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TITLE: "FRUIT as a synchronic GIFT. FRUITARIANISM in the philosophy of its founder"

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with permission by the author:

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Translated resume from Giorgio Fabretti's essays on the following subjects:

WHAT MEANS HAVING REFOUNDED FRUITARIANISM SINCE OVER 40 YEARS  
(1972-2012)

ETHICAL MATERIALISM APPLIED TO COMPLEXITY OF NUTRITION

MANAGING HUMAN EATING IN TECHNOLOGICAL CIVILIZATION

Bioethical foundations of fruit eating

"FRUIT = GIFT = SYNCHRONIZER

THINK GLOBAL = SAVE THE PLANET

SAVE YOUR HEALTH = SAVE YOUR MONEY

... TROUGH EATING FRUITS

(at least a 90-95% of the calories in your diet)"

... resumed according to the ethical science of the anthropologist Giorgio Fabretti, founder of Fruitarianism, that means the philosophy of gift (of synchronized reciprocal just opportunities rather than predatory quantitative redistribution of goods), that is re-adapting humans to their moral nature of respecting people, animals, plants and environment.

## SHORT INTRODUCTION

It is a matter of balance, synchronization, harmony, that is using technological civilization to protect and educate humans, so to avoid their excesses and deviancy from the moderate non-violent non-predatory genetic attitude of their anthropomorphic species.

Humans descended from tree monkeys, naturally selected to find home, refuge and fruit food on the branches of plants.

It was an ecological exchange of gifts between trees and monkeys, while they jumped around a forest that became a savana, so supposedly settling the conditions for the genetic mutations that materially originated 'feet', that is the standing, walking, staring, hands-free humankind.

The surprising result was a miracle of intelligence, technology that also brought plenty of adaptation excesses to repair.

The intelligent man was biologically weak, and to compensate his fear of predators, adopted aggressive behaviors, today no longer morally, technologically, environmentally compatible.

Progress means to restore the optimal state of genetic harmony in nature. Hypertechnology means energetic organic biotechnology restoring the most stable and reassuring environment as a cradle of man.

Space and matter explorations have to be secondary and submitted to the aim of protecting mankind, prolonging its existence and avoiding extinction, by restoring the original harmony and safety, through its intelligence, morality and technologies.

By the way, as a curiosity, that restoring natural aim was already in the spirit of philosophical and literary movement of Arcadia, founded in Rome by Raffaele Fabretti among the others, an historian and archeologist in the Baroque Rome of XVI century, whose descendant is Giorgio Fabretti, a founder of Fruitarianism, updating knowledge in continuity with the spirit of Arcadia at the times of the birth of modern comparative sciences.

Would anyone choose the most experienced and convenient company to care for the maintenance of their house?

Yes, of course.

Would anyone choose the most experienced and convenient company to care for the maintenance of their body and their health?

Yes of course?

Well, for your health the company is called "Mother Earth". It operates since billions of years, and we bet nobody would prefer the last nearby 'fast food', who sells the last industrial findings to keep you fit like hamburgers, muffins and coffee. Those who do, they are at risk of aging badly and shortening their life.

'Mother Earth' cares a specialized maintenance on humans, since prehistoric times, and through history, until the last minutes, when industrial processing of food appeared. Cans and chemically preserved food are needed for army at war, not to keep civilians healthy.

These metaphoric concepts are to explain why fruit is the 'neo-ancient' remedy of 'evergreen' Mother Earth to keep humans fit, in exchange for a fair and compatible work of agriculture, minimum processing and distribution.

It is, by the way, a good remedy to economical crises, since agriculture is nowadays made much more comfortable by the support of all kind of technologies.

Why do we have to look back to ancient times, while we are ready to jump into the future?

The reason is we are jumping into a new technologic civilization, where is fundamental to preserve our genetic fitness and adaptation to the environment, to resist the tsunami of changes and biological risks, and keep in control of turbulent innovations.

The more and the faster we change, the higher we jump, the more we need a solid base and a good shape.

The big misunderstandings is that we can play with genetics as any mechanic product. We can not.

