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"Tropical fruits of the Pacific area and their eating philosophy"

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Welcome to the web page on tropical fruits from the Pacific region, and on curious attributes of these fruits:

We all know our typical fruits, such as apples, pears, plums, tomatoes, cucumbers, etc. We also know, that some of them, independently from the excellent taste, nutritious values, and countless vitamins, carry various other attributes, capabilities and influences on health. For example, pears have the tendency to cause stomach pains and release diarrhoea. But they also lower the temperature and calm the temper. Forest blueberries stop diarrhoea and solidify the stool. Cucumbers ease and lower the pain of throat. Etc., etc. So it is also about the time to learn the most basic kinds of tropical fruits, their most important characteristics, and the philosophy of their consumption.

Part #A: Introductory information of this web page:

#A1. What are goals of this web page:

The most vital goal of this web page is to describe the key characteristics of tropical fruits from the Pacific area. Especially emphasized are these

characteristics which influence our health. Furthermore, this web page also aims at the revealing rarely known philosophies of eating these Pacific fruits.

#A2. What motivated me to prepare this web page:

Our planet has three tropical areas, namely the American, the African, and the region of Pacific. Although people plant many similar tropical fruits in all these areas, for example bananas or oranges, still each one of these areas have many other fruits - which are unique just for it. For example, in the region of Pacific quite unique is the fruit named "durian", which is not planted neither in the American or in the African areas. But what is much more important, in these three tropical areas the culture, tradition, and **the philosophy of eating subsequent kinds of tropical fruits is drastically different**. On this web page I try to present tropical fruits that grow and are eaten in the Pacific region. My experience with these fruits originate mainly from Malaysia, although almost everything that grows in Malaysia, grows also in all other countries from the Pacific region, e.g. in Thailand, Vietnam, Borneo, Indonesia, etc. Only that it may be known over there under a slightly different name, and be eaten in a slightly different form. The information presented on this web page about tropical fruits from the region of Pacific, is characteristic mainly for the culture, tradition, and philosophy of eating these fruits in this Pacific region.

Part #B: The philosophy and culture of fruit consumption in the area of Pacific:

#B1. Influences of ancient Chinese:

Ancient Chinese actually did NOT lock themselves within the "Great Wall of China". Their exploratory fleets travelled to various parts of the world, while their traders kept bringing to China everything that good the world of their time had on offer. As I explained this in item #E1 from the web page [newzealand visit.htm - about message that God coded into hostile for humans conditions of Antipodes](#), in ancient times exploratory fleets of Chinese travelled as far as New Zealand. But clearly warnings learned due to the ancient knowledge of so-called "feng shui", as well as the complete lack of any edible fruits on Antipodes, caused that apart from several exploratory arrivals, ancient Chinese did NOT maintain permanent contacts with ancient New Zealand, while completely avoided arrivals to Australia. However, Chinese knew perfectly well for thousands of years that

New Zealand does exist, and they knew the exact location of it. They also recorded in their chronicles every vital geological event from New Zealand (e.g. they recorded a powerful volcanic explosion which formed the Taupo lake). The philosophy of Chinese was such that if a given area had nothing useful for sale, while the knowledge of "feng shui" warned them against settling in that area, then ancient Chinese stopped to visit that specific area. In this aspect they drastically differed from barbaric Romans, who used to enslave every land that was unable to resist them - even just for the sole pleasure of having this land and ruling over it.

Chinese of course were very interested in maintaining permanent contacts with countries that produce, amongst others, tasty tropical fruits. Therefore the culture, philosophy, and tradition of eating tropical fruits in the Pacific region is strongly influenced by the beliefs, philosophy, culture, and knowledge of ancient Chinese. We must remember that Chinese since the oldest times visited these areas, traded with local people, induced the demand for specific fruits, and taught local tribes how to eat properly these fruits.

#B2. The philosophy of eating fruits and other foods disseminated around the world by ancient Chinese:

The ancient Chinese knowledge qualify all fruits into several different categories, depending on a type of energy that dominates in them. It deals with fruits in a similar manner as it deals with all other kinds of food, and also living organisms. According to this knowledge, there are two basic kinds of energy, which can be present in fruits, food, people, vegetation, etc. These are: the energy "**yang**" and energy "**yin**". The energy "yang" is the "male" energy, which in reference to fruits and other food frequently is called the "heating" energy. In turn energy "yin" is the "female" energy, which in case of fruits and other food frequently is called the "cooling" energy. Outcomes of my research on both these kinds of energy are described in subsection H2 from volume 4 of the scientific monograph which on my web pages is marked [\[1/4\]](#), and which carries the following editorial data: dr Jan Pajak, "Advanced magnetic devices". (Notice that monograph [\[1/4\]](#) has already a newer version, marked with the symbol [\[1/5\]](#). Copies of both these monographs, means [\[1/4\]](#) and [\[1/5\]](#), are distributed free of charge from this web page via "Menu 1" and "[Menu 4](#)".) Summarising this research here in one sentence, this male energy "yang" is an ancient Chinese equivalent to all forms of dynamic energy known to present science, means e.g. to dipolar fields, to energies of flows, to energies of acceleration, etc. In turn female energy "yin" is an ancient Chinese equivalent to all forms of static energy known to present science, means to e.g. monopolar fields, energy of compression, energy of potentials, etc.

(1) If a given fruit (and also a person, animal, vegetation, food, etc.) contains more male energy "yang" than female energy "yin", then Chinese claim that it is

of a "yang" kind, means it displays the "heating" capabilities. Thus fruits of the "yang" kind (and also all other food, people, animals and vegetation of the "yang" type) are overfilled with an excess of the male energy "yang" which frequently in reference to fruit and food is also called the **"heating"** energy. The ancient Chinese knowledge recommends, that fruit and food of the male type "yang" be eaten in moderation, especially if someone belongs himself to the "yang" category (e.g. if someone is a male - although one needs to be careful with categorising people just because of their sex only, as there are females in which also the energy "yang" may be this dominating one). In turn, when we start to enjoy these fruits or food and would like to eat a large quantity of it, then ancient Chinese recommended to eat immediately also a corresponding amount of fruit or food of the female type "yin".

Examples of fruits from the category of male ("yang") type, means from the category of "heating" fruits, are, amongst others: durian, persimon, ginger, lychee, langsat, longan berry, lotus seeds, and several others.

(2) However, if a given fruit (and also a person, animal, vegetation, food, etc.) contains inside more female energy "yin" than the male energy "yang", then ancient Chinese state that it belongs to the type "yin". Thus fruits of the "yin" type (and also all other food, people, animals, and vegetation of the "yin" type) are overfilled with an excess of female energy "yin", which frequently is also called the **"cooling"** energy. Ancient Chinese knowledge recommended, that also fruit and food of the female type "yin" should be eaten in moderation, especially if someone herself belongs to the category "yin" (e.g. if someone is a woman, although one needs to be careful with categorising just on the basis of gender, as there are males in whom also dominates the female energy "yin"). In cases when someone loves the taste of any "yin" fruit or food, and wishes to eat a large quantity of it, then ancient Chinese recommended to eat immediately after them an energetically equivalent amount of fruit or food of the male type "yang". However, in present days this ancient recommendation does NOT need to be respected so pedantically. The reason is that in present days the majority of food eaten everyday by people belongs to the "heating" or "wet-heating" category described here (e.g. "heating" is everything that is fried, and also all "fuzzy" drinks such as "coca-cola", "lemonade", etc.). Therefore, in present days in our everyday diet typically food from the "cooling" category is missing, while we eat the excess of food from the "heating" category. Therefore, everyday eating such a "cooling" food to balance almost everything else that we also eat and drink everyday, should be our highest priority. In turn when we eat something "cooling", then we do not need to compensate it by intentional eating also something "heating". After all, this "cooling" food itself is a balance to whatever we eaten previously.

Examples of fruits from the category of female type "yin", means "cooling" ones, are, amongst others (in the order of their cooling power): mangosteen, cucumber, pears, tapioca, tomatoes, coconuts, sea coconuts, green bananas (e.g. from Ecuador), lemons, pineapples, starfruit, melons, water chestnuts, and several others. (An interesting on this list is our ordinary "European" cucumber, which displays strong cooling abilities. About it in common use is even a popular saying "as cool as a cucumber".) Amongst drinks, "cooling" are, amongst others, beer and tea (but only this tea which is drunk a la

"Chinese" or a la "Japanese" style - means without sugar and without any other additions).

(3) Of course, the fact that a given fruit or food is of a "yang" type does NOT mean at all, that it does NOT contain any "yin" energy, and vice versa. This is because the type to which a given fruit or food belongs is decided by the **excess** of a given type of energy that prevails in it. In this manner, e.g. durian contains in itself both, the male energy "yang" and also the female energy "yin". Only that it contains many times more of the male energy "yang" than the female energy "yin". If a given fruit or food contains in itself the same amount of the male energy "yang" as female energy "yin", then both these energies mutually balance each other. In such a case ancient Chinese qualified a given fruit or food to a "**neutral**" type. The fruit and all other food of the "neutral" type are the most healthy, and the most recommended for eating. Ancient Chinese claimed, that if someone is capable and has a taste for them, then in principle should eat almost exclusively fruit and food that are energetically "neutral". Also one can eat such neutral fruit and food in as large quantities as only wishes. Their eating does NOT need to be balanced later by eating an appropriate quantity of any other fruit or food.

Examples of tropical fruits of this "neutral" type are, amongst others: papaya, yellow bananas (i.e. miniature bananas yellow inside, which grow mainly on various islands from the Pacific region), oranges, guava, dragon fruit, pomelo, soursop, chiku, and practically all European fruits which grow on trees (e.g. apples, pears, plums, etc.).

(4) The ancient Chinese knowledge distinguishes also one more category of fruit and food, which usually is called by Chinese the "**wet-heating**". It is saturated by especially "sticky" kind of male energy "yang", which after entering our bodily system displays the tendency to chock our channels of energy flow and does not wants to leave our system. Thus this "sticky" energy heats us later sickly for a long time, frequently leading to almost immediate illnesses. Furthermore, the "sticky" nature of their energy and components cause, that these fruits and foods are highly fattening. For example, in season of ripening of "mango" fruits in India, almost the entire population of India increases on weight. Ancient Chinese used to recommend to strongly refry from eating these fruit and foods, while if we eat them, we should do this eating in moderation. After all, if we eat too much of them, then they are to induce an illness in us (not mentioning about making us fat). One needs also obey the rule, that after eating such something that is "wet-heating", we should balance this by an immediate eating something "cooling" (i.e. something with the domination of energy "yin").

Examples of fruits that belong to this category of "wet-heating", are, amongst others: mango, mandarins, grapes, rambutan, chempedak, jack fruit, and several other kinds of fruits. In turn the "wet-heating" food includes practically everything that is fried in a high temperature and in the presence of fat (i.e. that is "deep fried" - like potato chips).

* * *

According to ancient Chinese knowledge, the whole skill of eating, in this also eating fruits, and also the skill of maintaining our body in health, depends on such consumption of fruit and food, that both energies "yang" and "yin" mutually

balance each other. (After all, even the current European saying goes that "we are what we eat".) Expressing this in other words, **in order to be healthy, energies of our body must be kept in the state of continuous balance.** If any of these two basic kinds of energy begins significantly dominate in us over the other kind of energy, then our body develops an illness. Therefore, the most beneficial is eating of fruits and food which is "neutral". However, if it happens that we eat a large quantity of something "heating", e.g. durian, then immediately afterwards we should also eat energetically equivalent quantity of something "cooling", e.g. after durian eat the same amount of mangosteen, or twice as much pears - which cool a bit less than mangosteen, or three times as much of a mildly cooling melon, etc. Otherwise, the heating energy of the eaten fruit or food, in this case durian, in males in which normally dominates the "yang" energy, may cause e.g. a sore throat during the night. Similarly such a night sore throat may be caused in these males by unbalanced "wet-heating" energy of a large portion of fried chicken, or a large portion of deep fried potato chips (fritters).

#B3. Influences of knowledge of ancient Chinese exerted on the eating traditions of Poland:

The above should be complemented with the information, that also in an old Polish cooking folklore, principles of balancing the dishes from energies point of view were used practically, which were very similar to the principles used by ancient Chinese and described on this web page (perhaps old Poland was also influenced by Chinese via Tatars and Mongols). My own mother originated from an old family of Polish professional cooks, many generations long. For example, my grandmother was a quite famous professional cook which worked in many palaces of her time, and also her mother and my grand-grand-mother was a similarly famous professional cook working in many palaces of her time. My mother always kept repeating to us, which foods or ingredients must NOT be eaten or mixed with which others, while which ones should be mixed or eaten together. In the stupidity and irresponsibility of young age, neither myself, nor any of my brothers write down these principles. So their secret my mother took with herself to the grave. But now I am extremely sorry for this my lack of foresight. The only lesson which I utilise from these old reminders of my mother, is that I should avoid eating meals that are designed by present "modern" cooks, and mainly try to eat traditional dishes which are known to people for a long time. The reason is that present "modern" cooks compose their dishes in complete ignorance of the empirical knowledge about the energy composition of foods, which was gathered during centuries of observations (no wonder that products of present cooks frequently are called the "junk food"). Eating products sweated out by present-day cooks frequently makes us only increasingly more sick. In turn old traditional dishes were composed according to this vital empirical knowledge. So eating these traditional food maintains our health. When I recall now these

frequent remarks of my mother about what and how should be eaten, or NOT eaten, then whatever I am writing on this web page about the culture and philosophy of eating that originates from ancient Chinese, it turns out for me just to be the refreshing and formalizing the knowledge which in my childhood was served to me in my family home.

#B4. A similar to Chinese philosophy of eating defined by ancient Indians:

Independently from old Polish kitchens, similar traditions of three different kinds of energy utilises in practice also the old Indian kitchen. However, Indians use slightly different terminology and different definitions, which are based on statements of the Verdic philosophers. According to these, the energy contained in food can display one out of three possible forms, which Indians call: **sattva** (means "neutral", "pure", or "subtle"), **tamas** (means "inertial", "tiring", "sloth"), and **rajas** (means "energising", "hot", "active"). These forms roughly correspond to kinds of energies contained in food, which ancient Chinese used to call "neutral", "yin", and "yang".

Part #C: General attributes of tropical fruits and their differences from European fruits:

#C1. Fruits are not just food, but also natural medicines, sources of various goodness, style of living, and gifts from God:

Probably we all know an English proverb, stating that "**one apple a day keeps doctor away, one onion a day keeps everyone away, one garlic a day keeps even Dracula away**". This proverb contains two vital messages coded inside of it, namely that (1) eating fruits shapes our health and defines how we feel, and (2) that during eating fruits is highly useful to know **all** their properties - not just their ability to satisfy our own taste preferences. This web page tries not only to review the most vital tropical fruits from the Pacific region, but also for each such a fruit provides these two vital kinds of information.

Very interesting are analyses of fruits as **gifts from God**: As it turns out, numerous fruits are carriers of rather supernatural attributes. For example, **coconuts never fall on heads of people**, means they have "eyes at humans" (for details see descriptions from item #D1 below). In tropics also a saying is in circulation that "for every illness in existence **God** created a fruit which heals this illness".

#C2. General characteristics of tropical fruits:

Tropical fruits display several general characteristics, which are quite different from attributes of fruits growing in other climatic areas. Let us list here at least the most vital of these characteristics:

1. Strong dependence of taste from the area of growth. The majority of European fruits tastes almost the same no matter where they are grown. For example an apple harvested in Poland tastes almost identical to an apple from New Zealand or Japan. However, the taste of tropical fruits changes drastically with the region of their growth. For example, "durian" from Malaysia is the most tasty fruit of the world. But "durian" from a neighbourly Thailand can be swallowed only with a great difficulty, while "durian" from Australia is simply inedible. Therefore, while eating tropical fruits it is good to know where these were grown. This is because their taste is strongly dependent on the area of their growth. Also for every tropical fruit there is an area on the Earth, where grows the most tasty variety of this fruit (e.g. the most tasty "durian" grows in Malaysia, the most tasty "pomelo" grows in Ipoh, the most tasty "mandarins" grow in China, the most tasty "persimon" grows in Israel, etc.).

2. Powerful aroma. A majority of tropical fruits has a powerful aroma (smell). The power of this aroma everyone can appreciate by comparing how insignificantly smell e.g. apples or plums when confronted with the force of smell of e.g. oranges or lemons. Unfortunately, this smell NOT always and NOT for everyone is pleasant. For example "durian" (discussed in item #G1 below) is famous NOT only because it is the most tasty fruit of the world, but also because it is the most smelly fruit of the world. In countries which grow durian, all "classy" hotels, restaurants, long-distance buses, and airlines, forbid bringing durians to them, and even punish with fines those people who try to take inside these unpleasantly smelling fruits.

3. Significant influence on health and feelings of eaters. In Europe only some fruits influence strongly the health and feelings of eaters. However, in tropics every fruit exerts such powerful influence. Also every tropical fruit has the ability to heal at least one serious illness. (On this hobby web page I described such an ability only for some illnesses and for some tropical fruits that heal these illnesses. I did NOT do it for all fruits, as it requires a lot of inquires for which my hobby research do not receive funds nor official support.) Thus, while eating tropical fruits it is good to know what influence and at what they exert. In fact many traditional methods of healing is based on utilisation of the influence of

tropical fruits on health and on feelings of eaters - for details see the web page [healing.htm - about folkloristic methods of returning to health](#).

4. Supernatural or paranormal attributes. In previous item #C1 is emphasized that many tropical fruits display characteristics which confirm them to be kinds of [gifts from God](#). This is because some of these characteristics are almost supernatural (e.g. consider the attribute of "coconuts" to never fall on heads of people, or the attribute of "salak" fruit to meaningfully illustrate the Biblical story about Eve and the snake). Other in turn are paranormal (e.g. consider banana tree which has the "spirit" which is so developed that it can imitate the spirit of a human - for details see item #D3 below). Therefore, otherwise than it is the case with fruits from other climate areas, tropical fruits or tropical fruit trees are frequently used for carrying out various forms of "magic".

Notice from descriptions provided on the web page about the **theory of everything** called the [Concept of Dipolar Gravity](#), that "**magic is simply one amongst many existing uses of natural laws that prevail in the counter-world to exert influences on events from our world**". Another similar use of counter-world are all **supernatural phenomena**. An example of supernatural influencing the physical world through releasing mechanisms of counter-world - which every reader can accomplish just on his or her own, are experiments which prove the existence of souls, which (the experiments) depend on persuading the soul to increase or decrease supernaturally the weight of the body in which this soul resides. Such experiments are described in details in items #E7.1 and #E7.2 of the web page [soul proof.htm - about scientific evidence, photographs, and experiments, which prove the existence of immortal souls](#).

