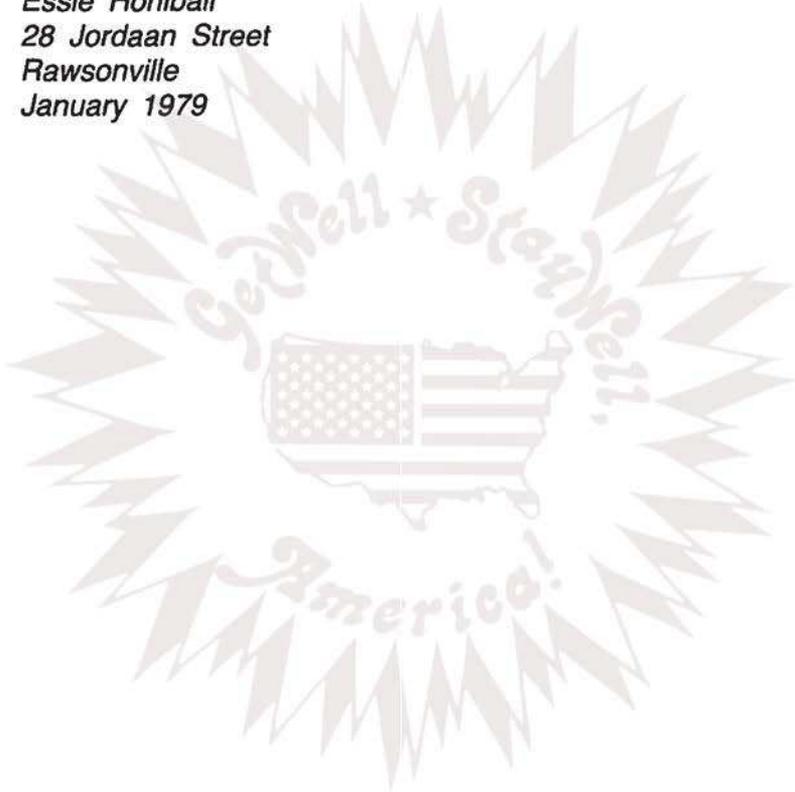
It is very gratifying to see how much interest there is today in this way of life. I appreciate all the letters, and I hope I succeed in giving vision and perspective to a subject which is still new and strange to many.

Essie Honiball

28 Jordaan Street

Rawsonville

January 1979



CHAPTER 1

How I became a fruiteater

One does not easily cast aside established habits almost overnight and venture into new fields. This is precisely what I did in 1958 when I, after a three-day water fast, started living on fresh fruit and nuts. That was twenty years ago, and I have never regretted the step.

One does not do such things without good reason. My reason was that I was desperate. The cause of my desperation is a long story of intense suffering over which I have long since drawn a veil. Suffice it to say that in 1958 my life had reached a very low ebb and that I was a physical and mental wreck. Good health and happiness evaded me and there was no relief in sight. The fruit diet was simply a final straw which I grasped in a moment of despair, little knowing how drastically that desperate deed would affect my life.

The name of Cornelius Valkenburg de Villiers-Dreyer plays a major part in my story. Although he was a South African by birth, he spent much of his life abroad, where he worked tirelessly at his great life's task, human nutrition. This remarkable man was not a trained scientist, but he had a superior mind and extraordinary powers of perception.

He was already 76 years old when I met him through a member of his family Mrs. Gertrude Rorke. He was a fine example of what the fruit diet could do for one and this, more than words, persuaded me to adopt the diet. In spite of advanced years he showed no sign of "age", either physical or mental. He was dynamic and fit. I was subsequently married to him and until his sudden death after a fall and a brain haemorrhage, I never once saw this vital man out of sorts, de-

pressed or ill. If I was impressed by his physical health, I was even more so by his honesty, courage, determination, serenity and mental clarity. It was not at all difficult for me to place my life in the hands of such a person.

A coincidence led to my becoming the guinea-pig for a unique experiment which was destined to make a breakthrough for the fruit diet. At the time that I sought his help, Cornelius was living in isolation, totally immersed in the formulation of a hypothesis at which he worked throughout his life. Fate probably decreed that when the experiment was ready to be conducted, a suitable human guinea-pig would come to the fore, someone who was prepared to offer herself and submit to relentless discipline for such a long-term experiment on a diet of fruit.