Synchronization between our body, health and seasonal fruits, is so necessary as a platform for our trip to the future, that we need a better awareness of biological and evolutionary time.

The technological jump of civilization we are facing now, it requires a biological 're-evolution', more than a social 'revolution'.

And to look behind at our anthropological eating fruits, is the new culture of time.

It is rather a revolution in the culture of evolutionary thinking.

In the Evolution, any jump forward needs a consolidation of the jumping platform.

Any new enterprise need a balance of the past, to know what capitalization we have.

Future times needs to settle past times. Nothing evolves from nothing.

The essence of human culture is the widening of the consciousness of the time.

The civilization is the materialization of a growing consideration of life cycles and time dimension.

The mind is the transition from the short time instincts to the longer time programming.

Growing consciousness is a wider sphere of synchronized feed back of our actions.

Present civilization has achieved speed in a mechanical conception of compressing time in 'fast' ways. Fast junk food is an example of an incomplete but evolving concept of time.

Frugivorous natural food is the arrival step of 'fast food'.

From hunger to survival to speed to coherence in time.

It is an evolutionary trend toward organizing life and environment to restore the natural paradise lost in our struggle for survival.

Humans are harmonies. But they were disturbed by carnivorous predators. The original prehistoric sin was to presume that killing predators was the way to harmony. It was missing the awareness that it was only a first step in civilization.

Since the killing culture, the man has been developing a more conservationist attitude to its environment, due to the awareness of cycles and rhythms of nature in a larger sphere of time.

It is as if the consciousness is becoming a satellite driver in time rather than in space. Instead of telling whether turn to right or left, it will tell us where we come from and in what future we go.

We are evolving the mind and its external accessories as a link between ancient and future, nature and technologies, to guide our behavior through a compatible future.

Fruit is the perfect 'marker' of lifetime, the optimized 'link' between past and future culture, as well as between hunger and lasting health.

Fruit is a natural food, but at the same time it is a 'pill of wisdom'. Try to believe. It is the 'Columbus' egg'. It is an eating way that stands on its feet and will keep you standing up with it.

Just follow what the fruit has to say, and soon you will know better what time and harmony means. You will end up growing fruit instead of thinking revenge or predating.

It is not 'hippy'. It is not 'Imagine' of John Lennon. It is not religion. it is not Communism. It is not Utopia. It is much less than all that. It is just 'doing' a little of all that. It is a material philosophy 'do-it-yourself, where 'matter' are the events stuck by the gravity of time.

Complexity is the opposite of ignorance. Time is synonymous of complexity. Our view reached the horizon of our planet. The point is how to handle such a wider complexity?

Our discovery of the answer is: handle the fruits, the daily metaphor of our global cycles. Eat fruit and then think global!

## A SIMPLE RESUME

This is a simple resume of survival instructions from the original philosophy of "The Fruit as a Gift", based on the ethical science of the anthropologist Giorgio Fabretti, founder of Fruitarianism.

This resume was written on the full moon night, on the 29th Dec. 2012, seen through the windows of the Fruitarian Society, facing Colosseum in Rome, where it was re-founded in 1972.

All-in-one do-it-yourself is what is needed to survive in the Global Empire of Technology now opening to world citizenship, just as it happened in the Ancient Roman Empire, about 2000 years ago, when Colosseum (the most ancient stadium and mass-media, of the first megacity in the history) was built and time was reset to Zero.

Few premises to few basic instructions.

Eat as much fruit as possible, since they carry the spirit of global harmony, through the ethical philosophy of Gift, synchronized both in the botanical world and in the genetics of mankind.

Eat chronological, so to respect the freedom and the duties of your hormones, as you will respect other people and all the planet.

Remember that Justice can't-do-but respecting 'living agendas' of everybody, persons, animals, plants, synchronized through genetic with everything, air, water, earth, energy.

## ABOUT BEING REALISTIC

What is reality?

It is an ethical body, made of logical principles, usually aimed at re-establishment of a pristine state of equilibrium.

This vision of reality is a human reality, subject to cultural changes, even if it is confirmed by the interpretation of latest experimental physics, as the most advanced scientific frontier.