Part #D: Descriptions of these fruits from the area of Pacific which display various supernatural attributes:

#D1. Coconuts:

In many tropical countries coconut palms are considered to be **holy trees** which were designed especially by [God](#) to satisfy all basic needs of people. (Notice that the holiness of coconuts is manifested in there in a similar manner as in old Europe the holiness of the "daily bread" was practiced - where old-time Europeans used to say sorry to a slice of bread when they accidentally allowed it to fall on the floor, where old-timers never threw away to rubbish even smallest crumbs of bread, and where men used to take hats off from heads for the duration of eating to show their respect to their daily bread. Such manifestations of the respect to "daily bread" were still practiced in Poland in times of my childhood, means in 1950s. Note that the holiness of daily bread, as well as the

holiness of coconuts, is also discussed in item #F2 of the web page [bible.htm - about the authorization of the Bible by God himself](#), and also in item #F2 of the web page [god proof.htm - about scientific evidence for the existence of God](#).) The holiness of coconut palms proves itself because e.g. on small oceanic islands, on which is NOT growing anything else apart from this palm, in fact coconut palms are providers of everything. In order to understand how immensely important function the coconut palms perform in there, it is enough to recall, that such sandy coral islands on which these palms grow, are surrounded with undrinkable, salty, ocean water and typically do NOT have any source of fresh water. So coconut palms are there the sole provider of drinkable water. In turn to understand how in smallest details God designed coconuts in such a manner that they best serve humans, it is enough to have a good look at the "ergonomics" of coconuts (what is that "ergonomics", it is explained in more details in item #D3.1 from the further part of this web page). For example, the shells of coconuts are so hard, that on coral islands where there is no clay nor metal for pots, local people use coconut shells for cooking over a fire. So it requires a significant force and excellent tool to split these shells. (My first coconut, split on my own without a consultation with locals, took me a couple of days of occasional heavy labour.) But because people in needs may NOT have the required force and tools, in such super-hard and resilient coconut shells God formed three small soft holes of diameters of a typical straw. Thus people who know about these three soft holes are able to insert a straw to a coconut almost without any effort and drink its content without a need to use almost any tool. What even more interesting, the size of coconuts was designed so ergonomically by God, that one coconut contains inside an exact amount of "coconut water" that is needed to satisfy a thirst of one person. If a coconut is a bit larger, then one person would NOT be able to drink all its content - so its precious water would be wasted. If in turn a coconut is a bit smaller, then one nut would NOT suffice to satisfy a thirst of one person - again these precious nuts would be wasted. Therefore, coconuts are precisely as large, as they should be for satisfying single persons.

No wonder that in some religions, e.g. in Hinduism, gods receive gifts from coconuts. The Bible says that palm branches were placed in front of walking Jesus. This holiness of coconut palms is there also a source of the deep belief which prevails in countries in which coconuts grow, namely that **coconuts never fall onto heads of humans**. Actually in many tropical countries, e.g. in Malaysia, locals are saying that "coconut palms have eyes" - thus they never drop a coconut on heads of humans. I personally was very intrigued by this belief. So whenever I had an opportunity to visit an area where coconut palms grow, I always asked locals whether they know a case that a coconut fell on someone's head. I must confirm here, that in spite of my wide and many years long asking **I never encountered a case that someone knew someone else on the head of whom a coconut fell**. Such a case would be quite well-known, because the large weight of coconuts combined with the significant height of coconut palms, would cause that the fell of a coconut on someone's head would kill such unfortunate person. Of course, this lack of cases when coconuts fall on human heads is something very extraordinary and supernatural. It should be explained by the "holiness" of the palm. After all, most of other trees drop their fruits

completely at random, in this on human heads. I myself remember a case when a falling apple hit me in the head - fortunately was ripe and soft. In Malaysia grows a tasty fruit which just has a size of coconuts - it is called "durian" (described in item #G1 below). It is commonly known there, that at the time of durians' ripening, people should either keep far from these trees, or wear protective "hard hats". This is because heavy durian fruits fall "at random" , including onto human heads. So it is nothing unusual to hear over there about cases of people getting hit by durian fruits.

Regrettably, someone clearly could NOT stand this extraordinary attribute of "holy palms" and decided to include also the holy coconuts into the "scientific atheism". Namely, that someone started to spread on the behalf of science the untrue claims that supposedly in the world every year dies from falling coconuts as much as 150 people. These claims make falling coconuts hypothetically even more dangerous than attacks of sharks. Such false claims were disseminated in so organised manner, that on their base various insurance companies started to develop their "coconut policies". Fortunately for the truth, some scientists decided to get to the bottom of the "research" on which the coconut deaths claims were based. Outcomes of their research were summarised later, amongst others, in the article "Lies, damn lies, and 150 coconut deaths" from page B9 of the New Zealand newspaper named [Weekend Herald](#), issue dated on Saturday, April 12, 2008. Searches of these scientists revealed, that such untrue claims were made up in Australia in 2002. (In the light of message discussed on the web page [newzealand_visit.htm - about message that God coded into hostile for humans conditions of Antipodes](#), we should NOT be surprised that these are Antipodeans that try to lead in deviating the truth.) Only then these untrue claims were disseminated all over the world by an article in Daily Telegraph. At the beginning these claims referred to the publication of a Canadian professor, in which there was NO quantitative data on this subject, while the professor himself denied that he ever accumulated such quantitative data. Thus, in spite of the lies spread on this subject under a smoke screen of the official science, in fact coconuts never fall down on heads of people.

On the subject of "holiness" of coconut palm that results from the intentional design of this palm by God so that it best serves to people, an old legend from Pacific islands states as follows: *"In old times, when God still used to talk to people, inhabitants of coral atolls asked Him as follows. God, to people who live on large continents you gave extensive forests which are full of various animals and trees, rivers with fresh drinkable water, fields for planting crops, paddocks, crops, fruits, various home animals, and metals for tools and for pots. In turn to us you gave empty islands on which apart from sand is almost nothing else. So please gave to us something, that is going to replace all these goods that You gave to people who live on large continents. After hearing this, God gave the coconut palm to the islanders. This single coconut palm replaced by itself all the goods received by people from large continents."*

In fact coconut palms seem to be the most useful vegetation on the entire Earth. They grow on sandy islands without rivers or lakes with fresh water and surrounded entirely by salty ocean. Their roots are capable of taking water if around only salty ocean water exists. Also practically every their component has a multitude of different applications. For example, trunks from coconut palms are

used to build houses and bridges. Leaves from this palm are utilised for weaving mats and baskets, while extracts from these leaves are used for medicines and in cooking. The sap taken from palms trunks, after being boiled provides a tasty "palm sugar". In turn a liquid sap that flows from a cut flowers of coconut palms, is actually a tasty and immediately ready for drinking sweet alcohol drink called "toddy" - of the taste resembling European drinking honey of a high quality. In turn huge like human heads nuts of coconut palms provide an entire array of useful products. The exterior, hairy layer of these nuts, in English called a "husk", is used for weaving strong ropes and for producing brushes and brooms. The hard shell existing under this "husk" is used for production of various containers and dishes. It is so hard, that on islands that have no clay nor metals for making pots, it is used for cooking above fire. Under this shell there is white, edible layer of coconuts, called a "kernel". This kernel can be eaten raw or after being cooked. After it is melted on fire it turns out into edible oil from which some time ago "margarine" was produced. From this kernel also a thick, tasty, "coconut cream", can be squeezed. In turn after being mixed with water, this "coconut cream" can be turned into "coconut milk". After being dried out, this white kernel turns out into the so-called "copra" from which presently several hundred different cosmetic, pharmaceutical, and chemical products are manufactured. Finally the free space that is contained inside of the "kernel" is filled up with a tasty, healthy, "coconut water" which contains all ingredients that people need for living.

The most frequent form under which tourists encounter coconuts in tropical countries, is the so-called "coconut water". People drink it from still unripe whole coconuts. Folklore of tropics claims that this water has many desirable qualities. For example, it cleanses and reinforces body. It replenishes the missing microelements and minerals. It increases the resistance to diseases. It accelerates the self-healing of illnesses. Etc., etc. From the energy point of view such coconut water is cooling. Thus, the drinking of it is also recommended in all cases of eating something heating (e.g. fried meals), as well as in many high temperature diseases. According to the article [1#D1] "Coconut water therapy can work wonders" from page 14 of Malaysian newspaper [New Straits Times](#), issue dated on Monday, August 18, 2008, coconut water helps people in faster recovery from various diseases, especially viral ones - such as the famous "chikungunya" described in item #B1 of the web page [plague.htm - about murderous plague prepared for the humanity](#). The reason for healing potentials of coconut water is the presence of various vital minerals which are important in fighting viruses. Furthermore, this water supposedly detoxifies the liver - i.e. an organ which helps to control body temperature and which is attacked by many viruses - including the deadly virus "chikungunya". Some also recommend coconut water to cancer patients who went through chemotherapy and thus need vital minerals. People drink coconut water through a "straw" directly from a freshly opened coconut that is unripe and thus still green or yellow. Coconut water should be drunk everyday if possible.

I should mention here, that I personally tried the method of accelerated healing through drinking "coconut water" - as this is described in the above article [1#D1]. During my vacation in Malaysia in 2008, as usually I overdid with sleeping when an "air-conditioner" is on, and I also overdid with drinking liquids strongly cooled down in fridges. Amongst others, I overdid with drinking "coconut water"

which I like very much, and which for the improvement of taste I strongly cooled down in my fridge. Unfortunately, "coconut water" has a very high "specific heat". Thus after strong cooling down the coldness of it is so high that it causes a pain in throat during drinking. In the result, already in the first week of my vacation I was overpowered by a viral sore-throat. Although my doctor healed it fast with the antibiotic "Zithromax", still after it a nasty, dry, like chronic, cough persisted. For a next month I could NOT neither get rid of this cough, nor just decrease the intensity of it. This cough caused that I stopped drinking coconut water - as the coldness of this water was a reason why I got it in the first place. So when I encountered the above article [1#D1], I decided to return to the regular drinking of "coconut water" from young, unripe, yellow coconuts. But this time I drank the water in the lukewarm state - i.e. just straight after purchasing it and opening it at a street stall. Such lukewarm coconut water ceases to be so tasty like the cold one, in return its temperature is NOT dangerous to the health. It was because of my previous drinking of such cold water after it was strongly cooled down in a fridge, that I fell a victim of firstly the sore-throat and then this persisting dry cough. I drank two coconuts a day. After four days of such drinking it could be clearly noticed that my persistent cough started to gradually diminish.

Summarizing the above, truly there is no other plant on Earth, which for people would have equally many useful applications, as the coconut palm has. No wonder that this palm is considered to be a **holy tree** similarly like in the Europe of old times people acknowledged the **holiness of the daily bread**.



Fig. #D1a: A Malaysian coconut palm with clearly visible coconuts.

* * *

Notice that you can see the **enlargement** of each illustration from this web site. For this, it suffices to **click** on this illustration. Furthermore, most of the internet browsers that you may use, including the popular "Internet Explorer",

allow also to **download** each illustration to your own computer, where it can be looked at, reduced or enlarged to the size that you may want, or printed with your own graphical software.



Fig. #D1b: A cluster of coconuts on a Malaysian coconut palm. The photograph taken in January 2004 in Kuala Lumpur, Malaysia. Each one out of these coconuts is of size of a human head. They are still unripe and in the process of growth. In the state shown here only the "coconut water" contained in them is suitable for drinking. After maturing, their orange or greenish outer surface changes into a dark-brown viscous cocoon, i.e. the so-called "husk", in the centre of which a ripe, fully developed nut is protected, with the content described below.

In many tropical countries coconut palms are treated with the same respect as in Europe of old times people used to acknowledge their appreciation to the holiness of the "daily bread". Of course, there are vital reasons for such treatment of these palms. In fact, extraordinary attributes of coconut palms provide us with yet another example of evidence from the area of biological sciences (in addition to the wealth of scientific evidence that is already identified and described in item #F2 of the web page [bible.htm - about the authorization of the Bible by God himself](#), and also in item #F2 of web page [god proof.htm - about scientific evidence for the existence of God](#)), which evidence proves the existence of God.

This coconut water has several priceless attributes that really deserve the honour of a "holy fruit". For example, **it is sterile**, contains all ingredients that are necessary for life, and is very tasty. Thus, in drastic cases it is used by doctors as a replacement "drip" dosed directly from a coconut to veins of people who need medical help or dripping sustenance to survive. This water is also very tasty for a direct drinking (I personally love the taste of it). In Malaysia it is called the "lions' drink" because it enforces body and provides sustenance to it, so that the consumer feels like a "young lion". I personally recommend to everyone who arrives to tropical countries: **if you are afraid to drink in tropics anything local to avoid a food poisoning, then instead of drinking the bottled coca-cola which may contribute towards a deterioration of your health, rather drink**

sterile, tasty, and extremely healthy "coconut water" which originates from holy coconuts. Only make then sure that this coconut is open in your presence, and also that you are allowed to drink it through a straw directly from a coconut shell - this will guarantee that the water contained in it, and drunk by you, is still sterile and fresh.

For the first time in my life I saw a shell from a coconut in a miniature although intriguingly equipped museum which in old times was located in glass cabinets on corridors of the Primary School No 1 in Milicz. (I described this museum in item 9 from internet web page on the town of [Milicz](#).) In times when I was attending my primary school, a coconut was almost impossible to see in Poland. So spoken stories, and also this well exposed shell, indicating that somewhere in a distant world there is a nut which looks almost like a Polish hazelnuts, but which has a size of a human head, were really able to inspire imagination of children. Actually it was this shell that inspired in my day-dreams that one day I will be travelling through distant tropical islands, where such coconuts grow, and that I will be eating them in large quantities. (I believed than, that coconuts are only a larger version of the well-known to me hazelnuts, and that they maintain this excellent taste of the Polish hazelnuts.) As all powerful day-dreams from the village of [Wszewilki](#), also this dream has fulfilled. (After all, the village [Wszewilki](#) is a place where human dreams always come true.) In fact presently I am relatively frequent visitor in tropical islands where coconuts grow. Also I frequently drink "coconut water" from young coconuts, which (the water) I like very much. However, it turned out that I do not like eating coconuts because somehow they are not my favourites. (I still prefer to rather eat hazelnuts, or the fruit of Malaysian "durian" shown in "Fig. #G1a" and "Fig. #G1b" - which (the "durian") is officially considered to be the most tasty fruit in the world.

* * *

From the energy point of view, coconuts belong to tropical fruit that are slightly "cooling". In old days Chinese used to recommend eating them in a moderation. They used to also recommend, that after eating them, they should be neutralised by eating an equal amount of something heating - especially if the eating person is a women with a strong "yin" energy. However, in present times this recommendation does NOT need to be respected so pedantically, because we anyway eat too much "heating" food - as this is explained in item #B2 from this web page.

* * *

The above could be complemented with the information that in recent years a mysterious illness appeared in tropical countries. It kills palm trees in a similar manner as another mysterious illness kills elm trees in Europe. Because of this illness, palm trees are disappearing recently with a shocking speed. The description of this mysterious illness is provided, amongst others, in an article "What's killing the palm trees?" by Randolph E. Mccoy, published in the Journal [National Geographic](#), issue dated on July 1988.

#D2. Oil palm nuts:

Starting from around 1970s, in Malaysia oil palms gradually eliminate coconut palms shown in "Fig. #D1". This is because the nutritional value of small nuts from oil palms - these shown in "Fig. #D2b", is even much higher than the nutritional value of coconuts. So practically at the moment almost entire production of palm oil and palm margarine in the world is carried out from these oil palms, instead of (like previously) from coconuts.

A single nut from oil palm tree has a size of an European blue plum. The outer layer of such a nut is composed of currently unused pulp similar to one from our miniature wild "ornamental (Eden) apples". Inside, under a layer of this pulp, a small "shell" of the oil palm nut is located. This "shell" is of a size of typical hazelnut. But the shell of it is so hard, that I had difficulties with cracking it with the use of a hammer. (No way that someone could split it with own teeth, like in Poland we do this with hazelnuts). Inside of this shell, a solid "kernel" of the nut is located. The kernel has the size and also approximate taste of European hazelnuts. It is this kernel that is used for manufacturing all the goodies produced from oil palm nuts. It presently includes several hundred different products for consumption, medicine, cosmetics, chemicals, etc. Of course, the most important out of all these products is the "palm oil", which we later eat in the form of a healthy, highly nutritious, and tasty "palm margarine". So if the reader eats sometimes palm margarine, it is almost sure, that it originates from "bunches" of tropical oil palm nuts, similar to ones shown below in "Fig. #D2b".

Many species of palms display the ownership of several supernatural attributes. Probably this is the reason why in ancient times palms were considered to be "holy" vegetation, while Roman Catholics until today celebrate the religious holiday called the "Palm Sunday". One amongst most frequent examples of this "supernatural attributes of palms" is the death in a highly synchronised manner. Namely, many species of palms dies soon after blooming and producing fruits. What even more intriguing, some of these palms, e.g. the famous "talipot palm" from India - described and shown in item #F3 of the web page named [god_proof.htm](#), precisely synchronise on the area of the entire world and for all of these palms the simultaneous date of their fruiting and dying. Also the "oil palm" described here synchronises its dying. Namely, all palms grown from seeds born in the same year die simultaneously and in perfect synchronisation with each other. Their simultaneous death occurs usually when these palms are around 27 to 30 years old. In the result, e.g. in Malaysia sometimes entire plantations can be encountered, which are covered with just died palms. This is because when these palms are planted at the same time, then they also fruit and die at exactly the same time. The reader wishing to see a photograph of a section of such synchronically died palm forest, should [click on the following button](#):

(a caption which describes the photograph that after such a clicking will show itself here, is provided under "Fig. #F2" from the web page [god_proof.htm](#)). This synchronisation of dying creates a "supernatural component" in the life of oil palms. Because this "supernatural component" is one amongst most fascinating mysteries of the nature, which indirectly confirm the existence of God and which present atheistic science is unable to either justify or explain, I am describing this supernatural component more comprehensively on a number of web pages - for example see item #F4.4 from the web page [stawczyk_uk.htm - about](#)

[mysteries of the village Stawczyk](#), or see item #F3 from the web page [god proof.htm - about scientific evidence for the existence of God](#).

It is worth to add here, that there are other species of tropical vegetation, which also synchronise their dying. An example of these can be a specie of bamboo.

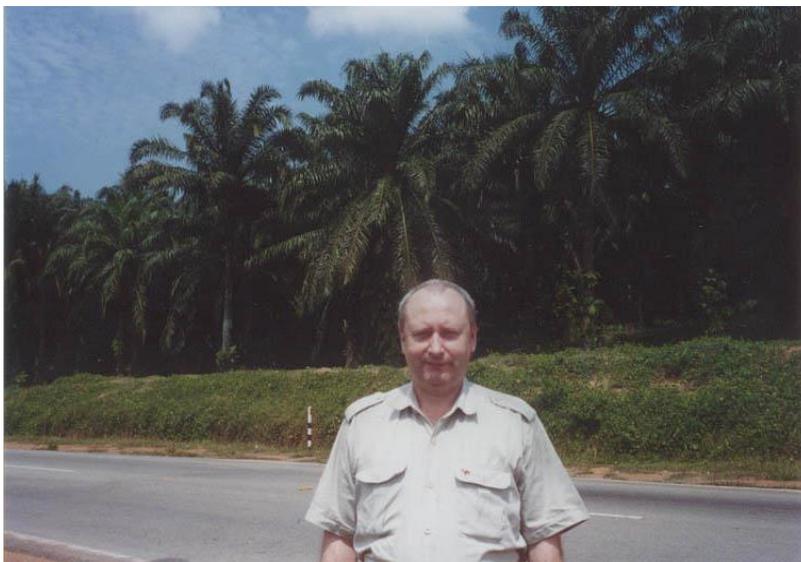


Fig. #D2a: Me (i.e. [Dr Jan Pajak](#)) photographed on an edge of oil palm plantation. Starting from around 1970s, in Malaysia one may drive many kilometres through forests entirely composed of such oil palm trees. In fact forests of such oil palm plantations are in Malaysia equally common and equally sizable, like are pine tree forests in Poland. Only that oil palms display a kind of supernatural attribute which depends on dying in a highly synchronised manner - while the European pines lead a very ordinary life.

