

Food Combining Guidelines

Proper combining of foods optimizes the digestive processes. It is possible to eat a variety of foods which interfere with the digestion of certain others. Likewise, it is possible to eat foods which enhance the digestion or, at least, do not interfere with the digestion of the others. Properly and completely digested carbohydrates yield monosaccharides; improperly and incompletely digested carbohydrates yield the poisonous substances, acetic acid and alcohol (fermentation). Completely digested proteins yield amino acids, whereas incompletely digested proteins yield ptomaines and leucomaines (putrefaction) both poisonous substances. Allergies are a manifestation of improperly digested proteins which enter the bloodstream before they are broken into a sufficiently small fragment; such reactions can be prevented by effecting the eating habits which promote the most efficient digestion all along the alimentary canal. Some suggestions are:

1. Do not mix alkaline foods with proteins. Alkaline fruits include tomatoes and all fruits except prunes, plums, cranberries, and rhubarb. These should be eaten singly and at least three hours after ingestion of proteins. Acid fruits, i.e. prunes, plums, cranberries, and rhubarb, can aid digestion and can be used in the same meal as protein foods. (Rhubarb contains oxalic acid and, on that basis, should be avoided.)
2. Do not mix acid foods and starches. Citrus fruits or vinegar will inhibit the action of ptyalin, a starch-digesting enzyme which originates in salivary secretions. It will not act in even a mildly acidic medium. Proper chewing assures mixing of foods with ptyalin, but the enzyme can become inactivated upon contact with the ingested acids and not be able to work before gastric hydrochloric acid is secreted.
3. Do not mix sugars and starches. Sugars, sweet fruits, and honey ferment if delayed in the stomach. Such a delay can, occur if the sweets in the mouth inhibit the formation of ptyalin. This enzyme is necessary for the preparatory stages of starch digestion to trigger the movement on to the intestine where proper digestion of starches takes place. Do not drink sweetened drinks and eat breads at the same time.
4. Do not mix proteins and carbohydrates. As proteins move into the stomach, pepsin is secreted, and this triggers the release of hydrochloric acid. Protein digestion requires this acidic environment. However, as the medium becomes more and more acidic, starch (carbohydrate) digestion becomes curtailed. Furthermore, the presence of the carbohydrate neutralizes the acid; i.e. the medium which is favorable to the digestion of one is unfavorable to the digestion of the other. "Meat and potatoes" is, therefore, a poor combination, as is meat with alkaline fruits, starches, and sugars.
5. Eat melons by themselves. Melons are so simple to digest, they move directly to the intestine without inducing the formation of enzymes and hydrochloric acid. If other foods hold the melon in the stomach, it can ferment. It is acceptable to eat berries with melons.
6. Do not drink milk. Man is the only creature which drinks milk beyond the age of weaning. Milk causes mucous in the colon, allergies, and malabsorption of nutrients. Milk neutralizes the hydrochloric acid in the stomach, and it should, consequently, not be taken with any protein. The lesson is "don't touch!"
7. Select your proteins wisely. Muscle meat is difficult to digest, even when combined properly with other foods. The best and most digestible source of protein is the egg, and it should be soft-boiled -- never fried, scrambled, or hard boiled.

Food Combining Chart

Eat Proteins with..

Acid Forming Proteins

Clams	Fish	Meats	Oysters	Shrimp	Dried Beans
Crabs	Legumes	Meat Sub.	Poultry	Soy Bean	Lentils
Eggs	Lobster	Nuts (Raw)	Scallops	Dried Peas	Seeds (Raw)

VEGETABLES

Alkaline Forming

Artichokes	Celery	Green Peas	Olives (ripe)	Sauerkraut
Asparagus	Chard	Green Beans	Okra	Sorrel
Beets	Chives	Wax Beans	Onions	Spinach (Raw)
Beet Top	Collard	Horseradish	Parsley	String beans
Broccoli	Cucumber	Kale	Parsnips	Squash
Brussel Sprouts	Dandelion	Kohlrabi	Peppers	Turnips
Cabbage (Raw)	Eggplant	Leek	Pumpkin	Turnip Tops
Carrots	Endive	Lettuce	Radishes	Water Cress
Cauliflower (Raw)	Garlic	Mushroom	Salsify	