The theories of relativity, quantum dynamics and entanglements, 'big bang', strings, etc., converge on a general vision of reality as a metalogic field, a perturbated symmetric singularity, whose dynamic trend to restore itself, it originates what we conceive as mathematical and physical dimensions, as equations, time, energy, space, matter.

Being Reality depicted as a human historical reality, notwithstanding its stringent independence from humans as part of it, it is 'believed true' through 'relational' methods of logical coherence, as it happens through software and systemic theories. An example of this type of vision have been described in the late philosophical comments of John Archibald Wheeler, a distinguished american physicist, who followed Einstein first, an quantum experiments later, to conclude that reality is scientifically shaped through acts of creative human interpretation and setting of the experimental data.

Such a philosophical premise was meant at focusing the ethical substance of our elsewhere scientific approach to nutrition.

There is a creative faith working as an axiom to build both a moral and logical system of action, whose realism becomes actual reality through a parallel work of a good track, a logic track, an experimental effective track.

In some ways, the economics of knowledge work on the heuristic fact that good, coherent and empirical are analogous, being the finalistic, rational and sensorial tools of human approach to an elsewhere metaphysical reality.

Given what above summarized, we can proceed to observe the natural fact that fruits are a 'gift' from the plants to the hunger, but also to the intelligence of living beings, helping plants in their duty of reproduction.

In such a net of facts and values, we can verify that genetics of mankind has been selected and evolved in a natural reciprocal help with plants and animals, trough hands & mind, rather than by mean of predatory violence.

Even monkeys and rats, considered biological relatives of our evolutionary ancestors, tend to use hands and smartness to survive and relate to the environment. Only when deeply disturbed in their needs, logic or action, these animals recur to killings or to deeply altering of the environmental equilibrium.

The problem of civilization is that technologies tend to be mechanical and extreme, being imitated from inorganic nature, less complex, rather than from organic patterns.

Scientific discovery of formal logic sequences in genetics has boosted the ancient intuition that rational is deeply rooted in the matter, and therefore ends, logics and facts can be coincidental.

That is what we need to understand the multiple aspects of fruits: biologically nutritional, technological, agricultural, but also the newly discovered 'ethically donational'.

The ethical dimension is not only traditionally oriented to inspire good actions, but in the case of fruitarians to scientifically complete the explanation of the human condition.

In other words, the ethical vision of fruit as a gift, makes nutrition rational beyond instincts, allowing links to wider aims like saving our social hearths, our physiological healths, our compatibility with the environment, and, why not, our personal savings.

Think global, eat fruits, save money and save the planet.

It is a peaceful way to directing technologies toward balance rather than gross linear excesses, the sad tragedy of 20th past centuries.

Fruitarianism has been re-founded as a remedy to Vietnam and exaggerations of so called Cold War, in coincidence with discoveries on non-linear logics in biology by Nobel Prize Prigogine, on genetic logical sequences and logics of programming computers.

In 1960's it became clear that new informational and biological sciences could help control armaments trough re-directing culture and civilization toward a biotechnological century where reality is not seen as a mechanic clockwork, but as a 'true orange'. "Apple" inspired soon later Steve Jobs in making clockworks more and more humanly engineered.

## FRUITARIANS

The fruitarians are just the ancient frugivores updated by anthropological science toward our future.

Therefore it is not only a matter of facts, but also what is going to be, and how to drive softly and smoothly to it.

It is ethics supported by science. It is playing a life game to reasonably win it.

Here we are! Fruitarians just want to inspire a nutritional global style for the age of computers and genetics, soft intelligence instead of iron & fire.

A new era has materially began, and it inspires new styles in eating as well. Fruit eating non only is linked to evolutionary pre-historical man, but it shows the hiper-technological appreciation of the human complexity, as a pattern for future developments of compatible technologies.

So fruitarianism is not a New Age, Californian brand of fashion, but a scientific anthropological ethical tecnique: a very civilized human architecture of good values and compatible techniques.

Frugal frugivorism is not only an archaic survival style, but mainly now a challenge to project the environment and its technology as 'human friendly' engineering.