As we probably know this perfectly from religious celebrations of Roman Catholics, in distant past palms were considered to be "holy trees". Thus the palm oil forest visible behind my back is also a kind of "holy forest". One may ask the question, whether the palm margarine is so healthy because it originates from such a "holy forest".



Fig. #D2b: An entire "bunch" of ripe nuts from an oil palm tree, that was cut out from an oil palm tree and fell to the ground. As this can be seen from the above photo, it looks slightly similar to a bunch of our grapes. Such a "bunch" weights tens of kilos, and usually is long at around half a meter. It is composed of hundreds of small oil palm nuts. Each single such oil palm nut from this "bunch" has a size and a colour of an European blue plum (i.e. such still ripe incompletely and partially red).

#D3. Bananas:

Almost everyone knows bananas. In tropical countries they are one of the most basic and common fruit. They also belong to a group of several "holy fruits" which **God** furnished with very special attributes - for details see item #D3.1 below. For example, all these "holy fruits" contains inside all components that people need to live in the climatic conditions for which these fruits were created. Each one of them can be eaten in many different forms and ways. Each has healing capabilities. Each is designed for many different uses - not just only for eating. Also each one of them is prepared for growing in different climatic conditions. Apart from bananas, to this group of "holy fruits" belong also coconuts, dactyls (dates), and soybeans.

In the area of Pacific grow and are eaten various varieties of bananas, not just only a single "Ecuadorian" variety, which usually can be bought in shops of Europe (and Poland). Each variety of these bananas taste differently. Also each one of them is eaten in a different manner and in different circumstances. The best known such manner is the one which is shown on old films. It depends on eating a banana in the raw form - immediately after it is peeled from the skin. (Notice that on old films the empty skin is typically left on a footpath so that a "villain" could slip on it.) In tropical countries from the Pacific region in such a "raw form" only two varieties of bananas are eaten. These varieties include: (1) middle-sized (so-called "green") "Ecuadorian" variety, which typically can be bought in shops of Europe (and Poland), and also (2) miniature (so-called "yellow") local bananas from Pacific islands. The (green) "Ecuadorian" bananas have the white interior and are rather deprived of any taste. In turn these (yellow) miniature bananas from islands of Pacific have interior yellow-orange, are very sweet, and have very strong, although pleasant banana flavour (i.e. their flavour is several times more powerful than the one from Ecuadorian bananas). The remaining varieties of bananas (there is a whole range of these), are eaten mainly after being fried or cooked.

Independently from eating bananas in a raw form, these extremely popular fruits are eaten in many different processed forms. I personally like the most two of these, namely a "banana milk shake", and "banana fritters". The "**banana milk shake**" is a very tasty banana cocktail, obtained through blending in a mixer one banana fruit together with around a half of litre of milk sweetened to the taste (i.e. in my case - with around 2 spoons of sugar being added). In turn "**banana fritters**" are a kind of fried dessert, which is very popular in exclusive tropical restaurants. It is made through dipping a peeled banana (i.e. a banana

deprived the skin) in a liquid dough - identical to the dough which in Poland is used for pancakes, and then throwing this banana to a boiling oil. It is taken out from the oil immediately after the surface of the dough assumes the golden colour - i.e. the colour that assume deep-fried potato chips. "Banana fritters" are eaten hot together with vanilla ice-cream (one portion of ice-cream for each fritter). Before eating, these fritters are additionally covered with a liquid caramel syrup. They taste superb - I advice to try them.

However, inhabitants of the tropical Pacific islands claim that **bananas should NOT be eaten when one has a cold of cough**. This is because they intensify the production of "flame" in the throat, and also intensify coughing and sneezing. In a very similar manner also **oranges** behave. Thus also oranges should NOT be eaten in case of having a cold of cough. They irritate lungs, throat, and nose, thus they also cause and intensify a cough and sneezing.

All varieties of bananas have the ability to regulate and to soften the products of our digestive system. So bananas work opposite to the fruit "persimon" described in item #I1 below. (After all, "persimons" cause the solidification of the stool.) Bananas are also more gentle and more safe than modern medicines. In addition to this, they are a "natural" remedy for softening the stool. So otherwise than modern medicine, they do not cause any "side effects". For these reasons bananas are frequently used by various mothers when their child gets a constipation. In past, when someone got a constipation, then usually was eating a lot of bananas. (I personally prefer to eat in such cases the moderate climate fruits called "kiwi", which are more powerful than bananas, thus in adults they stabilise the stool much faster and more effectively.)

In a tropical Malaysia a number of fruit grows, which similarly to bananas have the abilities to soften the stool or to cleanse the digestive system. An example of another one (after bananas) is "mango" described in item #H1 below. However, the most famous out of these cleansing fruits are: (1) a wild fruit from Malaysian jungle, locally called "jering", and (2) another wild fruit from the jungle, locally called "petai" - described in item #F5 of this web page. Both these fruits have the attribute, that if one of them is eaten raw, then it also cleanses the bladder. But if both of them are eaten simultaneously, then their combined action is so powerful, that they completely block the urinating. Therefore the Malaysian folklore forbids eating both of them simultaneously.

Bananas are also a basis for supposedly "non-sacrificing and stress-free slimming diet". This diet was described, amongst others, in the article "Japanese go bananas over new diet" from page B2 of New Zealand newspaper [The Dominion Post](#), issue dated on Thursday, October 23, 2008. This banana **slimming diet** causes the weight loss in the result of almost pain-free and craving-free starting each day from eating, immediately after getting up from the bed, one raw banana followed by a glass of warm water (of a room temperature). Then for an entire rest of the day one can eat and drink whatever wishes - providing that this is not sweetened with sugar. Means, this diet does NOT require at all eating whatever someone does NOT like to eat, nor require starving. The only requirement of slimming down is to eat this single banana each day morning and then reify from putting any sugar into whatever one eats and drinks - as this diet forbids consumption of sugar. But it still causes the weight loss. So it is slightly similar to the Korean slimming diet based on "kim-chi"

described in item #B2 of the web page [korea.htm - about mysterious, fascinating, moral, and progressive Korea](#).

The milk-like sap from banana trees is a **powerful poison** with the action similar to the famous curare - see descriptions in caption of "Fig. #D3". But otherwise than this is the case with the murderous poison from the New Zealand "tutu" bush, described in item #K1 of the web page [newzealand.htm - about mysteries and curiosities of New Zealand](#), which kills immediately no matter how it is dozed, the milk-like sap from banana trees kills only if it gets to the blood stream. In turn when it is eaten then it is completely harmless. Also harmless are banana fruits.

From the "yang" and "yin" energy point of view, bananas, depending on the variety, belong to several different categories. For example, yellow bananas of Pacific islands represent a rare kind of a "neutral" fruit, i.e. the one which is NOT "yang" nor "yin". So one may eat them without limitations and do not need to worry about balancing later their energy. In the Pacific region they are called "yellow bananas" because their interior is of a yellow colour. In turn green bananas (Ecuadorian) are of the "yin" kind, means "cooling". In the Pacific region people call them "green bananas" because before they ripe their upper skin is of a green colour (after ripening this skin becomes almost the same yellow as the skin of miniature (yellow) bananas from Pacific islands).



Fig. #D3: Banana tree. The above photograph shows not only how the trunks and huge smooth leaves of this tree look like, but also shows how banana flower looks like (see this long, violet, cone-like shape), and also how look like rings of miniature banana fruits, which gradually grow right behind this cone-shaped flower - as soon as this flower extends its length, blooms in ring-shaped garlands, and is pollinated. (Notice that each banana tree blooms only one time in the entire life. So the banana flower shown above is NOT so easy to be seen in tropics, because on each banana tree it appears only a single time during the entire lifetime of this tree - usually when the tree is still relatively young.)

Many components of banana trees are utilised by people who live in tropics. Of course, most widely are used tasty, sweet, and highly nutritious bananas, means fruits from these trees. Sometimes people cut off also the flower from this

tree and eat it as a kind of crispy vegetable (after spicing, it is used for preparation of kinds of salads). Huge and smooth banana leaves are used in tropics instead of saucers. Until today in some restaurants in Malaysia, sometimes very exclusive ones, various dishes can be served on such banana leaves. But one needs to remember then, that these dishes one supposed to eat with fingers. As I was sorry to experience it once myself, if someone uses cutlery (i.e. knife or fork) for these dishes, the sharp edges of this cutlery cut through a thin banana leave. In the result, exotic sauces which saturate these dishes flow down at trousers of such inexperienced eater, spoiling later the entire evening (and sometimes also the entire clothing).

In old times also juices that circulate in banana tree trunks were utilised. These juices are extremely poisonous. So in tropical countries where bananas grow, these juices are used in a similar function, as the famous "**curare**" is used in Amazonian jungles. Means sometimes poisonous arrows are saturated with these juices, which after being shot at enemies or animals, kill them instantly. In order to be even more interesting, these banana juices are only poisonous if they enter the bloodstream. But if someone eats these juices, then stomach chemicals dissolve them completely and they do NOT cause any harm to the eater. Therefore in old times they were used for poisoning darts used in hunting. They killed animals, which then could be eaten safely. About a lightning-strike-like poisonous effect of banana juice, my friends from the "Universiti Malaya" (School of Medicine) in Kuala Lumpur carried out thorough medical research. Outcomes of these research were published in a following scientific article: S.K. Lee, L.L. Ng, S.I. Lee: "Experiments with Banana Trunk Juice as a neuromuscular blocker", The Australian Journal of Experimental Biology and Medical Science, Vol. 58, 1980, pp. 591-594.

When mentioning here about "curare" from Amazonian jungles, I should explain also that in Malaysia grows a tree, the juices of which produce a poison which is related to this famous "curare". This Malaysian version of "curare" is equally deadly as the original one which is produced in jungles of Central America. It is produced from juices of the tree, which grows widely in jungles of Malaysia and is called the "**Ipoh tree**" (notice, that the name "Ipoh" is also a name of sizeable city in Malaysia - this city was so named because of the tree, which used to grow in jungles around it in large quantities). Similarly as this is done by natives of Amazon with the original curare, also local hunters from Malaysian jungles used to saturate with this curare from the "Ipoh tree" their miniature darts shot from "blowpipes". If such a poisonous dart even just scratched an animal, this animal immediately died as if it was hit by a lightning. But the meat from an animal killed with curare is edible and it does NOT harm its eaters. Photographs of tropical tree Ipoh, and also further information about the poison "curare", are presented in item #F1 from the web page [healing.htm - about rmedies, healing, and curing properties of vegetation](#). In turn a photograph of the use of "blowpipes" from which poisonous darts with curare are shot, is shown on several web pages, e.g. on pages [pajak.fateback.com](#), or [pajak.20m.com](#).

In tropical countries banana trees are also used for a whole range of occult purposes and for magic. According to folklore believes, they have a very powerful spirit, which can be compared to a [human spirit](#). These believes state, that the

spirit of banana trees can scare people equally effectively as a human spirit. Therefore in tropics usually these trees are cut down immediately after they finish their fruiting - and as I mentioned this before, they produce fruit only once in the entire their life. The reason is that people living nearby do not want that spirits of such old trees cause problems amongst people from the neighbourhood. Out of popular occult applications, such old banana trees, or other trees called "peepal tree", usually are used for an ancient Hindu ceremony of the so-called "**mock wedding**". (Such a "mock wedding" is a ritual wedding, in which one of the partners is destined by horoscopes to die soon after getting married. So by marrying a tree, this death is shifted onto the tree. Then the tree dies instead, while the true husband or wife is able to live until an old age.) Comprehensive descriptions of these "mock weddings" are provided in subsection 14.4 from volume 5 of the newest [monograph \[1/5\]](#). In turn, an example of the publicity treatment of a well known Indian film star and former Miss World, Aishwarya Rai, who "married a tree", was described in an article "With this ring, I tree wed", published on page B3 of the newspaper [The New Zealand Herald](#), issue dated on Friday, February 2, 2007. One of the matters raised in this article was the accusation by a society of protection of trees, that a tree was subjected to an undeserved persecution.

#D3.1. Why some people indicate bananas as still another natural proof for the existence of God:

When eating our next banana perhaps it is also worth to take notice of the attributes because of which a significant number of people considers this particular fruit to be one amongst most obvious natural [proofs for the existence of God](#). I am going to explain briefly here where this view comes from.

In opinions of many people who [strongly believe in God](#), fruits have the same significance in documenting the existence of God, as e.g. pictures have in documenting the existence of painters whom for some reasons cannot personally shake our hands. These people believe literally in statements of the [Bible](#), that fruits were on purpose designed by God in such a manner that they perfectly serve humans. This is why such people indicate a significant number of useful attributes displayed by various fruits, which seem to exist only to make life of people easier, and thus the existence of which cannot be explained by the so-called "evolution" nor by a coincident. On this web page I am indicating several such attributes of various fruits, the appearance of which can be only explained as an intelligent design of this fruits by God. An example of just such attributes can be these three soft holes in hard shells of coconuts, described in item #D1 of this web page, through which people can drink coconut water without the need to break the hard coconut shell. Another example can be the highly symbolic appearance and use of the fruit named "salak" described in item #D4 of this web page.

In bananas a whole array of such attributes can be indicated which prove the intelligent design of these fruits by God. Examples of such attributes include everything that was already mentioned in item #D3 above, namely the superb

taste and the sustenance value of bananas, their healing capabilities, and also their edibility in many different forms - e.g. in a raw form, dried, cooked or fried, as fritters, with ice-cream, in cocktails, etc. Clearly intentionally was also designed the "ergonomics" of bananas so as to best suit people. The name "ergonomics" is assigned to a very modern scientific discipline, developed by the human science only fairly recent. This discipline researches how objects used by people should be designed, so that these objects serve humans in the most perfect way possible. As it turns out, the design of bananas is at the top of ergonomic perfection. For example, the packing of bananas - means their skins, is designed similarly like modern conserve tins. This skin not only perfectly conserves the content (i.e. the banana fruit), but also - like a modern conserve tins, it is perfectly suited for an easy "opening" by people. For example, an especially thickened and easy to grasp tail of bananas performs the same function as the opening ring performs in modern conserve tins. This skin is also very easy to peel along banana fruits, thus hygienically exposing to the eater the content as it is eaten. But we must remember that the natural evolution should make more difficult, instead of making easier, this peeling - in order to protect seeds from the destruction. In ripe bananas at the basis of their tails a small undercutting break in skin naturally forms itself, which makes easier to initiate the peeling of the skin - similarly like in present tins their producers make intentional cuts on their tops in order to facilitate the easier opening. The diameter of bananas is exactly matched to dimensions of open human mouths, to facilitate biting these fruits in small portions. Furthermore, even the bended shape of banana was intentionally so designed to make easier holding it in hand and bringing to mouths during eating.

#D4. "Cravings" of tropical pregnant women to fruits named "salak", and the supernatural link of these "cravings" with the Biblical snake tempting Eve in Eden:

There is one tropical fruit, the supernatural attributes of which almost hit our eyes. The supernatural character of this fruit is manifested through highly symbolic behaviours of pregnant women. Namely, there is a strange link between the topical fruit called "salak" and the Biblical story about snake which tempted Eve in Eden. Let us describe this matter step-by-step.

As this is a common knowledge, during the expecting state pregnant women sometimes have the so-called "**cravings**". An interesting aspect of these "cravings" is, that such expecting women always seemed to "crave" for eating something that could seem to be nothing special, but that in a given moment of time or in a given situation is very difficult to acquire, and that in given circumstances introduces some inspiring qualities. For example, a typical "craving" of Polish women usually is an unbeatable taste for fresh strawberries in

cream during a middle of winter. (This led to the development of "winter" varieties of strawberries and their glass house production methods.) In turn a typical "craving" of women from New Zealand was eating a "hearing". ("Hearings", in spite of their apparent commonness, are fish which live only in northern seas. Therefore in past it was extremely difficult to acquire this fish in New Zealand, means in the country which is located at the southern end of the world. So such "cravings" of women from Antipodes inspired the more vivid contacts of colonists with their old country.)

Well, it is extraordinary - if not the supernatural, that a typical "cravings" of pregnant women from tropical countries in the vicinity of Malaysia are fruits locally named "salak". [\(Click here to see how "salak" fruits look like.\)](#) Apart of being extremely difficult for acquiring, these fruits have almost a supernatural symbolic significance. Namely, in the same manner as every communion in a Catholic church reminds us the Last Supper of Jesus, also every "craving" for eating the "salak" fruit in an extremely meaningful way reminds people the history from [Bible](#) about temptation of Eve by the snake. For this reason I personally highly recommend to everyone who is in a tropical country to purchase several "salak" fruits and to experience in person what sometimes God does in order to discretely reassure us that the [Bible tells the truth and in fact is authorised by God Himself](#). The feelings which one experiences at the moment of trying these "salak" fruits and realising their supernatural symbolic meaning, are unforgettable.

The most extraordinary attribute of "salak" fruits is that everything about them serves as the reminder of this Biblical story about Eve and the snake. For example, in the appearance these fruits resemble exactly heads of snakes. Their skin has the consistency of snake skin and in touch it feels exactly like a skin of snake. During peeling the fruit from the skin, their skin separates from the fruit like a snake skin. After being peeled this skin seen separately looks like snake skin. The fruit itself is subdivided into two halves - which after cleaning resemble the upper half and the lower jaw from a snake's head. The colour of fruits interior is pinkish - exactly the same as raw meat from snake. In every half of the fruit a large dark-green stone is contained, thus making the fruit almost equally not worth of eating as the meat of snake. The smell of this fruit resembles the smell of slightly rotting, unwashed body - so it is similar to the smell of snake meat. In addition, "salak" fruits do not have neither an interesting taste, nor anything that would logically qualify them for "cravings". In fact these fruits are sour-sweet, and for me they resemble slightly the taste of European red currents. Furthermore, after eating they leave in mouths quite unpleasant aftertaste like from a tree-bark. These fruits also do NOT have neither precious nutrition values, or unique attributes. In addition their appearance and properties seem to be repulsive. As it turns out, the only thing which makes "salak" to be "cravings" of pregnant women, is that everything in them reminds us the Biblical story of snake which tempts Eve in Eden, and also that they are very difficult for acquiring but inspiring - similarly like "cravings" of pregnant women from all other regions of the world.



Fig. #D4: Extraordinary fruits from the area of Pacific called "salak". The supernatural attribute of this fruit is that it looks as if it was created especially to remind illustratively to people the Biblical story about Eve and the snake - for details see descriptions from item #D4 above. (Click on the above photograph to see it enlarged.)

The above photograph shows four complete "salak" fruit placed in the upper part of the saucer. It is worth to notice that they look like snake heads. Under them segments of this fruit are shown peeled from the "snake skin" (a section of this "snake skin" is also shown). The photo illustrates also the appearance of inedible stones from this fruit, as well as sections of the fruit in which still remain such stones.

