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❧ Rules for Proper Food Combining ❧

The importance of proper food combining lies in the proper digestion of food. Digestion is the single most important long-term determinant of health. Good digestion assures that all of the vitamins and minerals that you take in through your food will be absorbed from the intestines into the blood. Poor digestion not only inhibits nutrient absorption it also leads to the formation of toxins in your digestive tract which then get absorbed and cause disease. Indigestion, gas, heartburn, constipation, and diarrhea are all signs of poor digestion.

Food combining comes last in overall importance as compared to the general food habits and choosing the proper foods. Ninety five percent of all digestive difficulties should respond to the proper food choices and the general food habits. However, stubborn digestive difficulty that does not respond to those practices will usually respond to proper food combining. Therefore, follow these additional rules *only* when you are experiencing persistent digestive difficulty.

- ◆ Salads are cold and bitter. They tend to weaken digestion and so are best eaten at the end of the meal.
- ◆ Sweets should be limited in general, but if you eat them, do so before a meal or as a between-meals snack, not as a dessert. Sweets are always digested first. Therefore, if any other food is in your system, the body will stop digesting it in favor of the sweet. The undigested food will then putrefy.
- ◆ Drinking astringent teas during or before a meal will weaken digestion. This includes black tea, as well as raspberry, strawberry or alfalfa.
- ◆ Do not combine meat, fish, or eggs with milk, potatoes, nuts, or bread/rice/grain.
- ◆ Do not combine dairy products with sour or acidic fruit, meat or fish, or bread/rice/grain.
- ◆ Do not eat sweets or drink fruit juice with salty foods or high-protein food (meat, fish, nuts).
- ◆ In general, do not mix a protein with a concentrated carbohydrate or two different protein groups, such as meat and eggs. For example, do not eat fish with rice, chicken with noodles, eggs with toast, bread with cheese, or cereal with milk.

Depending upon your constitution, you may eat

- ◆ Fish or meat with steamed vegetables and or salad.
- ◆ Pasta with a vegetable tomato sauce or garlic butter sauce and garlic bread
- ◆ Stir-fry rice and vegetables

- ◆ Salad and bread
- ◆ Baked potato with butter, along with vegetables and salad
- ◆ Fruit as a snack and salad with either meat or cheese (not both)
- ◆ You may also eat fruit smoothies as a meal—feel free to add yogurt.
- ◆ Hot oatmeal makes an excellent breakfast.

These suggestions should be cross-referenced with your constitutional diet.

During times of digestive difficulty avoid hard to digest foods such as beans, raw onion, fried food, cabbage family plants, and heavy sweets.