ACID FRUITS

Alkaline Forming

Apples	Melons
Apricots	Papaya
Blueberries	Oranges
Currants	Peaches
Grapefruit	Pears
Grapes	Persimmon
Cantaloupe	Pineapple
Cherries	Raspberries
Citron	Quince
Kumquat	Strawberries
Lemons	Tangerines
Bananas	Tomatoes
Limes	

ACID FRUITS

Acid Forming

Cranberries
Prunes
Rhubarb (Raw)
Plums

ANIMAL FATS

Neutral

Flaxseed Oil
Olive Oil
Butter
Cod Liver Oil
Halibut Oil

VEGETABLE FAT

Neutral

Peanut Oil
Soy Bean Oil
Sesame Oil

Food Combining Chart

Eat Starches with..

Acid Forming Starches

Barley	Breads	Chestnuts	Doughnuts	Peas (dried)	Potatoes
Beans (Kidney)	Buckwheat	Cookies	Flours	Pies	(Sweet)
Beans (Lima)	Cakes	Corn	Lentils	Potatoes (Irish)	Rolls
	Cereals	Crackers	Muffins		Rice (Brown)

VEGETABLES

Alkaline Forming

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Asparagus	Chard	Green Beans	Okra	Sorrel
Beets	Chives	Wax Beans	Onions	Spinach (Raw)
Beet Top	Collard	Horseradish	Parsley	String beans
Broccoli	Cucumber	Kale	Parsnips	Squash
Brussel Sprouts	Dandelion	Kohlrabi	Peppers	Turnips
Cabbage (Raw)	Eggplant	Leek	Pumpkin	Turnip Tops
Carrots	Endive	Lettuce	Radishes	Water Cress
Cauliflower (Raw)	Garlic	Mushroom	Salsify	

ACID FRUITS

Alkaline Forming

Apples	Melons
Apricots	Papaya
Blueberries	Oranges
Currants	Peaches
Grapefruit	Pears
Grapes	Persimmon
Cantaloupe	Pineapple
Cherries	Raspberries
Citron	Quince
Kumquat	Strawberries
Lemons	Tangerines
Bananas	Tomatoes
Limes	

SWEET FRUITS

Acid Forming

Dates
Dried Currants Figs
Raisins

SUGAR

Acid Forming

Brown Sugar Candy
Honey
Maple Syrup Maple
Sugar Raw Sugar
White Sugar

VEGETABLE FAT

Neutral

Peanut Oil
Soy Bean Oil
Sesame Oil

ANIMAL FATS

Neutral

Flaxseed Oil
Olive Oil
Butter
Cod Liver Oil
Halibut Oil

Food For Life

**Try This Diet For 60 Days And See How Good You Feel.
Food Is The Fuel For Our Lives.**

Only Eat Foods That Will Rot Or Spoil... But Eat Them Before They Do

Eat These

Beef, lamb, chicken, turkey (*range fed if possible*)
Ocean caught fish
Eggs (cage, hormone free)
All vegetables, esp. cruciferous vegetables
 broccoli, brussels sprouts, cabbage, kale,
 Cauliflower, collards, swiss chard
Avacados
All fresh fruits

Not These

Potato Chips
Donuts
Pastries
Soda
Cookies
Margarine
Processed cheeses
Commercial cereals
Commercial breads
Fast food restaurants

Only Eat Foods That Are Processed The Way They Were 100 Years Ago

Eat These

Whole Grain Breads
Brown Rice
Lentils
Different types & colors
of beans
Expeller pressed oils
(olive, flax, sesame)
Organic butter
White cheeses
Cod liver oil
Fresh fruits
Nuts, Seeds, Sprouts
Homemade salad dress.
Organic coffee, tea in
moderation
Raw honey, stevia