#D5. How to check the belief that "intellects which intentionally waste fruits or other food, will be one day deprived whatever they wasted":

In Poland of old times, people considered all kinds of food, including fruits, to be holy. A similar holiness of all kinds of food and edible fruits was also respected in folklores of many other countries. In Poland old-timers even used to repeat the belief, that **people whom waste any food are going later to be deprived of whatever they wasted**. This belief is described more comprehensively in item #12 of the web page [prophecies.htm](#). It applies both, to individual people, as well

as to so-called "group intellects" - for example to entire institutions. Unfortunately, as so far no-one checked empirically or scientifically whether this belief fulfils itself in real life with an iron consequence. In turn checking it would be worth of effort as it would verify scientifically the work of so-called [moral laws](#) in real life. After all, there are numerous theoretical premises, described for example on the web page [soul_proof.htm](#), which suggest that the above belief should fulfil itself in the real life. Furthermore, in present times of television and internet we already have the technical capability to check it. This is because from time to time the world already learns about cases, that someone intentionally wastes fruits or food. So it is enough to later watch the fate of this whomever for several next years and to check whether this belief in fact is going to fulfil. Means whether this someone, who intentionally wasted some kind of fruits or food, with the elapse of years really experiences the lack of whatever previously wasted. For example, if such someone is an institution (i.e. a "group intellect") which lives, let's say, from the export of fruits, then whether this institution is going to "bankrupt" one day because it is to be cut off from the access to fruits which it previously wasted.

In this item I am going to describe one such a case of wasting food that is known to me. It concerns the intentional wasting of fruits called "kiwi" - the sustenance and healing attributes of which are described in item #12 of this web page. To their wasting for sure applies the action of so-called [moral laws](#). After all, this wasting took place near a middle of 2009 - means in times when the world was gripped by unemployment and economic depression, while our planet was swarming with undernourished people. Furthermore, the wastage of these fruits took place in New Zealand - where food is rather expensive in comparison to earnings of normal people and where for a significant part of the year one kilogram of "kiwifruit" costs almost the same as the minimum wage workers earn there for an hour of heavy physical labour. In addition, the articles described here appeared in times when because of the economic depression and escalating prices, a significant number of unemployed New Zealanders, [to the category of which I also belong](#), only with a significant difficulty could afford to buy any fruit. Here are examples of articles from New Zealand newspapers, which describe this **intentional destruction of "kiwifruit"**.

The first article which I would like to recommend here for reading, is entitled "Kiwifruit dumped to pop up price", from page C1 of New Zealand newspaper [The Dominion Post](#), issue dated on Thursday, April 9, 2009. I take the liberty to quote here three sentences from this long article: "Kiwifruit growers, hit hard by a global slump in demand, have to destroy a million trays, or 3.6 million kilograms of green export fruit. Details of the dumping are outlined in a letter from the industry's export marketer Zespri, to 3000 New Zealand growers late last month allocating them their quota to be destroyed. ... Zespri chief executive ... said in the letter that the alternative would be a reduction in value of about 20c a tray."

The second article which I would like to recommend here for reading, is entitled "Zespri's 'dump fruit' bid angers growers", from page C3 of New Zealand newspaper [The Dominion Post](#), issue dated on Saturday, April 11, 2009. I also take the liberty to quote two sentences from this quite lengthy article: "The Kiwifruit Board's decision is protectionist nonsense. ... western US importer wanting our fruit will now have to take kiwifruit from Chile while our fruit rots on

wines - this does not make sense."

* * *

I do not know how it is with the reader, but myself I got used to the situation, that if **God** undertakes an action, then He usually does it after a long thinking, delay, and preparations. The slowness of acting by God is even recorded in the well-known proverb "God's mill grinds **slow** but sure". So it was for me a big surprise when just in around a month after issuing an order to destroy kiwifruit in New Zealand, an article entitled "Zespri drops \$80m as euro, yen strengthen" (from page C3 of the New Zealand newspaper **The Dominion Post**, issue dated on Tuesday, May 5, 2009) appeared about the company which issued this order. In this article one can read, amongst others, quote: "Californian growers have filled a damages claim in court against Zespri and HortResearch, seeking damages for the failure of its gold kiwifruit crop, grown under licence for Zespri. In Chile, verticillium disease has savaged half of Zespri's Chilean gold kiwifruit production this year and bacteria has affected 25 per cent of Zespri's gold kiwifruit vines in Italy."

"Zespri" again gained publicity on Tuesday, 12 May 2009. Namely, that day the evening news from channel 3 of television New Zealand informed just after 6:30 pm about a destructive rain of large hailstones which damaged a sizable proportion of kiwifruit on plantations from the area of New Zealand called the "Bay of Plenty" (which area is a kind of "kiwifruit bearing area" of New Zealand). This hail was also reported in the article "Zespri sees good year ahead for gold fruit" from page C4 of the New Zealand newspaper **The Dominion Post**, issue dated on Saturday, May 23, 2009. The article writes, amongst others, quote: "... the strategy of dumping 1.5 million trays of export green kiwifruit to hold prices up would no longer be needed after hail in the Bay of Planty damaged at least 2.26 million trays of kiwifruit."

Another publication about Zespri which attracted my attention was the article "Attack on Zespri monopoly" from page C1 of the New Zealand newspaper **The Dominion Post**, issue dated on Friday, June 5, 2009. In this article was described how for a different New Zealand company named "Turners and Growers" the government already make impossible three times to break through the Zespri monopoly on export of kiwifruits.

The problem of Zespri's monopole gradually started to induce concerns of international community. For example, the article entitled "Zespri defensive salvo sends fur flying" from page B2 of the newspaper **The New Zealand Herald**, issue dated on Wednesday, November 25, 2009, describes how in the matter of Zespri's monopole the government of the USA turned to New Zealand with the "please explain" request via the "World Trade Organisation". (On the same day a similar article about international concerns and inquiry regarding monopoly of New Zealand's Zespri, appeared also in the newspaper **Otago Daily Times**.)

**#D6. Animals, vegetation, fruits, etc.,
display much more supernatural**

capabilities, but this web page only reminds about their existence, leaving the presentation of these to "part #F" of the web page [stawczyk_uk.htm](#):

This web page is about all least-known aspects of tropical fruits. Because their "supernatural" abilities represent one amongst such aspects, the web page also briefly discusses these in the above part. Especially, that one amongst topics of my scientific research, are the so-called "supernatural phenomena". Thus, a number of web pages which I published, almost completely are devoted to discussion of "supernatural" abilities. So to these web pages I would like to send the readers interested in such a topic area. For example, the entire "part #F" of the separate web page named [stawczyk_uk.htm](#) is devoted to the discussion of supernatural abilities of wild animals (e.g. snakes, sharks, or bears), domesticated animals, and selected vegetation (e.g. palms, bamboo, or gum trees). In turn item #D1 of the web page named [newzealand.htm](#) describes stones which go for walks in a supernatural way just by themselves.

To supernatural phenomena belong also, amongst others, unexplained capabilities of special trees and stones from Malaysia, known in there under the name of "Datuk" - for their descriptions see item #D1 from the web page named [malbork_uk.htm](#) or item #G9 of the web page [ufo.htm](#). Supernatural abilities display also figures, totem poles, and guardians described in items #D2 and #D3 of the web page [malbork_uk.htm](#).

A supernatural character can also display selected phenomena of nature, especially these ones described in items #I3 to #I5 from the web page [day26.htm](#), or in items #B2 and #B7 of the web page [seismograph.htm](#).

Part #E: Descriptions of "neutral" fruits from the area of Pacific - means fruits most recommended for consumption according to the Chinese philosophy of their eating:

#E1. Papaya:

The fruit named "papaya" (also called "paw-paw") in Malaysia is one of the fruits eaten most frequently. It is also the most cheap fruit. Usually this fruit has

the shape and external appearance of an over-ripe European cucumber (i.e. a cucumber which is kept on field until autumn in order to use it later for seeds). But typically papaya is much bigger than a cucumber. Smallest papaya fruit is as large as largest European cucumbers.

The interesting aspect of papaya fruits are these black seeds contained inside, which look like seeds of a "bird's cherry" (in Polish named "czeremcha"). Normally these seeds are inedible, but thoroughly removed from the fruits before eating. (They induce quite unpleasant stomach pains in the eater.) But if a tropical girl accidentally got into unwanted pregnancy, then she used to eat these black seeds from papaya. This is because the seeds contain an ingredient, which caused that expected ladies experienced a natural miscarry. In old times, papaya fruits used to replace present-days medical "abortions". However, presently these "folkloristic remedies" are used increasingly less frequent, while women in tropics interrupt their pregnancies the same way as European women, namely by going to an abortion clinic.

One Malaysian doctor with whom I discussed the ability of papaya seeds for causing a natural abortion, claimed that these seeds contain chemical compounds from the group named "prostaglandins". These compounds are used in medicine for causing a shrinking of uterus. Thus they are able to cause a natural abortion.

The above should be supplemented with an information, that the ability for aborting pregnancies is displayed also by unripe and very sour pineapples. Therefore women that wished to miscarry their unwanted pregnancies, in past used also to eat such green and sour pineapples.

The folklore from Singapore claims, that papaya fruits have anti-cancer capabilities. A circular email regarding this matter can be viewed after clicking on the following button

Highly desirable healing capability have not have only the fruit of papaya, but also leaves of the bush on which the papaya fruit grows. It is so because **ingredients are contained in leaves of papaya bush, which in human body cause the rapid production of white blood cells**. Thus, people who have a deficiency of white blood cells, e.g. because they just undergo through after-cancer so-called "chemotherapy", usually reinforce their organisms by two drinks, each consisting of a single table spoon of juice from papaya leaves, and both drank in 3-days gap from each other (for greater doses of this juice, e.g. for one table spoon of it drank each day, their action would be too difficult to withstand by the human body). Such drinking of two table spoons of this juice with 3-days gap, supposedly suffices for people who are healing cancer, to prepare their white cells of blood to a next session of "chemotherapy" which destroys these cells. The preparation of single table spoons of the juice from papaya leaves must also be carried out in a strict manner. For this, one needs to pick several healthy leaves from a fruiting papaya tree. Then he or she must carefully wash these leaves in a clean water. After draying them, one needs to smash them in a mortar and pestle. Then, their smashed mass must be placed in a clean cloth and a spoon of juice must be squeezed from it. This juice tastes and smells revolting - is extremely bitter and smells like stale. So the drinking just a single spoon of it is really a big thing. But for their own good, people in need must overcome the repulsion of their mouths, and drink this revolting juice. In order to

make this drinking a bit easier, one can add a bit of honey to this juice. In countries in which papaya does NOT grow, and thus it is difficult in there to rapidly get hold of leaves from thus bush, one can purchase in supermarket unripe fruit of papaya, the skin of which is still green (i.e. not yellow - like in a ripe fruit shown below in "Fig. #E1"), and then instead from green leaves, this healing juice squeeze from skins still green, unripe papaya fruit. Of course, because leaves, not fruit, are the best provider of this juice, while the bush with leaves can be grown from seeds of papayas in a pot within one's home in even a cold country, so if someone knows in advance that such leaves will be needed soon, then should plant a papaya bush in own home. (After all, papaya seeds can be taken from a ripe fruit of papaya that one can buy in a supermarket - only that before planting them one should remember to firstly dry them, as when planted still wet probably will NT germinate.) We should notice here, that in case of catching a killer tropical illness "dengue", or in case of difficulties with withstanding a whole cancer's "chemotherapy" because of the lack of the required level of white blood cells, drinking such a juice from papaya leaves may even save lives.



Fig. #E1: A fruit in Malaysia called "papaya", while in other regions of the world called "paw-paw". (Note that there is a joke for children about "paw-paw" fruit. It asks: "what is a paw-paw"? The answer supposed to be: "the end of a leg-leg in a cat-cat".)

The papaya on the above photograph is cut in half and placed on a saucer. This fruit is usually the least expensive fruits of tropical countries, although simultaneously it is very tasty. The inexpensive price of it results from the fact that, otherwise to other fruits, this one is actually a fruit from a kind of gigantic vegetable, not from a tree. Edible in this fruit is the red substance contained under a hard skin. Me personally the taste of papaya fruits resembles slightly the taste of a sweet Polish carrot roasted over an open fire.

* * *

Juice from papaya fruits is also used for cosmetic purposes. It displays the ability for whitening the skin. Thus tropical beauties, who in spite of frequent exposure to the action of powerful sun, still wish to have white skin, usually wash

their skin with the papaya juice, or they use a soap containing papaya juice.

From the energy content point of view, "papaya" belong to "neutral" fruits. Chinese claim that one may eat any amounts of these fruits without causing undesirable consequences.

#E2. Pomelo:

Pomelo is a huge fruit. The size of it exceeds the size of a human head. [\(Click here to see how a stall full of "pomelo" fruits looks like.\)](#) It belongs to the same family as "grapefruit". But is sweeter than a "grapefruit". Inside it looks slightly similar to a gigantic lemon, in which membranes between subsequent segments are thick like shoe soles and are impossible to bite through them. Therefore, before eating, this fruit must be firstly peeled from the thick skin and from these membrane between segments. The remaining, grainy substance is edible, with a sweet-bitterish taste. It contains gigantic seeds inside, which resemble huge seeds of lemon - these are inedible. As this is the case with almost every tropical fruits, also the taste of "pomelo" drastically depends on the area in which the fruiting tree is growing. The most tasty "pomelo" grow in vicinity of the Malaysian city Ipoh. (I.e. the same "Ipoh", which is named after the "Ipoh" tree that produces a Pacific version of the "curare" poison.) So if anyone plans to visit Malaysia, I recommend that for the first time in life he/she tries "pomelo" from the city Ipoh. Only "pomelo" from Ipoh taste really superbly. Later, after one knows how really these fruits supposed to taste, one may also try it from different locations as well.

From the energy content point of view, "pomelo" belong to the "neutral" fruits. Chinese claim that one may eat any amounts of it without causing undesirable consequences.

#E3. Soursop:

This fruit "soursop" originates from Brazil, from the tree named "Graviola". Therefore in Brazil this fruit is called "Graviola", while in Spanish - "Guanabana". The name "soursop" is its English name. "Soursop" fruits resemble giant green European horse chestnuts. [\(Click here to see how a single "soursop" fruit looks like.\)](#) A diameter of a typical fruit of "soursop" is around 20 cm.

If it is eaten raw, this fruit has a sour-sweet taste. I personally do NOT like it much, as for me it is too sour. But my brother, who likes sour fruits, always is impressed by it. Fortunately, the sweetness of "soursop" compensates its sourness, so I am able to eat it - although I am not crazy about it. It is eaten after being cut into thick slices. One eats with a spoon the pulpy, watery content that fills up the interior of it. Edible is the entire content of it, with the exception of a green skin. This content has a consistency of a white custard, only that a custard usually is not sour-sweet, while this fruit is - rather strongly.

The "soursop" fruit is also used for making various juices which in tropics delight most courageous visitors. These juices typically are sweetened, thus they do NOT taste so sour. If someone makes them in own home and from fresh fruits (as for Europeans is recommended for hygienic reasons), then they taste best when sweetened with honey from tropical wild bees. (Juices purchased on streets are sweetened with sugar.) The most tasty are juices prepared from the mixture of "soursop" fruits and "guava" fruits.

In 2009 I got hold of one amongst these "open letters" that are circulated in internet. This particular letter refers to research which supposedly were published in the "Journal of Natural Products" and also verified in the "Catholic University of South Korea". According to it, chemicals contained in "soursop" fruit supposedly are capable to, quote "selectively kill colon cancer cells at '10,000 times the potency of (the commonly used chemotherapy drug) Adriamycin' ". Thus, the text of this letter contains the encouragement "The Next Time You Have A Fruit Juice, Ask For A SourSop". Of course, I am NOT a medical doctor, and I do NOT have conditions to verify the claims of that circular letter. (A copy of this letter I have in my computer and am able to make it available on request.) Therefore, I am unable to confirm or deny, whether claims it contains describe scientific facts, or just are e.g. clever advertisements of an owner of a plantation of "soursop" fruits. But I know that juice from "soursop" fruits tastes delightful (especially if sweetened with honey and mixed with the guava juice), thus even just for that reasons I recommend to drink it whenever the reader has opportunity.

From the energy content point of view, "soursop" belongs to the category of "neutral" fruits. Chinese claim that one may eat any amounts of it without causing undesirable consequences.



Fig. #E3: A stall with tropical fruits named "soursop". This fruit is a favourite of my brother. The brother almost worships the taste of it when eaten raw. The fruit has a powerful sour-sweet taste. I am not crazy about it, although I can also eat it. But I love juice from "soursop" fruits sweetened with honey from wild tropical bees - especially if this juice is mixed with the juice from "guava" fruits.

* * *

By the way, it is very interesting why two brothers (means myself and my brother), who supposed to have the same genetic composition, and who both are brought up on the same meals of their mother, have so different taste preferences. After all, according to all theories of present orthodox science, both with my brother we should like or dislike exactly the same fruits.

#E4. Ciku (chiku):

"Ciku" fruits (old spelling of this fruit was "chiku") is the size of "kiwi" fruit (which probably is known to the majority of people), or a middle sized pear. It is extremely sweet. The sweetness of it is so powerful, that myself personally I am not able to eat it - for me it is too sweet. In fact, during eating the sweetness of it almost burns our mouth - similarly like selected varieties of Turkish sweets also tend to almost burn our mouth. But locals, who from the childhood are used to this indescribable sweetness, love the taste of this fruit. It also has quite a strong taste of a wild fruit. Therefore, to the taste of this fruit one needs to get used, before one begins to appreciate it.

A box full of ciku fruits seen on a stall resembles a box full of unwashed, muddy potatoes of quite regular sizes and shapes. [\(Click here to see how a box full of "ciku" fruits looks like.\)](#) Only that their like "muddy" appearance results from the natural (masking) coloratura of skins of these fruits.

From the energy content point of view, "chiku" belongs to the category of "neutral" fruits. Chinese claim that one may eat any amounts of it without causing undesirable consequences. This neutral character of this fruit, combined with the extreme sweetness, causes that local people who like it, usually eat a lot of it.



Fig. #E4: Indescribably sweet tropical fruits now called "ciku", while in past called "chiku". At the top of this photograph one whole fruit is shown. Below another fruit cut horizontally in two halves is shown, while one of these two halves is further cut vertically into two quarters. This fruit looks like a miniature ball for rugby. The size of it is similar like the size of a

"kiwi" fruit, "passion fruit", or a middle-sized pear. The interior of it is juicy, with a nice brown colour, looking like syrup or honey. It is sticky from the sweetness. The fruit contains also black, hard, inedible seeds (one of these seeds is visible on the photo above) that look like black pumpkin seeds.

#E5. Guava:

Guava is a kind of round tropical pear. The surface of it is almost always uneven and grooved, like the one on left side of the photo. If a smooth guava is born, like the one on the right side of the photo, locals are reluctant in buying it, as a smooth surface means uninteresting taste. Guava not only has a size of a large, round pear, but also a strong taste of an unripe but aromatic pear. During eating is hard, but highly aromatic. However, just by itself is not good for eating. Therefore, it is eaten always after being peeled from the skin and cut into small segments, when each segment is sprinkled with a thick layer of grated sweet-sour dried Chinese aromatic plum. This grated preserved plum adds very interesting flavour to guava fruits. Similarly like the taste of majority of tropical fruits, the taste of guava is very difficult to be described. In the Pacific region people eat quite a lot of guava because it is so aromatic, quite inexpensive, and also because it is the fruit "neutral" from the energy point of view.

From the energy content point of view, "guava" belongs to the category of "neutral" fruits. Chinese claim that one may eat any amounts of it without causing undesirable consequences.



