



## **MMA Vol. 7 How to Avoid Risk of Eating Fruits**

If you are doing macrobiotic diet, I think it is basic idea that eating fruit is not recommended. The reason is that fruits contain a lot of sugar and make your body cold. Most people who have chronic diseases generally have cold body, so to improve their condition, avoiding fruits is advised in their daily diet.

But there is a secret of how to eat fruits.

In Eastern Medicine, our body is made up of 2 kinds of energy called Yin and Yang. Simply speaking, Yin is cold and Yang is warm. In our body's time schedule, there is a time period that Yin gets stronger and a time period that Yang gets stronger. Yang gradually gets stronger in the morning. That is, our body gets warmer toward noon. After noon, our body gradually gets cooler.

So if you eat fruits in the morning, you can eat them with small risk of making your body cold. And with that, what I want to recommend you to do is:

### **Eat only fruits and drink water in the morning!**

In Eastern Medicine, morning is considered as a time period for elimination. In other words, it is a time period for detoxification. Detoxification is elimination of waste and toxins in your body. To encourage detoxification, emptying your stomach is necessary. Skipping breakfast (half a day fasting) is a good idea, but if you have eaten breakfast, it must be a little difficult. That's why eating only fruits in the morning. Fruits have digestive enzyme on their own so eating only

fruits help your stomach take a rest, leading to the improvement of functions of your digestive system. If you tend to be constipated, the constipation should be improved. By the improvement of your digestive system, it is expected that other various chronic health issues will be improved.

In addition to eating fruits, don't forget drinking enough water (20 fl. Oz in the morning) (if possible, warm water).

As something extra, it should help you lose your weight.