Fruit is not only a gift but also a biological watch. It is a clockwork made to synchronize cycles of nature. A by side effect of synchronization is globalizing, harmonizing, justificating roles and distribution of goods and opportunities. There is a timing in seasons and hormones of digestion that brings 'justice' and 'equality' in foods, like numbers do in queues.

Follow the fruit cycles and you will respect the nature. Follow the hormone cycles and you will respect human body. Match both, and you will synchronize man in nature.

Both match to state quantities and timing of foods in nutrition, compatible with health, environment, and 'your pocket'.

## SYNCHRONIZING FRUITS

(Note: draws to be revisited)

In the morning you need about 2 pounds of fresh sweet fruit from the trees, for about 500 calories, soaked in 1 liter of plain water. It will provide about an optimized storage of 4 ounces

of good sugars and vitamins, to spend as energetic fuel in the 24 hours. There will be no conversion of residual sugar into fat storage.

At lunch eat 2 pounds of fruit from the earth, like squash, peppers, aubergines, tomatoes, cucumbers, and 1 pound of boiled legumes. And you are at about 6 pounds of ingested liquids, good for every climate and work. In terms of adding calories to daily diet, 2 pounds of earthly fruits is about 300 cal., and 1 pound of boiled watery legumes is about 200 cal. You are at 1000 calories before 3pm (best if at noon).

At dinner it is time of a light meal before sleeping. Little food, little water. A bunch of oily dry fruits, like nuts, olives, seeds, will be diluted in about half a pound of non sweet fruit from the gardening, to complete 6 pints of plain liquids ingested in the 24 hours. Hydrate your body is important. The amount of calories is now at a final 1.400, calculating about 300 cal. of seeds, and 100 cal. of garden watery fruits like zucchini. You can add 100 more cal. of proteins and fats, if your metabolism needs it.

6 lb. of liquids, 5 lb. of watery fruit, 1500 calories, is the amount of a daily frugivorous organic nutrition, at a variable cost around 8 Us \$ daily, 240 Us \$ monthly.

All exceptions are welcome to this basic nutrition, since individual needs or sicknesses, or transition from other styles, might require it for a prolonged time.

There is no 'sin' in not eating fruitarian, and a certain amount of transgressions to the frugivorous nutrition - below 10% of calories -have frequently occurred; it has been confirmed by findings, even in purely fruit eating anthropomorphic monkeys, or in paleoanthropological sites of hominids, or of prehistoric Homo Sapiens, due to chance, variety, chronology, taste, or special needs.

Exceptions as supplements are always useful within a basically non toxic and compatible nutrition. To all fanatics we recommend to 'think statistic', to be flexible, because not admitting exception can statistically cause more damage within a global compatibility, either in numbers of people, or in parts of single lives, abandoning the good discipline. As for everything else: "better is not always for the good".

Let us count main nutrients in standard fruits: apple at breakfast, zucchini and peas at lunch, aubergines and nuts at dinner.

All portions are 4 ounces.

Results are splitted in portions/total (daily).

Apple, 50/500 (2lb.) calories:

carbohydrates 13gr./130gr.;

proteins 0.3gr./3gr.;

fats 0.1gr./1gr. .

Zucchini, steamed, 27/270 (2lb.) calories:

carbohydrates 3,4gr./34gr.

proteins 3,2gr./32gr.

fats 0.2gr./2gr.

Peas, steamed, 55/250 (1lb.) calories

carbohydrates 6.4gr./31gr.

proteins 5.4gr./26gr.;

fats 0.3gr./3gr.

Aubergines 17/34 (8 ounces)

carbohydrates 2.6gr./5.2gr.

proteins 1.1gr./2.2gr.

fats 0.4gr./0.8gr.

Nuts (dry) 630/300 (2 ounces)

carbohydrates 6gr./3gr.

proteins 14gr./7gr.

fats 64gr./32gr..

Daily 1350 total calories, of which: carbohydrates 203gr., proteins 70.2gr., fats 39gr..

It is not for sedentary life, nor sporty or hardworking style. It is for aging people who keep fit, that is the largest urbanized communities. It is for lower metabolism than average.