Fig. #E5: An interesting fruit called "guava". Shown are two fruits lying in the back part of the saucer. Just by itself this fruit is NOT pleasant for eating. But it takes an interesting taste if one sprinkles it with the grated aromatic Chinese preserved plum. In the lower part of the saucer three such preserved plums from China are visible. After these plums are grated (on a grater) usually they are sprinkled over pieces of guava that before were peeled from the skin and cut into small segments. The plums (used

for sprinkling guava) are also very tasteful, and Chinese frequently give them as a snake to their guests. They have a sour-sweet taste, and high aroma. After being dried out, their surface becomes covered with sugar. This sugar represents the crystallised form of their own, natural sugar, NOT a sugar added artificially during drying.

#E6. Dragon fruit:

To me personally "dragon fruit" resembles one of Polish beets, in which leaves grow out from a kind of head-like lumping. It is of a size of an average cabbage, and has a rounded shape. After it is peeled from an inedible skin, it is white inside with black, poppy-seeds like seedlings spread over the volume of it. It has a very unnoticeable taste. Thus one needs to get used to it in order to seek taste in eating it. During a first eating it appears to have no taste at all.

"Dragon fruit" is also planted in tropical Americas, especially in Mexico. It is known over there under a different name of "Indian fig".

From the energy content point of view, "dragon fruit" belongs to the "neutral" fruits. Chinese claim that one may eat any amounts of it without causing undesirable consequences.



Fig. #E6a: Favourite fruit of Vietnamese, called "dragon fruit".



Fig. #E6b: Here is the appearance of the fruit called "dragon fruit", after it is peeled from the skin and prepared for eating. To me it resembles a cotton sprinkled with poppy-seeds. In fact, also during eating, for me it tastes like a "wet, soft cotton", deprived of any taste or flavour.

Part #F: Descriptions of "cooling" fruits from the area of Pacific - means fruits which neutralise consequences of eating modern deep fried foods:

#F1. Mangosteen:

Tropical fruits named "mangosteen" have very interesting taste and amazing attributes. [\(Click here to see how "mangosteen" fruit looks like.\)](#) They are one of these tropical fruits, the trying of which I would vigorously recommend to everyone.

Mangosteen fruits from outside look like typical wild blueberries from Polish forests enlarged to a size of typical European apple. However, the visible on photographs, the violet-brown outer shell of these fruits is thick at around 5 mm (means like a thick orange skin). So after we peel mangosteen from this very thick shell, we are left with the white edible kernel which is only as big as a pigeon egg. This kernel is the edible part of the fruit. It is composed of several small segments, similarly as the fruits of "mandarins" do. Each such segment contains inside a green, soft, inedible seed of the size of a bean or a pea, which after being crushed leaves in mouth rather unpleasant taste of a green bean. So mangosteen needs to be eaten carefully, to not crush with our teeth these green

seeds. Mangosteen have sour-sweet, quite refreshing taste, slightly similar to the taste of mandarins, although much more pleasant and much more refreshing. It tastes superbly. If someone goes to tropical countries, I highly recommend trying these fruits. But one needs to remember to buy a lot of it, as from one kilo of it, after peeling only a handful of edible kernels is left for us.

During peeling and eating mangosteen, one needs to remember about an unpleasant attribute of it. Namely the juice. In spite that it has a white colour, it displays the ability of a permanent brown paint. Also, there is nothing that would be later able to erase it. Therefore this fruit must be peeled and eaten very cautiously, to not stain our clothing with the juice of it. This is because such brown stains of mangosteen juice will stay on the clothing forever.

The dried and powdered skin from "mangosteen" fruits is considered in folklore of tropical countries to be a medicine for practically every illness. So this skin supposedly has properties similar to the famous in Poland before the Second World War, Polish medicine good for every possible illness, called then "**kuramina**". I personally never tried on myself the healing properties of mangosteen skins, for a simple reason that I had NO access to the dried and powdered version of it, nor during my vacations in tropics I had conditions to dry and powder it myself. However, I heard descriptions how extremely simple is the preparation of this skin for medical purposes. Namely, before eating just purchased "mangosteen" fruits one needs to cut off with knife their thick, green tails and thick leaves, so that only whole mangosteen fruits in blue skins are left. Then these whole fruits need to be washed thoroughly (several times) - because typically their skin is very dirty on the outside. After washing one needs to peel the fruits from the skins and eat the tasty, white interior, but leaving the empty skins. Then pieces of skin need to be split onto smaller fragments, to facilitate their faster drying. Finally these need to be dried, and powdered. For powdering any method can be used, e.g. milling or pounding in a mortar. The powdered form of such skin can be preserved for long periods of time in order to be used for medical purposes whenever such a need arrives. After an illness strikes, some people eat a table spoon of this powder a day in a dry state. But such dry powder is unpleasant for swallowing and very bitter. Therefore, in order to improve the taste, many people mix it with any kind of juice that they have at hand, and then drink with this juice. When mixed with a juice this skin is much more pleasant for swallowing.



Fig. #F1: Two fruits called "mangosteen" shown in a close up. In the sense of energy content these fruits represent an opposite of "durian" (i.e. durian contains the male energy "yang", while mangosteen contain female energy "yin"). Therefore, if someone after eating durian still wishes to sleep at nights, he/she must neutralise the male energy "yang" from durian by eating a similar amount of the mangosteen fruit. Mangosteen are also recommended for eating for balancing our everyday intake of male energy "yang" which is contained in large quantities in the majority of food and drinks, which in present times we typically are consuming every day.

Notice, that the fruit "mangosteen" is also shown on photograph from "Fig. #11".

* * *

From the point of view of their energy content, "mangosteen" belong to fruits strongly "cooling". In old times Chinese used to recommend a moderation in eating them. They also used to recommend that eating of this fruits is balanced by eating an equal amount of something "heating" - especially if the eater is a woman. However, in present times of the excessive eating of "heating" junk food, this old recommendation does not need to be obeyed so pedantically - as I explained this in the introduction to this web page.

#F2. Custard apple (Malaysian name "buah nona"):

It is quite an unusual fruit. In fact, the consistency of it inside is very similar to a "custard" - hence the English name "custard apple". In turn local name for it in Bahasa Malaysia is "buah nona" which approximately means "feminine fruit".

"Custard apple" has two basic varieties, a "wild" Malaysian variety, and a "domesticated" variety which in the area of Pacific is planted mainly in Australia. The "domesticated" variety is shown in "Fig. #F2a", while two "wild" Malaysian examples are shown in "Fig. #F2b". This fruit is of a size of a typical apple. Both

varieties are similar in size. But the surface of the "wild" Malaysian variety looks like the surface of an European wild "blackberry" enlarged to the size of an average apple. It can be eaten ripe in two colours, blue or green. In turn the "domesticated" variety has rather a smooth skin, which has a slight "blackberry" pattern on it. It has only a green colour. The "domesticated" variety has also less seeds inside and more this edible custard-like substance. The taste of this fruit is sweet, with a refreshing sour but very pleasant flavour. This fruit is very tasty and very pleasant in eating.



Fig. #F2a: An interesting fruit called "custard apple". Shown here is a "domesticated" variety, which in the area of Pacific currently is planted mainly in tropical part of Australia. This "domesticated" variety of the "custard apple" has more edible substance and less seeds than "wild" varieties grown in Malaysia. However, the taste of all of these varieties are almost the same.



Fig. #F2b: Here is the "wild" Malaysian variety of "custard apples", similar to the ones shown below on "Fig. #F2a". As one can see from the above photograph, in Malaysia two varieties of this fruit are available. They differ

amongst themselves by colour. One variety obtains a blue colour while becomes ripe. The second variety stays green even when it is already ripe. Both these varieties taste almost identical, and very similar to the Australian variety shown part "a" of "Fig. #F2".

#F3. Starfruit:

Starfruit is sourish. It also has a powerful taste of "green grass". I personally do NOT like to eat this fruit raw. But I like to drink juice made of starfruit - if this juice is sweetened enough. This is because such a juice has a refreshing aroma, that is pleasant during drinking, although it leaves in mouth this characteristic taste of a "green grass".

Starfruit is famous from its ability to lower the blood pressure. Therefore it is a favourite fruit of people with high blood pressure.

From the point of view of their energy content, "starfruit" belong to fruit strongly "cooling". In old times Chinese used to recommend a moderation in eating them. They also used to recommend that eating of this fruit is balanced by eating an equal amount of something "heating" - especially if the eater is a woman. However, in present times of the excessive eating of "heating" junk food, this old recommendation does not need to be obeyed so pedantically - as I explained this in the introduction to this web page.



Fig. #F3: "Starfruit". The name "starfruit" for it, originates from the shape that it has. Especially if it is cut into slices in direction perpendicular to the central axis of it. Then such slices look like golden stars of the diameter of our slice from an average apple. The colour of this fruit is also very nice. It is golden, similar to the colour of a typical honey. Because of the beautiful, star-like shape and golden colour of slices of this fruit, in restaurants from tropical countries it is used for decorating other dishes. Of course, apart from decorative value, it is also edible.

#F4. Air jambu:

Air jambu from outside resembles a red variety of conical apples. ([Click here to see how "air jambu" fruits look like.](#)) But after cutting them half, it turns out that apart from thick solid skin, the entire interior of these fruits is filled with like white, loose cotton. The closest that in my opinion would described the taste of these fruits are Polish sour cherries (so-called "wiśnia"). Only that during eating air jambu one has an impression as if we chum edible cotton with the taste of sour cherries. I personally do NOT appreciate this fruit, although I know that there are connoisseurs who love it.

From the price point of view, air jambu belongs to the group of middle-priced fruits. (I.e. in spite their not much interesting taste, still they are NOT so cheap.)

From the energy content point of view, "air jambu" belongs to the category of "yin" means "cooling" fruits. Because in present times people typically eat too much unbalanced "heating" foods (i.e. "young" type of foods) frequent eating "cooling" fruits, to which "air jambu" belongs, is healthy and recommended.

#F5. Petai:

The name "petai" is assigned to a kind of green fruits that grow in long green strings which for me resemble strings from acacia trees. ([Click here to see how a box full of green pods of "petai" fruits look like.](#)) In these long strings green bean-like fruits are growing, of the shape of elliptical discs, or typical medical pills. ([Click here to see how peeled beans from "petai" fruits look like.](#)) This fruit can be eaten raw - but the majority of people eat it after cooking. For me the taste of it resembles a kind of large beans which in Poland is called "bob". Petai fruits belong to the group of strongly smelling ones, only that otherwise than e.g. the durian fruit, the smell of "petai" is felt only after we bite it. (I.e. a fresh fruit seems to NOT smell, until the time we eat it or boil it.) The heavy smell of this fruit later penetrates into the urine and stool of the eater. Therefore getting into the toilet in which some petai eater earlier urinated or had a stool is almost impossible. This fruit also causes a powerful colourisation of the urine. These are probably reasons why the folklore is claiming that "petai" fruits cleanse thoroughly the body's interior.

Petai fruits are eaten more for medical reasons than for the taste. Reasons for this significant consumption of petai for health are explained in a very interesting article [1#F5] about this fruit. The article is entitled "Petai power". It appeared on pages U6 and U7 in the supplement named "Streets" to the Malaysian newspaper [New Straits Times](#), issue dated on Saturday, July 26, 2008. According to this article [1#F5], **petai fruits have a whole array of components which all are extremely beneficial for human health**. For example, this fruit contains three kinds of natural sugars that boost energy, i.e. sucrose, fructose, and glucose. So it is excellent for sport people. Furthermore, if

it is compared to e.g. an apple, petai fruits contain 4 times more protein, 2 times more carbohydrates, 3 times more phosphorus, 5 times more A vitamin and iron, and 2 times more of other vitamins and minerals.

According to the above article [1#F5], the true power of this fruit lies in its **ability to heal various illnesses**. The long list of illnesses that according to this article petai fruits either heal or ease, include amongst others: (1) depressions (for which petai helps because contain, amongst others, "tryptophan" - a kind of protein which is converted by our body into "serotonin" that helps us to relax, improve our mood, and induces the feeling of happiness), (2) PMS (pre-menstrual tension) - the vitamin B6 contained in this fruit regulates the level of glucose in blood, this in turn improves mood, (3) anaemia - its abundance of iron stimulates the production of haemoglobin, (4) blood pressure - high concentration of potassium combined with a low level of salt bits down the blood pressure, (5) concentration of attention - potassium from this fruit increases the concentration and facilitates learning, (6) constipation - beneficial for our digestive system fibrous structure eliminates constipations, (7) hangover - a cocktail of "petai-milk-honey" eliminates hangovers, (8) heartburn - petai eliminates acidity, (9) morning sicknesses - eating petai also eliminates these, (10) nerves - the vitamin B calm down nervous system, (11) obesity - high content of carbohydrates in petai prevents obesity, (12) ulcers - its soft texture and smoothness helps also in this problem, (13) SAD (Seasonal Affective Disorder) - petai helps because it contains tryptophan - i.e. natural improver of mood, (14) stresses - potassium helps normalise the heartbeat thus lowering the feeling of stress, (15) strokes - supposedly research indicated that regular eating petai eliminates the risk of death by stroke by 40%, (16) mosquito bites - rubbing the affected area with the inside of the petai skin eliminates swelling and irritation, (17) warts - it is enough to stick a piece of petai on a wart to kill it. So the above suggests that petai fruits represent a folklore remedy for almost everything.

From the energy content point of view, "petai" belongs to the category of "yin" means "cooling" fruits. It means that petai is able to lower down both the physical, as well as emotional temperature, e.g. pregnant women. Supposedly in Holland pregnant women eat petai so that their children could be born with cool temperature.

Part #G: Descriptions of "heating" fruits from the area of Pacific - means fruits which should be eaten in moderation:

#G1. Durian - means officially the most tasty fruit of the world (but also the "most

smelly fruit of the world"):)

Malaysian "durian" is officially considered to be the "most tasty fruit of the world". In Malaysia it is called the **king of fruits**.

Durian is a fruit of the size of a human head. From external appearance it resembles approximately the appearance of a green, spiky shell of an unripe European chestnut. Similarly like a green, spiky shell of a chestnut can be split into two or three segments, also durian can be split into three to six segments. In each such a segment resides like an European chestnut, which is surrounded by a pulpy, yellow substance of the consistency of ice-cream. Edible is just this pulpy substance. It has a sweet, superb, heavenly taste. However, the taste of durian cannot be described, simply because there is nothing else that would have a similar taste, thus to which the taste of durian could be compared.

Apart from really heavenly taste, durian has also this attribute that it smells terribly. The smell of durian is so intense, that the majority of hotels and airlines from tropical countries forbids bringing durian inside. To people who are not used to this smell, the fragrance of durian is so terrible, that usually they are unable to force themselves to take this fruit into their mouth. But if someone manages to get through this initial repulsion, and manages to try this heavenly fruit, the taste of it is so superb, that later this terrible smell stops matter. In fact, with the elapse of time people get used to it. This smell is also not unpleasant - similarly like a smell of our garlic is not so unpleasant if one gets used to it. Only that it is extremely powerful. Because of this powerful smell, various writers are comparing eating durian to relishing themselves with the most tasty cream of the world in a public toilet. Others describe experiences of eating durian as similar to eating garlic-flavoured ice-cream (understood in sense of intensity of smell, as the taste of durian has nothing in common with the taste of garlic, similarly as the smell of durian has nothing in common with the smell of garlic). I personally love eating durian. Thus I know, that it is impossible to describe sensations that one experiences during eating this fruit. Durian simply must be tried by us - only then we know how it tastes.

With the smell of durian is connected an interesting phenomenon of extinguishing this smell. As it turns out, in order to suppress the spreading of smell of durian over the jungle, and attracting to it too many animals, the shell of this fruit produces an enzyme which eliminates this smell completely in a chemical manner. Therefore, after we finish eating durian, it is enough to drink water which previously was poured into an empty shell of this fruit, and stirred. (We drink this water directly from the shell of durian.) Immediately after drinking this water durian stops smelling in us. We could only dream that there is a similar remedy for the smell of garlic, i.e. that it would suffice to drink water from a shell of garlic to cause that garlic does not smell in us any more.

From the point of view of energy that it contains, "durian" belongs to fruits that is strongly "heating". Chinese recommend to eat it in moderation. Also we need to make sure, that after eating durian, we immediately neutralise its "yang" energy by eating an equal amount of something "cooling", e.g. an equal volume of fruits called "mangosteen".



Fig. #G1a: A market stall with officially the most tasty fruit of the world, means with the Malaysian "durian". Photographed in January 2004 in KL. Durian frequently is called the "king of fruits". In fact, does not exist any other fruit in the world, the taste of which would be equally famous, as the taste of durian from Malaysia. But we must remember, that apart from Malaysia, durian is also planted in several other countries, e.g. in Thailand, or in Australia. However, it somehow so happens, that otherwise than fruit from Europe, all tropical fruits drastically change their taste when they grow in different locations. Therefore other than Malaysian varieties of durian, are NOT so tasty as the most famous Malaysian durian (actually some of these varieties may taste really awful). For example, I myself got so disappointed to the Thailand variety of durian, that after several attempts, I completely ceased purchasing this variety - I simply consider buying it to be a waste of money. Therefore, if someone decides to try the taste of durian, I would highly recommend to firstly start to try the Malaysian durian - shown above and on "Fig. #G1b". I personally guarantee that the taste of it is NOT going to disappoint anyone. In turn other varieties of durian, e.g. from Thailand or from Australia, one may try only after already knows how the real durian supposed to taste.



Fig. #G1b: Here is how I (i.e. [Dr Jan Pajak](#)) look like, when I relish myself with Malaysian "durian" - means when I enjoy the officially most tasty fruit of the world. Of course, if I ate myself so much durian as it indicates the number of empty shells shown on the above photograph, probably I would NOT be able to sleep entire night, while the energy of this fruit would carry me to roofs of nearby buildings.

#G1.1. Attributes of fruits of durian:

This is because durian contains enormous amount of energy, which after being consumed tries to blow the eater apart. This energy has such an opinion amongst locals, that if miniature and extremely shapely Malaysian ladies see a man eating durian, then they start laugh openly, probably imagining what is to happen soon afterwards.

The fruit of durian is an "aphrodisiac". Means that it acts similarly as "viagra" pills. In Malaysia there are folklore believes about it, that if a lady starts to feed her man with a durian, then she has something frivolous in mind. This fruit contains so much energy inside, that after eating several segments of it, one needs to forget about sleeping. Simply this energy makes us restless the entire night through - unless the male energy "yang" of the durian is neutralised by eating an equal amount of female energy "yin" contained e.g. in the fruits named "mangosteen".

Durian increases the danger of sore throat. Therefore it should NOT be eaten when someone is NOT feeling well - especially if have a sore throat.

Durian is also famous from its lack of tolerance for alcoholics. If someone eats durian, he/she is not allowed to drink any alcohol, and vice versa. In case

when someone does NOT respect the anti-alcoholic inclination of this fruit, and e.g. after eating durian drinks beer, or after e.g. drinking vodka eats durian, then this person has a guarantee of an adventurous future. In the least intense case durian will cause in such a person powerful vomiting which almost throws his/her intestines inside out, and dehydrates his/her body. In more powerful cases, after vomiting a sore throat appears, similar to the one which people with the excess of heating energy "yang" develop after they ate fried food (i.e. ate the food which is also saturated with the heating energy "yang").