In those years something of this kind was totally unheard of, both socially and scientifically. It was "evil". Cornelius de Villiers-Dreyer took no chances. To him it was a serious matter and he knew exactly what he wanted to do and why. Everything was planned to the minutest detail and the preparatory work had been done. He had by then already tested the diet on himself and others, with favourable results. These results were equally favourable. His knowledge had been acquired over a long lifetime of observation. He, as no doubt few other pioneers before and after him, believed in the excellence of fruit as a human food and endeavoured almost fanatically to prove this. No resistance, of whatever kind, would have stopped him.

Cornelius de Villiers-Dreyer was not interested in money, and did not profess to be a doctor. He helped all who came to him with their problems and in so doing added to his knowledge of the diet.

When I joined the experiment, I was in a precarious state of health. I was already so weak that it was only with the greatest effort that I could do my job (I was, ironically enough, a lecturer in physical and health education at a teacher's training college). Although I had been cured of tuberculosis, my body

was wasting away like a diseased plant and I could do nothing to halt this process. Part of my problem was that I had taken medicine over a long period of time and, no matter what diet I tried, my deterioration remained alarming. My mass dropped to below danger point, my vitality was a cause for concern and I was plagued by troublesome pains, nausea, skin rashes, insomnia and loss of appetite.

When I started the fruit diet, I was of course unaware of Cornelius's experiment. I simply wanted to be released from my misery, as it was no joy to have to waste away so slowly and so painfully. After a three-day fast, during which I drank two glasses of distilled water every hour, I took my first step on the long road, and from then onwards fruit and nuts would be my diet, with no medication and no vitamin preparations.

Those weeks were the most trying. Instead of making progress, I became weaker and my mass dropped right down to 31,3 kg. I was just skin and bones and looked like the victim of a concentration camp. I fainted regularly and when I wanted to get up out of a chair I fell flat on my face. It was impossible for me to climb stairs, until Cornelius taught me the secret of correct breathing. My ears sang and pains came and went throughout my body. At times cramps made my body go rigid from head to toes, but Cornelius had an answer to every problem.

I was very clearly a case for hospitalisation and not someone who should be working at a responsible job. But I obstinately refused to go to bed for, if I did so, the diet, which had become an obsession with me, would have failed. My family and friends were ready to take me to hospital, and I knew that this kind of diet, because of its extremeness and the fact that it was unknown, would simply not be tolerated by them. I therefore had to keep going, at all costs. In that crisis hour I learnt to pray and fast. My diet consisted of three fruits a day, one every seven hours. Apart from that, I had only water and more water. Naturally, I still craved the old, favourite foods to which my body had been accustomed for so many years. I used to



These two photographs of the author show her, left, just before she changed to a fruit diet. The photograph on the right was taken a year later.

enviously watch people in cafés enjoying that were denied me. But the rules of the experiment were unalterable and there was absolutely no question of taking liberties. Cornelius showed no mercy to himself and even less to me. To him his whole life's work was at stake, and for me it was my very life.

It was with the greatest earnestness that he watched over me and taught me daily to stay on my feet until the next time I could see him. I learnt the value of oxygen, and saw how much strength it enabled me to develop. I had to do breathing exercises each day from the time I awoke until I went to bed.

This was even more important than the food I ate. With the help of breathing exercises I was able to do my job, albeit with great effort; but I was not absent from work for a single day.

After a month I was still very weak, but the worst was over and my unsightly skin rash and sinus pains had disappeared. This meant progress and gave me courage for what lay ahead. The miracle of the diet was, however, that I could indeed keep going in this condition.

In the course of time the reactions which must of necessity accompany such a sudden change of diet diminished and occurred less frequently, until they disappeared after a few years. According to Cornelius's hypothesis my bloodstream had been purged of the substances (or "misplaced material", as Cornelius called it) that had polluted it and caused my illness, and my body with increasingly positive results started functioning on the new fuel and building material it was being given.

To rebuild a sick and degenerated body, as mine was in 1958, on a diet of fruit and nuts only, was no easy task and could not be accomplished in a day; but the miracle was that this product was able to halt the progressive degeneration and start a process of regeneration.

After Cornelius and I had been married, he withdrew me from normal life and in my isolation I was transformed. Not only did I acquire a new body, but also a new outlook on life, for what is the use of having a healthy body when there is still lovelessness, depression and despair in one's heart?

There, in undefiled nature, away from society's complexities, I found my direction in life and made a new start. It surprised me how little there was in my life which did not need to be reformed radically. Far away from any association with the things I had been used to all my life, and free from any temptation, Cornelius could teach me the joys of the fruit diet.