Not These

White Breads
White Rice
Hydrogenated Oil
Chemicals (read the
label)
Instant Anything
Microwaved Foods
Canned fruit
Lunch meats
Most peanut butters
Commercial salad dress.
Artificial flavors, colors,
MSG, Aspartame, High
fructose corn syrup,
Sucralose
Genetically modified
grains
Commercial fried foods

Eat Lots Of Color

Eat These

Purple Cabbage
Tomatoes
Green/Red Peppers
Carrots
Purple berries
Green leafy vegetables
Beets
Squash
Sweet potatoes
Red Grapefruits
Garlic, Onions
Salsa
Organic spices

Not These

White Flour
Cookies
Pastries
Most Breads
Most Pastas
White Rice
White crackers
White lettuce

Avoid foods that you are allergic or sensitive to, always eat organic food when possible.

A Fascinating Tale..... Of Two Sandwiches

Would you like to have more energy, be healthier, and just feel better? By the time you finish reading this short page you will have realized the number one thing you can do to have more vibrant health has been right in your own hands all along. We all know that the food we eat is the fuel of life. Food is the fuel we run on, like gasoline for your car. Sure, it seems like your car runs the same on all gasolines, but your body doesn't. What this means to you is "eat better food, feel better, have more energy."

Most people would be shocked if they fully understood the dramatic difference their food choices make. Simple changes in what we eat can make a huge difference in how we feel. Imagine for a moment that you had to choose one of the two following lunches as your fuel for the busy afternoon ahead of you. The following nutritional comparison of two simple lunches shows how simple changes in what we eat can have a profound impact on how we feel. Food, its the fuel of your life!

*Bologna on white bread
with a lettuce salad*



*Turkey on whole wheat
with a spinach salad*

Carcinogenic nitrates

THBQ

Bromate

Other dangerous additives

600% more vitamin C

+ 50% more riboflavin

+ 700% more vitamin B6

+ 500% more B1

+ 2100% more vitamin A

+ 50% more calcium

+ 400% more magnesium

+ 200% more niacin

+ 1000% more vitamin E

+ 250% more zinc

+ 400% more pantothenic acid

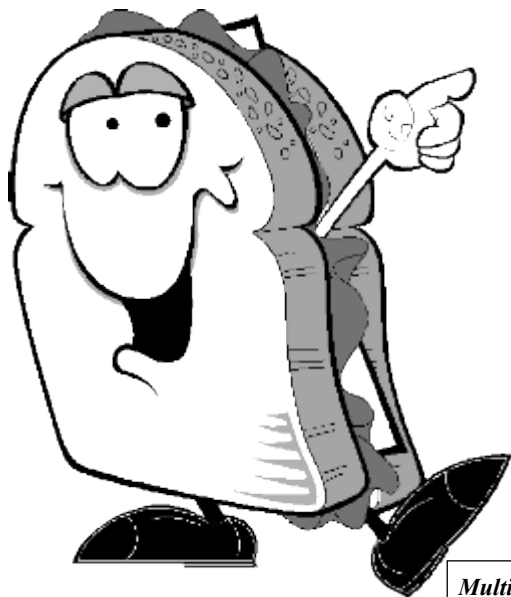
+ 600% more folic acid

+ 200% more vitamin B12

+ 1000% more manganese

and 600 mg of Essential Fatty Acids (which aren't even in the other lunch)

= More energy, better health, feel better



Multiply this difference times 3 meals per day, times 365 days per year. Glance back at those percentages, how much better do you think you'd feel by making better food choices?

Hydrogenated Oils

Hydrogenated oils have a half life in the body of about 52 days. That means for every teaspoon of hydrogenated oil you eat, half of that teaspoon is still in your body 52 days later, and 52 days after that 1/4 teaspoon remains, 52 days later there is still 1/8 of a teaspoon of the hydrogenated oil in your body. After 156 days (5 months) you still have 1/8 of that hydrogenated oil in your body. Most people in the United States eat hydrogenated oil every day.