Is there a connection between durian and my family village named [Wszewilki](#) - the page of which is available via the "Menu 2"? Yes, it is! When as a small boy I used to run around Wszewilki, I dreamed that when one day I become an adult, I will fly to distant tropical countries, where I will eat exotic fruits like durian. The mysterious power that is contained in Wszewilki, or in the "Earth's chakra" located near this village, caused that - similarly as all other powerful dreams from Wszewilki, also this one come true. So now I am eating not only durian, but also many other exotic tropical fruits, which I am illustrating on this web page. **(By the way, notice from descriptions on the web page [Wszewilki](#), that this extraordinary village, or the "Earth's chakra" located near it, has a mysterious power which makes all strong dreams to come true. This fulfilment of strong dreams happened not only to me, but also to all these who lived in Wszewilki at some stage of their lives, or who just come to Wszewilki to trigger in this extraordinary village the fulfilment of their life dreams.)**

#G1.2. Compendium of most vital information about Malaysian varieties of durian:

In Malaysia durian is fruiting usually between June and August. A good crop for Malaysian durian appears in years when in March and April, means in times when this fruit is blooming, sunny weather prevails and there is NO rain. If a given year yields a bumper harvest, then prices of durian may be as low as 1 Ringgit for a single fruit of "kampung durian". ("Kampung durian" is a name for a wild variety of this fruit.) When the crop is NOT so good, then one fruit can cost around 20 Ringgit. (Notice that one Malaysia Ringgit is approximately USA 30 cents.) But typically one pays around 10 Ringgit for one fruit. For the first time eater purchasing one fruit is enough. But if it turns out that we like this fruit, then one person usually eats two to three fruits on one go. One durian fruit weight typically between 600 grams and 3 kilograms, but it contains only around 60 to 300 grams of edible pulp. Durian fruits are purchased unopened, when they are still contained in their spiky shells. Therefore their purchasing can be compared to purchasing "cat in a bag" - what one purchased can only be learned when the fruit is opened and we start to eat it. So the picking a tasty durian from the entire pile offered on the stall typically is a skill in which Europeans are always hopeless. Therefore the best idea is to ask someone local (e.g. the stall owner) to pick for us the most tasty fruit available on his stall. Furthermore, we should also ask him to "open" the fruit for us with his "parang" (chopping knife in Bahasa

Malaysia), as if we try to open it ourselves, then we may broke several knives before we manage to accomplish such an "opening".

In item #C2 above is explained that the taste of practically all tropical fruits is strongly depended on the area where these fruits were grown. Because Malaysia is a large country, depending where a given durian was grown, a taste of it is going to be slightly different. For this reason, amongst fruits of durian which can be purchased in Malaysia w whole range of so-called "**varieties**" is distinguished. The Malaysian Department of Agriculture has even a special office, in which owners of durian plantations can register their fruits - of these display clearly different taste from taste of other durians that are already registered in there. Since 1934, when this office was established, until 2008, over 190 varieties of durian were registered in it. Each new registered variety receives an "official name" which is composed of the subsequent number from this national register of durians, which is prefixed with the letter "D". Thus "official names" of Malaysian durians are: D1, D2, D3, ..., D190, etc. Apart from such an "official name", some Malaysian durians have also their local "folklore names". Therefore, when one purchases durians, typically has a choice between several different "varieties" sold on a given stall. Of course, one amongst these "varieties" will be this cheapest so-called **(0) Kampung durian** - means a variety the taste of which still remains officially unregistered ("kampung durian" means "village durian"). After opening this variety can turn out to have any taste. In turn amongst varieties which are already registered, the most commonly known are as follows: **(1) D13** of the deep burnt orange, the taste of which is sweet and not very strong (therefore it is good for these trying a durian for the first time), **(2) D101** of the orange colour and relatively sweet and creamy taste, **(3) D1** of the pale yellow-green colour and milky taste, **(4) D24** (also called "Sultan") of the pale yellow colour and slightly bitter but creamy taste, **(5) XO** of the pale yellow-green colour and bitter although delicate taste as if it is alcoholised, **(6) Mao Shan Wang** of the bright-yellow colour and bittersweet taste with sticky creamy texture, **(7) Red Prawn** of the orange-red colour and slightly sweet and creamy taste. Of course, above are just some varieties of durian. As this is explained before, in Malaysia is officially registered already over 190 taste varieties of this fruit.

An excellent article which comprehensively describes durian fruits appeared under a cheeky title "Get thorny" on pages 4 and 5 from the "LifeStyle" supplement to Singaporean newspaper [The Sunday Times](#) (by Singapore Press Holdings Limited Co.), issue dated on Sunday, July 13, 2008. This title uses "playing on words" which refers suggestively to aphrodisiac qualities of durian, although directly it only describes the highly thorny outer shell of large durian fruits. (Singapore imports huge quantities of durian from Malaysia. For example, in 2004 Singapore imported 26300 tons of durian, while in 2007 - 17360 tons.)

#G1.3. "Mutton bird" - means still another heavily smelly delicacy (this time from New Zealand):

In New Zealand there is a kind of tasty wild sea bird the size of a medium-sized chicken, which is called the "mutton bird" (supposedly during a flight it

makes sounds similar to "baaing" of mutton). The smell of this bird is equally powerful like the smell of durian, only that the bird smells fish, while the smell of durian cannot be compared to anything. The smell of this "mutton bird" is so powerful, that locals are joking that around it even flies die in flight from this heavy smell. The bird can be purchased (already cooked) in fish shops of southern part of New Zealand, mainly in Invercargill - where I used to live in 1983 to 1988. But after I emigrated to New Zealand in 1982, I did not know that this bird smells so terribly. So I bought one for myself in Invercargill in order to try how it tastes. I brought it to my flat where I consumed it. In spite that I ate it immediately (in fish shops of Invercargill it is sold already cooked, hot, and supplied with hot potato chips, so that it is ready for eating) during around 10 minutes that it took me to eat it, my flat was so saturated with a heavy smell of fish, that it took me later many months to get rid of this smell. This "mutton bird" also tastes superb. Furthermore, the rare micro-elements that it contains and that our body needs badly, cause that when we eat it once, our body starts to demand that we eat it again (i.e. after the first trying, eating "mutton birds" becomes almost addictive). So whenever I had an opportunity (e.g. whenever I visited Invercargill) I used to buy one such bird for eating. Only that later I used to eat it in a park. (Unfortunately, this bird is unavailable in northern parts of New Zealand, where I live presently.) Thus, I am so used to eating highly smelly delicacies, that when in Malaysia I tried durian for the first time in my life, the heavy smell of it did not make almost any impression on me.

These "mutton birds" are described also in items #K3 and #K4 from a separate web page [newzealand.visit.htm - about message that God coded into hostile for humans conditions of Antipodes](#). Together with a number of other most "smelly delicacies of the world" that I know of, mutton birds are described in those items #K3 and #K4 as kinds of "tourist attraction" of New Zealand.

#G2. Langsat:

Langsat grows in bunches like grapes. Actually the photo from "Fig. #G2" shows several loose fruits (i.e. which were separated from a bunch) on the foreground, and also an entire "bunch" of these fruits placed on back part of the saucer. Each individual fruit of such a bunch is of a size of a middle-sized plum. After being peeled from a thin, white skin, inside segments similar to these from mandarins can be found. These segments are composed of a transparent, dried-like jelly. Inside of these edible transparent segments, green seeds are contained. These seeds are of the size of average pea. One should not bite these seeds, because they have a bitter taste. During eating, the edible part of this fruit is sweet, although is also slightly sour. Tastes very good and refreshing in a hot climate of tropics.

From the energy content point of view, "langsat" belongs to the category of "heating" fruits. Chinese recommend that one should display a moderation in eating it. It is also recommended, that after eating it one should neutralise its heating energy by an immediate eating an equal amount of something that

contains the "cooling" energy.



Fig. #G2: Very tasty Malaysian fruit called "langsat".

* * *

Langsat is only one amongst several different tropical fruits which are available in Malaysia, and which look quite similar to each other, although the taste of which is different. These fruits include:

1. Langsat - described above in item #G2. It has a white, very thin skin. The taste of it is very pleasant, sweet-sour.

2. Duku - see item #G3 below. It also looks similarly to langsats, although it has a slightly pinkish and relatively thick skin. It is very sweet and tasty.

3. Longan berry - see description in item #G4 below. By Chinese it is called the "dragon eye" (one should not confuse the white, grape-like fruits "dragon eye" with red, vegetable-like "dragon fruit", shown in photograph from "Fig. #E6". Longan berry is of a half of size of langsats. The skin of it is thin and crispy. It also has inside a large, black seed with a smooth, glossy surface, of the size of an European cherry seed.

4. Lychee - described in item #G5 below. These fruits are slightly larger than all described before (i.e. larger than "langsats", "duku", or "longan berry"), are almost ideally round, while their cracking shell also looks also slightly different. So even by their appearance "lychee" indicate that they belong to a different family.

4. Rambai - described in item #H5 of this web page. [\(Click here to see how "rambai" fruits look like.\)](#) It has a sweet-sour taste like European red-currents. Otherwise than all similar fruits described previously (i.e. otherwise than "langsats", "duku", "longan berry", or "lychee"), which we can eat by kilograms and we feel NO different afterwards, the "rambai" fruits contain substances and minerals which exert a clearly noticeable influence onto the human body. I am describing this influence in item #H5 below.

#G3. Duku, dukong, duku-langsat:

There is a whole family of very similar fruits, each one of which tastes slightly different. To this family belong such fruits as "duku", "dukong", and "duku-langsat".

The "duku" fruit in turn looks almost identical to "langsat". ([Click here to see how "duku" fruits look like.](#)) But it is much sweeter, although it has very thick skin.

The "dukong" fruit in turn looks very similar to "duku", and thus also to "langsat". ([Click here to see how "dukong" fruits look like.](#)) After all, all of them belong to the same family. For me personally "dukong" and "langsat" from the outside look undistinguishingly similar. I differentiate them only by their irregular seeds which look like deformed seeds of unripe (green) pea. The seeds of "langsat" are green and bitter (thus unpleasant after biting and impossible to swallow), while seeds of "dukong" are yellow and sour (thus tolerable after biting and even acceptable when swallowed). But "dukong" is more sour, refreshing, and contains more juice than "duku".

I should add here, that there is also a hybrid called "duku-langsat". It is a fruit obtained by crossing of "langsat" with "duku". It has slightly thicker skin than "langsat" (although thinner than "duku"), while it is much sweeter than "langsat" (although more sour than "duku").

#G4. Dragon eye or "longan berry":

It also grows in bunches as European grapes. It belongs to a larger group of tropical fruits from the "berries" category (similarly as "langsat" discussed previously). But is smaller than "langsat". It is of a size of typical European "sour cherry". The skin of it is hard almost like a shell from an egg. On the left side of the saucer (on photo) several pieces of this hard shell-like skin are shown. Inside, under the hard skin, the fruit has jelly-like, very sweet edible part, with a black round seed inside. This seed has size of a seed from a cherry fruit. Because this seed has a perfect black colour and smooth, glossy surface, in old times this seed was used for eyes of dragons in imitations of dragons used in traditional Chinese dance called the "dragon dance". This is because of such use of these seeds, the fruit itself is called the "dragon eye".

Dragon eye is very tasty fruit. It is very sweet, crispy, and juicy. Eating it is a great pleasure. It is also easy to peel from this crunchy, egg-shell like skin, which cracks under the pressure of fingers like shell from small eggs.

From the energy content point of view, "dragon eye" belongs to the category of "yang" type of fruits, means a "heating" one. Chinese recommend that one should display moderation in eating it. It is also recommended, that after eating this fruit one should neutralise their heating energy by immediate eating an equal amount of something that contains the "cooling" energy.



Fig. #G4: Very tasty Malaysian fruits called "dragon eye" or "longan berry". I.e. the "dragon eye" is a name given to it by Chinese (it should NOT be confused with the name "dragon fruit" given to the vegetable-like fruits shown in photograph from "Fig. #E6" of this web page). Longan berry (dragon eye) is smaller from langsat by a half of size. The skin of it is thin and hard - but easy to crack. It also has inside a large seed. The seed is black, with smooth, glossy surface. It has the size of an European cherry fruit seed.

The above photograph shows the appearance of the fruits "dragon eye", as well as the appearance of all ingredients of this fruit. And so, on the top of this photo whole fruits are visible. They have the light-brown colour with like brown stripes running through them. Their size is similar to size of European sour cherry. In the lower, left part of the photograph, skins taken from these fruits are shown. In the centre "dragon eye" already peeled from the skin are illustrated - the top one of them is cut horizontally to show the seed of it. On the right, two black seeds from this fruit are shown. The seeds of "dragon eye" are inedible.

#G5. Lychee:

This is the kind of tropical fruits which world knows best from their canned version. These fruits are sweet and they are very suitable for industrial canning.

From the energy content point of view, "lychee" belongs to strongly heating fruits. Some people claim that the heating power of it related to an unit of weight is even stronger than in durian.

Part #H: Descriptions of "wet-heating" fruits from the area of Pacific - means

fruits the excessive eating of which may cause an illness:

#H1. Mango:

Mango is a large fruit very similar to a giant yellow plum. It has a large seed surrounded with a lot of hard fibres. It also has an inedible thick skin. Therefore before eating, it must be peeled from this skin, while the large fibrous seed must be removed from it. Whatever remains, is edible.

Mango is very sweet fruit. It is widely known from its ability to make people fat quickly. Because I love the taste of it, usually during vacation in tropics mango is the major reason why I gain weight in there. It is very tasty while eaten fresh and raw. It is even more tasty (and more fattening) when it is poured with fresh, sweet cream.

Inhabitants of tropics claim that eating mango fruits causes watery stools in eaters. Therefore frequently it is eaten on purpose, as a kind of mild medicine - if someone has a constipation. Of course, it is also eaten in normal circumstances. However, people avoid eating it, if they have a runny stool. After all, then it turns this runny stool into a regular diarrhoea.

Mango fruit does not need to be illustrated. This is because everyone knows the appearance of a yellow European plum. So if we increase in our mind the size of this yellow plum, so that become equal to the largest tomatoes that we know of, then we obtain the appearance of a mango fruit.

From the energy content point of view, "mango" belongs to the "wet-heating" fruits. Chinese recommend that one should display a moderation in eating it. It is also recommended, that after eating it one should neutralise the undesirable consequences by eating immediately an equal amount of something that contains the "cooling" energy.

#H2. Chempedak:

The fruit named "chempedak" belongs to the group of most tasty tropical fruits. I highly recommend trying how it tastes.

This fruit is relatively large. In fact, the one shown on the photograph here is one of the smallest I met so-far, and it still extends beyond edge of a large fruit saucer. In normal cases, this fruit is around a half of meter long, while the diameter of it may exceed 30 cm. After being opened it looks as if it is filled with wet wood powder, while in this powder every now and again there are these edible "chestnuts". Each such edible "chestnut" in fact does look like a light-coloured, unripe horse chestnut, only that on outside it is surrounded with edible fibrous substance of a brown colour. This soft edible substance is to be separated from the "chestnut-like" seed, and eaten, while the seed typically is

being thrown out. (This hard, large seed is also edible, but NOT in a raw form.) The taste of this fruit is rather unique and cannot be compared to anything else. It is very sweet and extremely exotic. Tastes superbly and literally melts in mouth. It is so tasty, that when I start eating it, then independently how much of it is there, I am unable to stop eating until everything is eaten up. The fruit has almost no fragrance, but only a very slight aroma which is unique for it and very difficult to describe.

After eating chempedak fruits in a raw form, a lot of hard seeds remains. These seeds look like European chestnuts. They are also edible, but NOT in a raw form. In order to eat them, one needs to either roast them in hot charcoals - in the same manner as the sweet European chestnuts are roasted, or cook them - in the same manner as mixtures of vegetables are cooked. This in turn is connected with appropriate level of effort - so in most cases people simply throw out these large seeds. But if someone takes the trouble of roasting these large seeds, then they are even more tasty, while their smell more aromatic, than that of European sweet chestnuts. In turn if someone cooks them with mixtures of vegetables, then they taste like delicious mushrooms of a hard consistency. Cooking these large hard seeds is more difficult than roasting them, as they need to be cooked in two stages. Firstly they are cooked in water, in the form as they come out from chempedak fruits. After being cooked they need to be peeled from the hard shell and cut into slices. Then they need to be fried again on a frying pan, mixed with various vegetables and spices (e.g. mixed with cauliflower, cabbage, carrot, etc. - means with a mixture of vegetables which Chinese typically eat) and in a bit of water. Only after this frying with a mixture of vegetables and spices the seeds are suitable for eating together with these vegetables. They taste then like delicious crunchy mushrooms.

From the energy content point of view, "chempedak" belong to the "wet-heating" fruits. Chinese recommend that one should display a moderation in eating it. It is also recommended, that after eating it one should neutralise the undesirable consequences by eating an equal amount of something that contains the "cooling" energy.



Fig. #H2a: Tropical fruit called "chempedak". Similarly as in case of durian

and many other tropical fruits, also the taste of this fruit strongly depends on the area when it is grown. The most tasty "chempedak" grow in the vicinity of "Genting Highland". However, these most tasty ones are very difficult for getting and one needs to have good connections to be able to purchase one of them. But their taste is worth trouble, because they literally melt in mouths. Unfortunately, the same kinds of fruits grown in other regions have already an average taste and cannot be even compared to these most tasty ones.



Fig. #H2b: The entire fruit of a tropical "chempedak" after being opened. Visible are edible parts (chestnut-like fruit) contained inside of the shell.



Fig. #H2c: Fruit of tropical "chempedak" after being taken from the shell and served on a saucer in a form ready for eating.

#H3. Jackfruit or "nangka":

Fruits named "jackfruit" are relatively similar to the fruits named "chempedak". [\(Click here to see how "jackfruit" fruit looks like.\)](#) But they are less tasty from "chempedak", although cheaper and more common. In Malaysia they can be bought practically everywhere, means on fruit markets, in supermarkets, and also already fried in food stalls on the side of roads. The edible parts of "jackfruit" are orange (while the edible parts of "chempedak" are brown).

Fruits "nangka" or "jackfruit" have average taste, although quite pleasant and I personally like eating them. They taste completely different than "chempedak" do (i.e. incomparably less interesting and exotic). Their attribute is that they are very difficult for digesting, thus after being eaten they remain in the stomach for days as if someone ate bricks. In Malaysia they can be purchased practically at almost every fruit stall, so there is no difficulty in tasting them. However, one need to take notice to eat them immediately after taking from their cocoon, because then they fast go bad - for an European eating such old-bad fruits usually means food poisoning and the necessity to spend the rest of vacation in a toilet (as described in item #J1 below).

From out-of-culinary attributes of "nangka" or "jackfruit", our attention deserves their **ability to heal a persisting cough**. No many people know about this their ability. On the other hand, the Malay folklore claims, that noting heals a persistent or a chronic cough so fast, as eating a large portion of these fruits. A person in Malaysia whom informed me about this folkloristic claim reassured me also, that she had in past a persisting (chronic) cough which resisted all medicines and all her attempts to heal, and that she healed it in the duration of two days just by eating two 100-grams portions of these fruits - immediately after she accidentally learned about this their healing property. Supposedly the requirement of maintaining their cough-healing property is that "nangka" ("jackfruit") fruits are eaten immediately after being taken out of their cocoon, and that they are NOT washed before eating (normally many people after buying them firstly wash them for hygienic reasons, and only then eat them).