All carbohydrates (about 800 calories) should be fully burned daily. Proteins are regular. Fats are little more than those burned daily for metabolic purposes, but, unless someone is on a weight losing diet, it is better to let some fats to be converted into burning sugars by the body. So the average energy consumption of aging people, 45/50 calories per hour, 1100/1200

calories per day, should be available and fully burned. The rest goes to restore tissues, cells and bones.

Let us now analyze the Big Five combinations in the Mediterranean/Middle Eastern fruits, listed down from breakfast to dinner. Apart from the sweet fruit as a morning energetic start, the four other combinations are a balanced mix of proteins to reduce body fat and increase muscles. Calories can be 1000 as well as 2000 or even 3000 for hard working people; but above 1500 calories it has to be increased the percentage of carbohydrates.

Remember that, to activate muscle building proteins, people have at least to tense their muscles in bed before waking up. Even hospitalized patients can keep fit, through soft muscle contractions, without engaging in any physical effort.

Do not forget "Calculation Macronutrients to Calories (k).

200 gr. Carbohydrate x 4 = 800 k (57% of total)

60 gr. Proteins x 4 = 240 k (17%)

40 gr. Fats x 9 = 360 k (26%)

1400 Calories Total.

The standard balance of carbohydrate, proteins & fats (57%-17%-24%) is about the single composition of some soy beans; but nobody can survive on one food only, because the need of micronutrients makes maximum variety a must, better taste and enjoying eating.

The five combinations can be eaten all in the same day, but in any case have to be varied as much as possible, if adopted as a standard style. All kind of variations are useful to healthy eating.

Quantities are one pound for snacks or light meals, or 2 pounds for higher calories or full meals to alternate in different days.

Weight is usual market weight rather than serving weight.

All data's are per 4 ounces or 100 grams.

1) Apples, pears, bananas, dates.

1-2lb.

Apples 52/13/0.25/0.16

Bananas 84/20/1/0.3

Dates 200/50/2/0

2) Cucumbers, tomatoes, cannellini white beans.

1-2lb.

Cucumbers 22/2.1/0.55/0.15

Tomatoes 15/3/1/0

Cannellini or haricot beans (boiled) 85/16/6.6/0.5

3) Yellow&red peppers, zucchini and french green beans.

1-2lb.

Peppers 15/2/1/0.4

Zucchini 11/1.4/1.3/0.1

French beans 7/1/0.8/0

4) Aubergines and chickpeas (or babagenoush and hummous).

1-2lb.

Aubergines 20/3.8/2.2/0.12

Chickpeas (dry) 300/46/20/6.3

5) Orange or yellow squash and oily seeds or nuts.

1-2lb.

Squash 18/3.5/1.1/0.1

Walnuts 689/5/14.3/68

Pumpkin seeds 520/60/21/22

It is just a single example of daily fruit eating. Its maximum daily variation is a matter of good health and avoidance of malnutrition.

Anyone who fears not to have enough vitamin B12, can avoid his own doubts by integrating his diet with non cruel organic milk and eggs from friendly free animals, not exceeding 5% of daily calories. Remember to be globally substantial and not perfectionist. The better is not always for the good.

## CONCLUSIONS

In few sentences, remember: break fast with sweet fruits, lunch with garden fruits and legumes, light dinner with garden fruits dressed with seeds.

Quantities are: daily 200/70/40 grams of carbos/proteins/fats. Most if not all of carbohydrates before 3 pm. At dinner no energy food, but body repair with proteins and fats. The most healthy gym is done laying still in bed: it is enough stretching exercises before dawn. Eat like that and you might turn from a Mr. Beans to a greek statue in 2 years. Beauty is in all of us. Let just drop what is not essential.

## COMMENTS

Remember that macronutrients and micronutrients can never be eaten below minimum recommended quantities, whatever is the weight loss target.

The 'wheeldrive' of weight loss, the most needed therapy of the worst social sicknesses like obesity and diabetes, is carbohydrates control; while proteins and fats have to stay around daily requirements of 70 grams of proteins (1xkg. of body weight) and 40 grams of fats (possibly from rich nuts and seeds).

