

FOOD COMBINING DIET

Those with severe digestive problems can obtain some degree of relief with the following chart, by paying attention to the adverse effects of combining certain foods eaten together. For example, eating protein and fruit at the same time will result in delayed absorption of the fruit component, which tends to stick to the protein. This produces fermentation, putrefaction and the growth of gas-producing microorganisms including bacteria and yeast. Vegetables and protein may be eaten together without concern, but one should not eat vegetables and fruit together for the same reasons.

Eating the wrong food combination tends to impair and delay the digestive process, slow the metabolism, and prolong secretion of hormones, such as insulin. Under these conditions, caloric accumulation effects may increase up to 400%. The net result is an increased tendency to weight gain and digestive difficulties. Those with symptoms of indigestion, constipation, gas and heart burn as well as difficulty achieving and managing ideal weight control will most likely show marked improvement by closely following these recommendations.

Basic Food Combining

A	B	C
<p><u>High Sugar Glucose</u> Pastries Pies Soda Pop White Bread Cakes Macaroni Spaghetti Fruit Fruit Juices Candy</p>	<p><u>Concentrated Proteins, or Fats</u> Meat Fish Eggs Cheese Protein Milk Powder Butter</p>	<p><u>Complex Carbohydrates and Starches</u> Grains Cereals Vegetables Whole Grain Breads</p>

A+B=Gas

Fermentation occurs when concentrated carbohydrates that normally do not linger in the stomach and move on to the small intestines for digestion, become trapped with the presence of protein and fat. Proteins and fats require two to three hours for complete digestion, beginning with the action of HCL and pepsin in the lower part of the stomach. With carbohydrates trapped in this location, however, the sugars and proteins “melt together”, then later react with intestinal bacteria. This process leads to putrefaction and spoilage of the food.

FOOD COMBINING DIET *continued*

Breakfast

1. Eat fruit separately/do not mix with other foods.
2. Eat fruit with the breakfast meal.
3. Eat melons alone or leave them alone/do not mix different fruit types.
4. Do not mix acid fruit (oranges/ grapefruit) with sub-acid fruit (plum/ pear) or sweet fruit (strawberry/ kiwi).
5. If you are on a body fat or fat loss program, minimize fruit intake.
6. Allow about ten minutes for the fruit to digest and fully absorb then have your morning healthy drink or breakfast.
7. Take natural food supplements with your morning health drink.
8. It takes 20-30 min for a good size fruit meal to fully digest and absorb. Fruit alone tends to be absorbed very quickly if unhindered. (A piece of watermelon if clocked can be detected in the blood stream within twenty seconds after digestion.)

Lunch

1. Do not eat proteins or fruits at this meal.
2. Lunch is your complex carbohydrate/ starch meal, and can consist of healthy salad and carbohydrate choices. Avoid potassium broth and/or vegetable juices that are processed.
3. Avoid all white flour products, heat processed foods, fried foods, heated oils, canned vegetables and overcooked vegetables. Vegetables should be a little crisp when done.

Dinner

1. Do not eat starches or fruit with this meal.
2. Dinner is your main protein meal and can consist of a healthy salad, protein selection, vegetable and liquid.
3. Liquids should be taken in moderation if at all with a meal, since they tend to dilute digestive juices. Drinking more than ½ cup of liquid with a protein meal dilutes HCL, which is essential for protein digestion and mineral extrication. Major fluid intake should occur approximately 2 hours or after the dinner meal.
4. Starches tend to be fattening in general, but are even more so when consumed with proteins, which considerably slow the digestive process. Proteins take a relatively long time to break down into their amino acid components, which then can be fully absorbed.
5. Avoid all pork flesh and by-products, all fried foods, all shellfish, scallops, scavenger fish, scavenger birds, and scavenger animals.