Out what I remember, in Europe typically we rarely eat fruits in form other than raw. Apart from processing them for making soups, compotes, marmalades, jams, or for fillings in various cakes, only apples we eat sometimes after previous frying them in a form of like-pancake. Sometimes scouts fry carrot above open fires. In turn in tropical countries, independently from eating fruits described here in raw forms, and also independently from processing these fruits for purposes similar as Europeans do with their fruits, almost all fruits in tropics are also eaten after being cooked or fried. One kind of fruits frequently eaten after frying, is the "jackfruit" described here - it is eaten in many different fried forms. For example, in Malaysia it can be purchased on stalls after it is dipped in flour and then deep-fried like potato chips. It tastes quite good. Similarly, dipped in flour and deep-fried like potato chips, are sold over there "chempedak" fruits described in previous item, various kinds of bananas, as well as several other kinds of fruits described here.

After eating "jackfruit" a pile of large hard seeds remains. These seeds are also edible, but NOT in a raw form. They need to be roasted or cooked in the same manner as seeds that remain after eating "chempedak" fruits described in previous item. After roasting or cooking these seeds taste almost identical to

seeds from "chempedak" fruits.



Fig. #H3: A road-side stall in Malaysia which sells tropical fruits called "nangka" or "jackfruit". ("Nangka" is the name of this fruit in Bahasa Malaysia - means the language of Malays, in turn "jackfruit" is the English name of the same fruit.) Actually tropical fruits called "nangka" or "jackfruit" are very similar to other fruits called "chempedak" - shown in "Fig. #H2". Both these kinds of fruits are so similar to each other externally and internally, that an average European usually is unable to distinguish them from each other. "Chempedak" have like small, bold spikes, in turn "nangka" or "jackfruit" have the skin smooth, without spikes, although it looks like a skin from snake. In turn the edible interior of the chempedak is brown, while the nangka is orange. (Click on the above photograph to see it enlarged.)

Apart from the shapely Malaysian lady and an appearance of typical street in Kuala Lumpur, on the left side of the above stall (and photograph) one can see two halves of the huge fruit "nangka" - which is just being sold. On the right side of the same stall, piled up are pieces of inedible skin and inedible interior of the shell. In turn at the top part of the stall a row of plastic bags with ready to eat nangka fruits are hanging. (The price of one of such a bag weighting around 100 grams, amounted to 2 Ringgit in 2008.)

After being open, "jackfruit" look almost identical as "chempedak" shown in "Fig. #H2b" and "Fig. #H2c". The only difference in appearance is their orange colour. But the difference in taste is more noticeable.

* * *

From the energy content point of view, "jackfruit" belongs to the "wet-heating" fruits. Chinese recommend that one should display a moderation in eating it. It is also recommended, that after eating it one should neutralise the undesirable consequences by eating immediately an equal amount of something that contains the "cooling" energy.

#H4. Rambutan and "pulasan":

"Rambutan" grows inside of a "spiky" shell, similar to green shells that European chestnuts have. It also has approximate size of an European chestnut contained inside a similar green spiky shell. Only that shells of rambutan change their colour into dark-red after ripening. After peeling from this red shell, inside a jelly-like, transparent fruit can be found, of a size of a pigeon egg. Inside of the fruit a prolonged seed is contained, quite similar to a seed from fruits of dates. This seed is crispy and edible. One may eat it. Some people like the taste of it, although the majority of eaters of this fruit simply dispose the seed. They eat only this jelly-like, transparent fruit.

Rambutan has a relative, which is very similar to it. This relative of rambutan is a Malaysian fruit named "pulasan". The word "pulasan" in Bahasa Malaysia means "torque". It originates from the fact, that in order to get inside of the fruit contained in the spiky shell, this shell must be split with a "torque" from both hands. After such "torque" is applied, this shell cracks, opening the access to edible fruit inside of it. The shell of the fruit "pulasan" can be distinguished from the shell of the fruit "rambutan" by this, that pulasan has thicker "spikes". In rambutan these "spikes" are as thin as hair. Notice however, that these "spikes" in both these fruits are soft and they do not damage hands during opening the fruits. The taste of both these fruits (means the rambutan and pulasan) is almost identical, and for Europeans remains practically indistinguishable. However, locals are claiming that "pulasan" is sweeter and more endowed. Therefore usually it is more expensive.

From the energy content point of view, "rambutan" and "pulasan" belong to "wet-heating" fruits. Chinese recommend that one should display a moderation in eating any of them. It is also recommended, that after eating any of them one should neutralise the undesirable consequences by eating immediately an equal amount of something that contains the "cooling" energy.



Fig. #H4: Tropical Malaysian fruits called "pulasan". They belong to the same family as "rambutan" do. In fact, for an European the appearance and taste of pulasan usually is indistinguishable from the fruits called

"rambutan". Inside of the saucer 3 complete fruits are visible. In a lower part 2 fruits are shown after being peeled from their spiky shell (similar to the shell from an European chestnut). At the uppermost part of the photograph two empty such shells are visible, after fruit was removed from them.

The "pulasan" fruit shown on this photograph is very similar to another Malaysian fruit named "rambutan". Only that "spikes" on the shell of it are slightly thicker than spikes in a rambutan. Rambutan is a highly popular fruit in tropical countries from the Pacific region.

Rambutan and pulasan are seasonal fruits. (Similarly like strawberries are in Poland.) This in turn means, that one is NOT able to buy them in every month of the year. They are available only during their season. If one is in tropics in their season, then it is worth to try them. They have a nice, quite unique, sweet-sour, refreshing taste. They can be purchased in almost every stall at fruit markets.

#H5. "Rambai":

"Buah rambai" is a tropical fruit extremely difficult for purchase. [\(Click here to see how "buah rambai" fruit looks like.\)](#) Locals in Malaysia call it "buah rambai", because the word "buah" means "fruit" - thus "buah rambai" means "rambai fruit". I must admit that in spite that I "hunted" many years for it, for the first time I managed to try it only in August 2008. The taste of it me personally resembled the taste of sweet Polish "red currents" - i.e. it is sweet-sour with this characteristic pleasant red-currents aftertaste. Unfortunately, in this fruit is NOT much to eat. Almost the entire interior of it is filled by two large, flat stones similar to hardened seeds from pumpkin. These seeds are just covered with a thin layer of edible, milky jelly. Thus local connoisseurs eat it together with these hard stones. But these seeds have two sharp ends, which do NOT encourage eating them. Therefore people like myself, who wish to try the taste of this fruit, but have NO courage to swallow its sharp seeds, must be prepared that they rather can lick it, NOT eat it. In addition, this edible jelly is like sawn to the seeds with some fibrous substance. So if one tries NOT to swallow it together with seeds then have a lot of fun with tearing this edible fibres and jelly from the seeds.

In the external appearance for me the "rambai" resembles dirty, old grapes - the inside of which is filled with like milky jelly and two flat, hard stones. Thus on the outside it is very similar to "langsat". [\(Click here to see how "rambai" fruits look like.\)](#)

It is explained in item #G2 of this web page that there are numerous fruits in tropical countries which have the appearance very similar to "rambai". Apart from "rambai", these other fruits can be eaten by kilograms while our body does NOT feel any difference. However, "rambai" fruits are different. They contain substances and minerals, which exert a clearly noticeable influence onto our body. I would NOT consider this influence to be negative. For example, folklore claims that a manifestation of it is a relaxing sleep. Supposedly "rambai" works like a natural "sleeping tablet". I personally put a lot of mental effort into my creative work. The outcome is such that my sleep does NOT belong to the best

ones. So I tried the work of "rambai" as a natural "sleeping tablet". As it turned out, this fruit did NOT throw me down and make me fall asleep immediately. In fact after eating it I had difficulties with falling in sleep as usual. Also as usual I woke up several times during the night. But in spite of all this a next day I felt rather more rested than usual, while my mind worked much better. So something is in this "rambai".

I personally would recommend to try "buah rambai" (with a caution) because of its strange impact at the digestive system. This impact is best expressed by Chinese who have this habit to name everything directly and straight to the point. In a colloquial Chinese this fruit is called "osi son" - means it has the name which diplomatically could be translated as a "sour stool". Well, after eating this fruit actually one has a feeling that his or her stool is "sour". And it is NOT necessary for this feeling to eat the hard seeds at all. Strange, because this fruit neither hardens nor softens the stool. It also does NOT cause an additional running e.g. to the toilet. But still, after going to the toilet one actually has this feeling that the stool becomes "sour". Thus, even just to experience this strange feeling, it is worth to try this non-typical fruit. After all, it is the source of many sensations and fun of rather unusual kind.

Part #1: Fruits of temperate climate countries (not necessarily "tropical" ones), the attributes of which also is worth to learn:

#1. Persimon:

Fruit named "persimon" are NOT liked by everyone. The reason is, that many of them have quite uninteresting taste - especially if they were grown in a country which does not have the required amount of sunshine (e.g. in New Zealand). Such persimons from a low-sunshine areas, usually taste quite similar to European red carrot which was roasted on an open fire. However, if they grow in an area which has enough sunshine, e.g. in Israel, their taste becomes superb.

"Persimon" fruits grow in countries from the areas of temperate climates, not from tropical ones. For example, they grow in China, Taiwan, Korea, New Zealand, Israel, USA, Italy, and in a whole range of other countries. However, tropical countries from the area of Pacific import a large quantity of "persimons" as these were promoted in there by Chinese who eat a lot of these for medical reasons.

"Persimon" fruits have the ability to regulate (harden) products of our digestive system, to make these products more solid and hard. Their special advantage is that they solidify the stool, but never cause constipation. So they

work opposite to bananas and mango. Therefore in past, if someone had a deregulated stomach and irregular, or too watery stool, such someone usually was eating a lot of dried persimons. (The reason why dried, not fresh, is that dried can be purchased at any time of year, while fresh are available only during their season.)

From the energy content point of view, "persimon" belongs to the category of "heating" fruits. Chinese recommend that one should display a moderation in eating it. It is also recommended, that after eating it one should neutralise their heating energy by an immediate eating an equal amount of something that contains the "cooling" energy.



Fig. #11: A mixture of tropical fruits. It includes (counting from the left): (1) greenish "pomelo" which is as huge as a human head ("pomelo" is shown also in "Fig. #E2"), (2) apple-sized, round "mangosteen" (these below pomelo, i.e. ones which look like gigantic European blueberries of the size of average apples), and (3) fruit named "persimon" (these above, on the right, which look like pumpkins of the size of typical apples). One of the most tasty varieties of "persimon" fruits, imported from Israel, is usually called the "shanon fruit".

#12. "Kiwi fruit" - also called "Chinese gooseberry":

In fact the "kiwi fruit" is called the "Chinese gooseberry". This is because it originates from China. However, because New Zealand does NOT have its own edible fruits - as this is explained in item #C1 of the web page named [newzealand visit.htm](http://newzealand.visit.htm), New-Zealanders "pinched" the "Chinese gooseberry" fruit for their own and renamed it "kiwi fruit". Now they pretend that this is "their" native fruit. Similarly like "persimon" from the previous item #11, also "kiwi" is a fruit of temperate climate countries, e.g. China, New Zealand, Italy,

etc.

Similarly like the European "gooseberry", in nature also "kiwi fruit" appears in two "natural" varieties, namely in the "golden" variety - which is very sweet, and in the "green" variety - which typically is rather sour. Unfortunately, it is also prone to generating numerous mutations via the use of so-called "genetic engineering". Thus, New Zealand with the use of this genetic engineering lately started to multiply various "unnatural" varieties of kiwi fruits - for example the "blue" variety. Plantations of "kiwi fruits" typically have large crop yields. Therefore in countries where this fruit is grown it belongs to cheapest fruit products. For example, in New Zealand in its "season", one can purchase a kilogram of "green" variety (this more sour one) of "kiwi fruit" for below one local dollar. (But outside of the season it is rather expensive.) The "golden" variety - this more sweet, usually costs at least twice as much as the "green" variety.

Kiwi fruit works really excellently in stool regulation (softening). No other fruit is so effective as kiwi in elimination of constipations. Also, eating kiwi fruit does NOT intrude any undesirable side effects. This is why I already mentioned its work in item #D3 above about bananas. So if one has frequent constipations, nothing eliminates them so fast, so effectively, and so naturally, like eating significant amounts of kiwi fruits. Kiwi fruit is also packed with C vitamin and with various vital for health microelements. This, in combination with not high price of it, causes that it is worth to eat a lot of it when we have a chance. In turn when we have a health need in time when there is a lack of this fruit, instead of it we can also use the European gooseberry which induces similar effects.

From the energy content point of view, "kiwi" belongs to the category of "yin" means "cooling" fruits. Because in present times people typically eat too much unbalanced "heating" foods (i.e. "young") frequent eating cheap "cooling" fruits, such as "kiwi", is healthy and recommended.

Part #J: Other extraordinary fruits and roots from tropics, the beneficial properties of which it is worth to know:

#J1. Life-giving tapioca:

Tapioca in fact is NOT a fruit. It is a kind of edible root, means like a tropical version of sweets or horse carrots. ([Click here in order to see how a tapioca root looks like.](#)) Almost only thing that links tapioca with tropical fruits, is the fact that on fruit markets of tropical countries, tapioca is usually sold on the same stalls on which fruit shown previously is also sold. Only that in some parts of the world it can be called by a different name (e.g. in Fiji "tapioca" is called "**cassava**"). But the tropical tapioca root has one chief advantage, which

decided that I am describing it on this web page on fruits so extensively. Namely, tapioca is able to save us from a lot of suffering. This is because in an almost instant manner it heals even the most powerful diarrhoea. In turn diarrhoea in tropical countries is one of the most sworn enemies of Europeans. One may get it practically from anything, e.g. from drinking unboiled water, from the use of local ice, from pouring our drink to a glass that was washed by locals, or even from eating a fruit that was opened a few hours earlier (therefore Europeans should not eat fruits in tropics which were NOT opened in their presence, means just before they consume them). In turn micro-organisms which cause diarrhoea in tropics, are rather nasty. In old times they were able to even kill an incautious visitor from Europe. So if one gets a diarrhoea in tropics, it usually is so powerful that pulls our intestines inside out. Also it spoils completely our stay in tropics. After all, afterwards we spend in a toilet practically the rest of our vacation, and usually also the entire trip back. In face of such a tropical diarrhoea, European modern medicines usually are hopeless. They are unable to heal it. But tapioca can. I personally own to a tapioca root a lot of suffering it saved me from, if not many visits in hospitals, and perhaps even saved my life. This is because during my professorships in tropics I had many times nasty food poisonings and extremely powerful diarrhoeas. In one case I even considered writing my will. But tapioca always finally healed it, and this healing was always instant. Therefore I am writing here about this extraordinary, life-giving root. This is because it is worth to let to know everyone the life-giving attributes of tapioca.

If I ever get a diarrhoea in tropics, I immediately do as follows. I go to a nearest fruit market and purchase one tapioca root of a middle size (e.g. around 1 kilogram). After returning to the place of living, I wash and then peel the root from dirt and skin - exactly the same as I normally do with potatoes. Then I cut the root into smaller pieces, similarly as I do it with potatoes before cooking them. After I place these pieces in a pot with water (similarly as I do this while cooking potatoes), I add salt to make it taste nice. Then I boil tapioca until the majority of it dissolves into a kind of liquid, dense, jelly-like "soup". (In the Polish language this kind of soup is called "polewka". After adding various spices and fresh cream to it, such a soup can be made extremely tasty. Of course, in order to just heal a diarrhoea, I do not need to make it superbly tasty, and it is enough if I add to tapioca just pure water and salt.) After I check that the "polewka" is salty to my taste (if not, I can additionally add a bit of salt), I drink this soup, and simultaneously I eat the remaining, non-dissolved parts of the tapioca root that are left after the boiling. (Notice that normally such a "polewka" soup with non-dissolved parts of tapioca turns out to have a very nice taste - unless I overdone with salt, or I forget to put salt into it.) In order to effectively heal a powerful diarrhoea, it is enough to drink and eat around a half of litre of this dense "polewka" with parts of undissolved tapioca, means I need to consume around a volume equivalent of tapioca for a single my meal. Soon after I drink this tapioca "polewka" and I eat the remaining parts of undissolved tapioca root, my diarrhoea disappears as if "someone shut down a tap". In order to make sure that it is healed permanently, I may repeat the cure after several hours - means when I again feel hungry. For this repetition I do everything exactly the same way as for the first portion of tapioca "polewka".

Of course, there is an English saying "prevention is better than cure". In

tropics it is definitely better to prevent food poisoning, than to later heal one. In turn prevention of a food poisoning is easy. One just needs to be extremely careful what one eats and drinks there. For example, in spite that every year I spend my vacation in tropics, and in spite that I eat local delicacies as much as I feel, I personally have not had food poisoning and diarrhoea since I adopted a principle that I eat and drink over there only these things that the logic tells me that they must be sterile. Means: (1) I eat now only whatever I know for sure that it was boiled or fried just before it was given to me for consumption, (2) I make sure that I eat fruits that were opened or cut just before eating - preferably in my presence, (3) I do NOT consume local cold water nor ice made locally, (4) out of locally made drinks I drink only hot, just boiled liquids, bottled or canned liquids, or coconut water (which sterile attributes I am describing in item #D1 of this web page). These simple rules, linked with pedantic maintaining hygiene and cleanness through e.g. thorough washing hands before eating, washing fruit before opening it, dipping in hot water, or at least careful wiping out with serviettes all dishes and utensils in public places before I use them, effectively prevents against food poisoning and stomach problems.

Please notice that healing properties of tapioca are described also on the web page on [healing.htm - about folklore methods of natural healing](#), which shows photographs of these roots as well. The web page about [plague.htm](#) briefly mentions them too.



Fig. #J1: No, it is NOT "tapioca". Tapioca roots are shown on photograph "Fig. #B1" from a separate web page about [healing \(click here in order to see how a tapioca root looks like\)](#). The above photograph shows "persimmons". Three out of them are fresh, means these are the same fruits which also in a fresh form are shown in "Fig. #I1" above. In turn next two persimmons from the above photograph are shown after being dried out. (As we can see this, after being dried out they turn into white, round, "pancakes" covered with their own natural sugar.) In such dried form they can be purchased in food shops of tropical countries. They are common in these shops, as dried persimmons are used by Chinese for medical purposes. Namely, they regulate and solidify the stool. So they work quite similar as tapioca does, only that their action is less rapid than that of tapioca.

I try to photograph tapioca for a long time, so that I could show it on my web pages. Unfortunately, always for some reasons it becomes impossible. Therefore I am going to just describe here the appearance of it. The appearance of tapioca resembles an European white beet, or tipped in mud a huge horse carrot. It has a conical shape roughly resembling a huge carrot. After all, it grows in the soil like our carrots or beets do. But it is larger than a typical carrot. In the most wide end the diameter of it may exceed 10 cm. The surface of tapioca is dark-grey, like mud. It is covered in a very rough, dark-grey skin, and usually covered with roots (that are thin like hair) and with residues of the soil in which it grows.

The name for "tapioca" in Chinese (Cantonese) reads "mook si" - means "wood". Because tapioca grows in the soil like our beets, for Chinese it symbolises "buried wood" - means someone's coffin. For this reason, in the vicinity of auspicious times, such as Chinese New Years, Chinese do not like the view of "tapioca". They consider then the sight of tapioca to be a "bad omen" which suggests someone's death. So in the vicinity of Chinese New Year, Chinese merchants do not sell tapioca on their stalls. On the other hand, because they are only ones who actually sell tapioca, while lately I stay in tropics always during the vicinity of Chinese New years, this explains why I am not able to show a photograph of tapioca here.