Moderately compelling the body to consume stored fat to compensate a part of the lacking carbohydrates to fuel the body at night, is the only safe weight loss.

During the day everybody needs burning sugars for their brain, as well as all kind of nutrients to keep all membranes and specialized cells fit. Do not burn vital nutrients and tissues in the extreme attempt to lose weight!

Obesity is caused by excessive non nutrient ingestion of refined sugars, starches, fats, salt. Substitute all them with natural complex fruits. Do not just cut calories down to anorexic style!

Eating natural non processed fruits educates the taste to adjust automatically to the right quantities.

Only when you are on natural tastes, the next step to weigh control is to reduce the abuse of complex carbohydrates.

Do not forget that anybody who is on a weight control diet, cannot waste their minimum fat requirements in less nutrient fats like oil. Nuts and seeds are a must in this case, because they sum up non saturated fats with a good deal of proteins and over all minerals, vitamins, and many other micronutrients.

The seeds and the non sweet dry fruits have to be diluted in pulpy fruits from the garden, like pumpkins, in order not to overcharge the intestines with such concentrated nutrients like seeds.

Remember that the best fruits are pulpy fruits, equivalent to mesocarp pulp surrounding seeds in botanical language. Sweet pulp is the best metaphor of fruit as a gift.

To stay in our synchronized fruit eating , remember that simple sugars from morning sweet fruits have to be contained in the physiological allowance of 100 stored grams of sugars, enough for the day. While the complex carbohydrates at lunch will be processed in few hours into sugars, while you use morning sugars. These ones should be available for the evening burning of energies.

That is why the lunch excesses in carbohydrates are usually the mistake of advanced frugivorous who wonder who wonder why they do not control weight, even by not eating many carbohydrates at dinner. There has to be considered a lapse of time, between carbohydrates ingesting and their energetic availability.

Remember that synchronizing fruits it is a good exercise to synchronize life, respect timing and other people agendas. A good medicine for egotists, narcissists, obsessions, extremisms, and all faces of the ignorance of time.

Justice is the art of waiting enough for to see your that turn has come. By meditating time, we often realize that we already had what we needed.

'Being in time' is often 'being happy' with what we had.

Frugivores tend to be in time with plants growing and seasons changing. It is a matter to be in time with the symphony of nature, as in the past, to exercise and adapt to be in tune with the symphony of technologies.

All kind of rhythms and cycles are involved in any environment. Forget to adapt to a future one, if you haven't adapted to the past one. Settle the bill and check the balance, before you go for the next shop.

Learn to eat natural fruits, before your mind is left going with technology. It was what Steve Jobs was thinking, while inventing the name "Apple" for his advanced technological enterprise.

"Google" is the voice of a turkey, good for information, not for celebrating Thanksgiving.

Oil is too precious to burn.

This is the post-industrial flow of biotechnology. Fruitarianism is an all-times convenient natural style, but it will be needed if a new soft technological economy has to save the resources of our planet.

This is why eating fruits helps thinking global. Help yourself, help the planet.

## Conclusions

Fruitarianism can be better practiced through an open practical mind better based on a experimental scientific attitude to actualize the good choices of life.

It is ethic materialism or materialistic ethics, that is fundamental choices to actualize through logic and time: that is through morality, science and history.

Reality is the ethical shaping of an energetic field, that becomes real through logic rules of time; that is through an ethical, theoretical, historical, universal, operational, natural construction, in which the 'f-actors' (mathematic factors and human actors at the same time) - including humans and their self-consciousness - perceive the construction as made of matter, solid reality; whose material bricks they freely statistically contribute to lay, cement and build in time.

And this underlined logic passage is said to be the crucially original peculiarity of Prof. Giorgio Fabretti's philosophy, to avoid many old and new sophistic traps in logic.

Such an objective vision of subjectivity is necessary to live the fruit as a 'clockwork orange', that is a gift of nature as an offer of synchronic reciprocity, in order to actualize a fragment of a realistic ethical project.