Later on my sleeping pattern and my appetite returned to normal. In fact, my appetite was so good that I was embarrassed about the amount of fruit I could eat. I was also able to

mix fruit and eat my fill of fruit such as avocado pears, which had initially been too oily, or pineapple, which had stung my mouth at first. My mass started increasing. So, whereas I had at first lost mass on the fruit diet, I, without changing my diet, started regaining mass. I could walk almost normally and climb stairs more easily. Most of my discomfort and pain had disappeared.

A year later, when I returned to my family and friends, they could hardly believe their eyes. The person who had greeted them a year previously had been a living wreck who had been deeply depressed. Now she was in excellent health, full of vitality, suntanned, full of the joys of life and looked a good ten years younger!

When my husband passed away at the age of 78 years on the 11th of August 1961, I was deeply immersed in his thoughts and strivings. On his deathbed I promised him that I would keep up the experiment until it attracted scientific interest, even if this took a whole lifetime to achieve. That was his last wish, and I am grateful that I could fulfil the wish of a courageous pioneer.

Thanks to Cornelius I was at that time fully equipped to deal with any problem which might arise. He left no aspect of the road ahead untouched and I was schooled in selfdiscipline as never before in my life. If it had not been for that, I would not have been here today to tell this story.

I owe my recovery to Cornelius de Villiers-Dreyer and his knowledge of the fruit diet. What I achieved was largely achieved through his knowledge and ideas.

On the 12th of August 1961 the pioneer of the fruit diet was laid to rest in a modest grave. Only ten years later was his last wish fully realised. Through the agency of Prof. B.J. Meyer of the University of Pretoria and his research team, human guinea-pigs who followed the fruit diet were scientifically studied, with results which have already been published.

Those were years of great challenge. I was alone and had to return from my life of isolation to a more normal existence,



A recent photograph of the author.

where I soon discovered that my eating habits did not meet with approval scientifically or socially. I also had to be confronted again with temptation, for one's body still craves the old food to which it was formerly accustomed, and not the new food to which it still has to become fully accustomed.

I could write volumes on those years, full of anecdotes about incidents that were amusing or frustrating. Scientists' opinions varied, but all of them warned me to abandon my crazy diet, and held up everything from deficiency diseases to decalcification of the bone as the possible consequences of my diet.

At times temptation overwhelmed me, so that I recklessly started eating other foods. At such times my willpower disappeared and my body hungered for everything I had almost forgotten. By fasting and even, once, by spending some time in the mountains, I came to my senses and could resume the experiment.

But those problems were nothing compared with my social problems. The reactions which my strange and "abnormal" diet and behaviour evoked varied from shock to indignation, and from frustration to disbelief. At best people tolerated their eccentric guest. Imagine how a hostess feels when one of her guests does not touch a thing, from the hors-d'oeuvres to the dessert. The reactions of shock, ridicule and derision which I unleashed wherever I went, caused me all kinds of insurmountable frustrations. At first I tried to justify myself. One can do this for a month or even a year, but it soon becomes a nightmare and one decides rather to say nothing. Then I kept myself apart, but the harder I tried, the more I became a talking point.

Social withdrawal and isolation were inevitable for in social life being able to join in the conversation is not enough for acceptance; one also has to join in the activities of the group and, due to the strict rules of the experiment, it was just not possible, even on isolated occasions, for me to conform. Social isolation started taking its toll and I became the victim of psy-

chomastic disturbances. I was like a child whose examination fears brought on an attack of asthma. I developed pains and nausea through fear of social challenges.

You might be able to imagine what a glad day it was in my life when Prof. B.J. Meyer took me under the wing of science, for the tests not only held great benefits for mankind, but also released me from loneliness, frustration and tension. Therefore, when I returned to earth as a kind of Rip van Winkle after the tests, I was surprised to find that the social climate had changed completely and that it was no longer strange for anyone to live on fruit and raw foods. So many others had also adopted this diet.

I also made other interesting discoveries. I could, for example, stop again once I had eaten ordinary food. There were no longer any cravings for my old diet. My body had completely accepted the fruit diet. In fact, I was deeply disappointed in the old diet, for compared with the sweet and poignant taste of fruit, it no longer appealed to me. I also started longing for the simplicity of the fruit diet and when symptoms such as a sore throat and headaches reappeared, I there and then decided to continue with the fruit diet. I also decided to become more flexible in order to live within the bounds of the times I was living in.

Today I still live virtually exclusively on fruit. My present husband was kind enough to join me as a fruit eater rather than endure his eccentric wife's cooking. And wherever we go, fruit is laid on for us, and we in turn do our best to make the adjustments necessary for social acceptance.

Extract from a talk given during the second anniversary of the birth of the fruit industry on Saturday, 23 August 1975, at the Fruit and Fruit Technology Research Institute, Stellenbosch.