Tapioca is a tropical root. In Europe probably one cannot buy it in a fresh state, to make a good use of these amazing abilities of tapioca to heal diarrhoea. Fortunately, the dried and powdered tapioca is exported from tropical countries to many countries of the world (e.g. for sure to New Zealand). Only that it is known in these countries under a different name. It is called in there the "tapioca starch". In New Zealand, such a dried and powdered form of tapioca imported from Thailand I purchased recently under the name of "Tapioca Starch". I did so when, after returning from my 2004/2005 vacation in tropics - during which I managed to save myself from getting even a slightest food poison, I unexpectedly got a powerful food poison and diarrhoea while already in New Zealand. (It happened after I ate something in a "Mac Donald" restaurant.) So after a few days spend in a toilet, I decided to use the proven in action healing power of tapioca to get rid of this powerful diarrhoea. But firstly I needed to find tapioca and buy it. I looked desperately in various New Zealand shops in search of this life-giving root. Finally I got it under this secretive name of "Tapioca Starch". Immediately I boiled several spoons of it dissolved in water. I received a kind of jelly soup, almost identical to the Polish "polewka" soup which is received after boiling fresh tapioca root - as described to the right from here. After I drunk around a half of litre of this jelly soup, again my diarrhoea disappeared as if someone shut down a tap. Means that this "tapioca starch" turned out to be equally effective in healing diarrhoeas as fresh roots of tapioca are. It is worth to know about this life-given attribute of tapioca roots and tapioca starch. It may save us a lot of suffering and troubles.

Tapioca has a whole array of advantages over methods of healing bad diarrhoeas by present (official) orthodox medicine. For example, effects of tapioca are instant and very spectacular. Practically I do not know any other medicine that would heal diarrhoeas so fast and so effectively like tapioca does. It is also a "natural" medicine, for which I never noticed that it would leave me with any side effect. (For comparison, e.g. about "carbon" it is known that it is

carcinogenic. However, this "carbon" is simultaneously one of "medicines" that orthodox medicine offers us for diarrhoea.) Furthermore, tapioca does not taste like a medicine, but like a nice Polish soup "polewka", which can be tolerated by even the most delicate mouth.

From the energy point of view, "tapioca" belongs to strongly "cooling" food. In old times Chinese used to recommend a moderation in eating it. They also used to recommend that eating this food should be balanced by eating an equal amount of something "heating" - especially if the eater is a woman. However, in present times of the excessive eating of "heating" junk food, this old recommendation does not need to be obeyed so pedantically - as I explained this in the introduction to this web page.

#J2. Extraordinary West-African "miracle fruits" which turn sour into sweet:

In West Africa an extraordinary fruit grows. If one eats it, then it changes in mouth of the eater the taste of everything that is sour into a sweet taste. Therefore after eating this fruit we can drink vinegar in litres having a feeling that we drink a sweet wine, or we can eat lemons in kilos having an impression that we eat sweet mandarins. This extraordinary fruit is called the **synsepalum dulcificum**. It can be ordered via Internet, through which it is sold in ever increasing quantities. I found the description of it in an article "Miracle fruit can sweeten lemons", from page A18 of the New Zealand newspaper "[Weekend Herald](#)", issue dated on Saturday, June 7, 2008.

The "miracle fruit" described here has the shape and the size of a small European acorn. Means, it has a shape of a prolonged ellipsoid of a bright colour ([click here to see on a photograph how it looks like](#)). How small it is, the reader can estimate it by comparing the size of it to the size of a hand of my friend who photographed it on her own palm. The "miracle fruit" shown above grew in the Malaysian "Agricultural Park" - which is open for visitors in the distance of around 10 km from the city "Kota Kinabalu" - means from the capitol of the Malaysian province Sabah on the tropical island of Borneo.

It is worth to notice that eating large quantities of sour food is very good for health. There is even a number of highly effective slimming "diets" which are entirely based on eating large quantities of some sour (usually fermented) food. One such a slimming diet is described in item #B2 of the web page [korea.htm - about mysterious, fascinating, moral, and progressive Korea](#). Another slimming diet depends on drinking every day a specific amount of vinegar or lemon juice. But there is a serious problem with these diets. After all, our sense of taste does NOT accept everything that is sour. Therefore such a fruit which changes sour into sweet is like gold in present world full of over-weighted people who would be happy to use a "sour diet" - but they hate the taste of sourness.

Part #K: Summary, and the final information of this web page:

#K1. Summary of this web page:

In the European culture we got used, that if someone is sick, then he/she goes to a doctor, who pumps antibiotics into such a person. If these antibiotics do not help, then one either spends the rest of his or her life coughing, sneezing, complaining, and constantly using inhalers, or one departs on an invalid rent and shifts to a hospital. However, in tropical countries the model of life does not look like this at all. Even it could not be like this, simply because people over there usually have no money for doctors, antibiotics, nor hospitals. Therefore, in the majority of cases people over there take notice of what they eat. After all, the majority of illnesses originate from eating. As it turns out, they are much more healthy, and much more happy than Europeans. So perhaps it is worth to start take notice of their philosophy of eating and their methods of healing through eating. This internet web page provides the first basic information about philosophical foundations and about curious attributes of their eating.

#K2. Polish letters:

In text of this web page in various places Polish characters (letters) may appear. Unfortunately, some servers and some browsers tend to deform the display of Polish letters, replacing them with some other character sets. In a spontaneous manner computers seem to display correctly these Polish letters only when they use Windows XP (or higher), or when their Internet Explorer is set for displaying them. (In order to set your "Internet Explorer" on the correct displaying of Polish letters, you need to click on the position "View" (i.e. "Widok" in Polish) in the pull-down menu of this browser, then you need to click onto the command "Encoding" (i.e. "Kodowanie" in Polish), finally click on "More" (i.e. "Dalsze" in Polish). In turn when the submenu "More" (i.e. "Dalsze" in Polish) opens, which contains various alphabets, you need to choose, and to click the alphabet marked "Central European (Windows)" (i.e. the "Srodkowoeuropejski (Windows)" in Polish). But if in any chance such settings do not help, just in case I would like to inform, that if in someone's computer various strange characters do appear, then this probably means that his/her computer does not display correctly Polish letters. In such a case it is good to know, that displayed characters have following meanings:

"ą" = "a" with a tail, "Ą" = "A" with a tail,

"ć" = "c" with ' above it, "Ć" = "C" with ' above it,

"ę" = "e" with a tail, "Ę" = "E" with a tail,

"ł" = "l" crossed, "Ł" = "L" crossed,

"ń" = "n" with ' above it, "Ń" = "N" with ' above it,
"ó" = "o" with ' above it (means another Polish "u"), "Ó" = "O" with ' above it
(means another Polish "U")
"ś" = "s" with ' above it, "Ś" = "S" with ' above it,
"ź" = "z" with ' above it, "Ź" = "Z" with ' above it,
"ż" = "z" with a dot above it, "Ż" = "Z" with a dot above it.

Here is the list of Polish letters that may appear in my texts:

ą ć ę ł ń ó ś ź ż (lower-case uniquely Polish letters)

a c e l n o s z z (Latin and English equivalents of lower-case uniquely Polish letters)

Ą Ć Ę Ł Ń Ó Ś Ź Ż (UPPER CASE uniquely Polish letters)

A C E L N O S X Z (Latin and English equivalents of UPPER CASE uniquely Polish letters).

I should add here, that after I noticed very humble effects of my use of Polish letters, usually my Polish text I still write with the use of English (Latin) alphabet. This is not a big error, as the majority of Polish words anyway use the Latin alphabet only.

#K3. How to replicate this web page in your own computer:

For some readers that work on problems addressed on this web page, it would be highly beneficial to have a replica of this web page together with all the illustrations, texts, links, etc., in their own computer. After all, in case of having such a replica, one can later view this web page, or print it, directly from his/her own computer, not from the Internet. Thus one becomes independent from the access to Internet in each situation when he/she wishes to have a good look at this web page or at illustrations that this page displays. Waiting for opening a web page is then also incomparably shorter than waiting for opening an Internet page. It is then also not needed to put up with all these subtle obstructions which seem to plague my web pages almost as if these are purposely sabotaged by "little green UFO-nauts" of some sort. So for these readers, who wish to make a "source replica" of this web page in their own computer, below I am describing step-by-step how to accomplish this. This description reveals thoroughly how to prepare the so-called "source replica" of the web page, means a replica prepared in the programming language called "HTML" in which this web page was originally coded. Note that such a "source replica" is much better than an "image replica" that almost every browser allows to make in quite a simple way. For example it allows to gradually complete all missing components of a given web page (e.g. missing illustrations or text files) from other servers. It allows to update separately each selected component of the web page as soon as we meet in Internet their better versions. It also allows us to learn principles of web page programming, thus it can be for us a first step towards later making our own web pages. Here is the instruction of producing such a "source replica":

#0. Ready-made source replica? (without advertising banners). One brief

information before in items #1 to #8 below I explain the exact procedure of preparing for yourself a source replica of this web page. Namely, under some addresses listed in "Menu 3", such a source replica of this web page, together with all files, folders, illustrations, etc., but without advertising banners, already awaits in the ZIP format, ready for downloading to your own computer. So all what you need to do in order to download it to your own computer, is to click in "Menu 1" on the menu item marked "[Source replica of this page](#)". So try to click, because this source replica may be available here (i.e. at this address) and it would be handy to have it in your own computer. In turn, when such a ZIPped source replica downloads to your computer, all what you need to do is UNZIP it onto your hard disk. After UNZIPing, it forms a separate folder in which you will find a folder named "a_pajak" with all files, subfolders and illustrations inside, ready for the running and displaying this web page. (In case you already have on your hard disk a folder named "c:\a_pajak" with my other source web pages, it is enough if you transfer all files and subfolders from this new folder "a_pajak" to the already existing one named "c:\a_pajak".) After this brief information, let us now return to this procedure of making (all by yourself) a source replica of this web page. Here it is:

#1. Create a folder named "a_pajak" (or "archives_pajak") on your hard disk "c:". This folder is to hold this web page (and possibly also any other my web pages). To create such a folder, run a utility program named "Windows Explorer" or "My Computer", choose "Local Disk (C:)" for the "Address" in this utility program, then click on "File" in the pull-down menu from this "Windows Explorer", then click "New", finally choose the command "folder". Type the name "a_pajak" to the new folder that you created on you hard disk. Later you are to use this folder "a_pajak" for storing all my web pages, monographs, and illustrations that you wish to keep in you own computer.

#2. Create sub-folders inside of this main folder named "a_pajak". These sub-folders are to contain subsequent kinds of texts and illustrations displayed or accessed through this web page. Here is the list of sub-folders that are used by this web page:

fruit - it contains almost all the illustrations of fruits which are used by this web page.

images - it contains several illustrations which are used both, by this web page, and also by the web page named [Wszewilki](#).

flags - it contains images of flags (i.e. German, Spanish, French, Italian, Polish, and English) used in my web pages. These images of flags are contained in files named de_flag.gif, es_flag.gif, fr_flag.gif, it_flag.gif, pl_flag.gif, uk_flag.gif. Any flags scanned into "*.gif" files with the above names, can be used for this purpose.

In order to create such sub-folders, again it is enough to shift the "Windows Explorer" inside of the folder "a_pajak" and then generate them one by one.

#3. Save the source code of this web page in your folder "a_pajak". For this, "right click" on your mouse while pointing it any text area of this web page (e.g. pointing right here). A small menu should appear, which is to have the option "View Source". Click on this menu option, and the source code of complete this web page appears in your text editor named "Notepad". Click on

the "File" pull-down menu from this "Notepad" and choose the option "Save As...". Save the source code from your "Notepad" using the "fruit.htm" for the "File name" of this code, while for the "Save in" pointing at the folder "c:\a_pajak" that you created earlier. Notice that pages called via links from this page, should be saved under slightly different names assigned to them, namely: "oscillatory_chamber.htm" for the web page on the "Oscillatory Chamber", "fruit_pl.htm" for the Polish version of this web page, etc.

#4. Save illustrations. Right click separately on each illustration from this web page, then choose the option "Save Picture As". The majority of illustrations you need to save in the subfolder "fruit". Notice that each illustration indicates at the bottom of the screen the subfolder in which it is to be saved.

#5. Run this web page in your computer. After you save this web page, you can run it in your own computer whenever you wish, by simple pointing at the file "fruit.htm" (i.e. the one with the source code of this web page) using the "Windows Explorer" for this pointing, and then double clicking at this file. (You can also run this file by pointing the "Windows Explorer" at it, and then pressing "Enter".) Pages linked with this one via hyperlinks can also be displayed through clicking on these hyperlinks while viewing this page, or can be displayed through clicking via the "Windows Explorer" at their names, means e.g. at "oscillatory_chamber.htm", or "pajak_jan_uk.htm".

#6. (Optionally) remove banners. Free servers on which for the understandable reasons I display all my web sites, usually insert codes of banners to the source code of web pages that are displayed on them (frequently codes of these banners contain various irritating errors which try to make viewing my web pages quite difficult). If these banners irritate you, you can optionally cut them out from the source code of this web page, after you save this code in your own computer. To cut the banners out you need to identify their code (either by addresses referred in this code and starting from "http://...", or by seeking the comment type "banner insertion ..." which appears at the beginning and at the end of the banners' code).

#7. (Optionally) update your source replica of this web page. If someone is especially interested in descriptions contained on this web page, then it would be desirable to check in Internet every let say couple of months, whether description from this web page are updated and improved. If so, then it is worth to replace the old version of this web page with this improved version. For this, it is enough to rename the old replica kept in your computer by adding the word "old_" in front of it, and then copy from the internet a new version to store it under the original name that it has.

#8. In case of any doubt regarding making such a replica of this web page, it is worth to see a separate web page that is entirely devoted to the explanation of the replication procedure of my internet pages in your own computer. This additional web page is run from "[Menu 2](#)", where it is listed under the name [replicate](#)".

#K4. How with the web page named

"skorowidz links.htm" one can find totaliztic descriptions of topics in which he is interested:

A whole array of topics equally interesting as these from the above web page, is also discussed from the angle that is unique to the philosophy of totalizm. All these related topics can be found and identified with the use of **content index** prepared especially to make easier finding these web pages and topics. The name "index" means a list of "key words" usually provided at the end of textbooks, which allows to find fast the description or the topic in which we are interested. My web pages also has such a content "index" - only that it is additionally supplied in green **links** which after "clicking" at them with a mouse immediately open the web page with the topic that interest the reader. This content "index" is provided on the web page named **skorowidz links.htm**. It can be called from the "organising" part of "Menu 1" of every totaliztic web page. I would recommend to look at it and to begin using it systematically - after all it brings closer hundreds of totaliztic topics which can be of interest to everyone.

#K5. Emails and contact details to the author of this web page:

Current email addresses to the author of this web page, i.e. officially to **Dr Eng. Jan Pajak** while courteously to **Prof. Dr Eng. Jan Pajak**, at which readers can post possible comments, inquiries, or replies to questions which I ask on my web pages, are provided on the web page **about me (Dr Eng. Jan Pajak)**. That page also provides other commonly used contact details to the author.

The author's right for the use of **courteous** title of "Professor" stems from the custom that "with professors is like with generals", namely **when someone is once a professor, than he or she courteously remains a professor forever**. In turn the author of this web page was a professor at 4 different universities, i.e. at 3 of them, from 1 September 1992 untill 31 October 1998, as an "Associate Professor" from English-based educational system, while on one university as a (Full) "Professor" (since 1 March 2007 till 31 December 2007 - means at the last place of employment in his professional life).

However, please notice that because of my rather chronic lack of time, I **reluctantly reply to emails which contain JUST time consuming requests**, while simultaneously they document a complete ignorance of their author in the topic area which I am researching. Therefore, if the reader sends a request to me, I suggest to let me know somehow that he or she actually went through the trouble of reading my web pages and learning what these pages try to say.

#K6. A copy of this web page is also disseminated as a brochure from series [11] in the safe format "PDF":

This web page is also available in the form of a brochure marked [11], which is prepared in "PDF" ("Portable Document Format") - currently considered to be the most safe amongst all internet formats, as normally viruses cannot cling to PDF. This clear brochure is ready both, for printing, as well as for reading from a computer screen. It also has all its green links still active. Thus, if it is read from the computer screen connected to internet, then after clicking onto these green links, the linked web pages and illustrations will open. Unfortunately, because the volume of it is around a double of the volume of web page which this brochure publishes, the memory limitations on a significant number of free servers which I use, do NOT allow to offer it from them (so if it does NOT download from this address, because it is NOT available on this server, then you should click onto any other address from Menu 3, and then check whether in there it is available). In order to open this brochure (and/or download it to own computer), it suffices to either click on the following green link

[fruit.pdf](#)

or to open from any totaliztic web site the PDF file named as in the above green link.

If the reader wishes to check, whether some other totaliztic web page which he or she just is studying, is also available in the form of such PDF brochure, then should check whether it is listed amongst links from "part #B" of the web page named text 11.htm. This is because links from there indicate all totaliztic web pages, which are already published as such brochures from series [11] in PDF format. I wish you a fruitful reading!

#K7. Copyrights © 2013 by Dr Jan Pajak:

Copyrights © 2013 by Dr Jan Pajak. All rights reserved. This web page is a report from outcomes of research of the author - only that is written in a popular language (so that it can be understood by readers with non-scientific orientation). Some ideas presented on this web page (and also in other publications by the author) are unique for the author's research, and thus from the same angle these ideas were NOT presented by any other researcher. As such, this web page presents ideas which are the intellectual property of the author. Therefore, the content of this web page is the subject to the same laws of intellectual ownership as every other scientific publication.

Photographs of tropical fruits which are presented here, and also descriptions of their taste, size, appearance, energy content, and composition, are collected and prepared by myself. Thus myself (i.e. Dr Eng. Jan Pajak) is the owner of copyrights for these photographs and descriptions. Of course, I would

NOT have any objections if some readers utilise selected from my photographs or descriptions in their own publications - however under the condition that in such cases they would give some credit to my efforts and work by adding a courteous comment near such photographs or descriptions which (the comment) would acknowledge my contribution to documenting a given matter, e.g. a comment of the type "**courtesy of Dr Jan Pajak**". Similarly, the author reserves that during repeating any other idea presented on this web page (e.g. the existence of 7-day weeks in practically every nation and folklore of the world), the repeating person gives a full credit to the author of this web page, through clearly explaining that this idea is repeated after the web page of Dr Jan Pajak, through indicating the internet address of this web page under which this idea was published, and through mentioning the date of most recent update of this web page (i.e. the date indicated below).

The characteristics of tropical fruits, which are less known to people, as well as philosophical aspects of eating them, I am reporting here on the basis of folklore descriptions that I heard and collected in tropical countries in which these fruits grow, and where people eat them on everyday basis. The majority of these characteristics and philosophical aspects I learned during my professorships in Malaysia and on the tropical island of Borneo in years 1993 to 1998. While reporting these folkloristic descriptions, I do not try to verify them from the point of view how much truth they carry in themselves, although if I know any evidence in support of specific folkloristic claims, then I indicate this evidence here.

* * *

If you prefer to read in Polish click on the flag below
(Jeśli preferujesz czytanie w języku polskim
kliknij na poniższą flagę)



Date of starting this page: 26 December 2004

Date of the latest updating of this page: 17 March 2013

(Check in "Menu 3" whether there is even a more recent update!)

[counter](#)