The seasonal gift of natural plants becomes real agriculture and human wellness when it synchronizes with physiological cycles of human body and mind: then frugivorous eating becomes fruitarian harmony. There cannot be real ecocompatible human health if not by means of a real - not idealistic - attempt to practice a realistic - made of not only abstract principles - harmony of nature and man.

It is an empirical attitude, capable of becoming interculturally universal for its simplicity and balance between various distant factors and cultures, like morality and technology, like man and nature, like spirituality and sciences, like traditions and innovations, like Oriental and Western visions.

Bite after bite, byte after byte: fruit and software synchronize to shape an eating logic that runs and works. Fruit is the message. It is the welcome start to a pattern of justice based not on predatory survival but on a re-cycling lasting tolerance and scientific reciprocity.

It is a moral choices, but also a scientific reality, that a balance of man and nature can be set only by mean of freedom, respect, and realistic statistical synchronous reciprocity, rather than unstable oppressions. What matters most to justice is not a quantitative redistribution, but a synchronous qualified redistribution. It implies flexible turns rather than the catastrophic ideological principles of past century.

An horrible sequence of technological wars should have taught humankind that abstract principles of our limited mind have to be enriched by accurate empirical observations before they can realistically and efficiently confront reality.

Maybe it is time of human engineering, on place of generic idealism. Fruitarianism wants to be an epochal turn from a sterile mix of fantasy and abusive eating, toward a spontaneous eating based on the practical effects of it. Therefore fruit eating style has to be tried to believe. It works soon and it lasts long, with no side effects on us, on the others and on the environment.

Let us abandon the idealistic obsessions for never lasting simplistic perfections. Let us understand that they are synonymous of poor organization of ideas. Let us quit the fears for the lack of B12. Since millions years being frugivores meant ingesting a fraction of animal food through fermentation, bacteria, worms, insects.

There were no aseptic refrigerators in the prehistoric times. Today's antibacterial preventing requires a reasonable compatible substitution of those percentages of animal nutrition with non-cruel animal gifts like milk from friendly cows and eggs from friendly chickens.

It is an encouragement to relate with countryside and non-cruel countrymen. The ancient Indian and Buddist wisdom even adapted cows and chickens to live together with humans in urban crowded environments, exchanging milk and eggs for food.

Let us not forget that women give birth and milk their baby: it is a basic pattern that fruitarians cannot sensibly deny. When an adult human being provides well above 90% of his calories from what we botanically define as 'fruit', they can be zoologically considered frugivores.

Absolute extremely pure fruit eating is rather obsessive anorexic attitudes (but more often just idealistic snob chic chit-chat), rather than realistic, genuine, no-frills, healthy, natural, compatible, eco-friendly, life-lasting fruit eating.

It all might sound very Empirical, but times change, and it is rather a Bioethical necessity in times of biotechnologies. Empiricism-pragmatism was started in the greek-roman classical thought, deepened and made systemic in the Italian Middle Ages, and then adopted and cultivated by british-american authors in tune with the birth of modern science and technology.

But nowadays, centrality of our Dna is an intercultural moral and scientific must, when globally considering our technological civilization in a risky progress. To avoid apocalyptic attitudes we prefer moderate mild but effective diffused spontaneous prevention of mental and behavioral extremisms.

DNA is 'chrono-logic', a complex watch to regulate cycles and matches in building life. Time is what a logic Dna code is made to control, to the final ends embodied in the Dna instructional message. Respecting Dna means not wasting a natural agenda, better settled than our risky improvements. Not always the better is for the good, overall when it is ideological against natural.

Let us rather concentrate on how to practice a frugivorous healthy moderation of our abusive styles of eating, rather than 'putting the cart before the buffaloes' and do nothing by mean of ideological disputes.

*Note:*

*the three curators of this resume thanks the Associazione FRUIT for providing the precious archive materials of Prof. Giorgio Fabretti and the re-founded 1972 Fruitarians Society, and they excuse themselves for some data and translation mistakes, that for sure have occurred in this work, whose literary property fully belongs worldwide to the author Giorgio Fabretti © 1972-2012.*

*L.P., C.d.V., D.C.*