

Food Combining for Optimum

Health





Food Combinations:

Foods eaten in the proper combinations reduce and/or eliminate putrefaction or fermentation in the colon. Putrefaction and fermentation in the small intestines produce gas, constipation, colitis, heartburn, acid reflex, weight gain, diabetes, hypertension and other health disharmonies.

Putrefaction and fermentation reduces the blood's nourishing properties, resulting in the leaky gut syndrome, where waste leaks in the blood causing high cholesterol, diabetes, hypertension, Candida albicans, liver disorders, autoimmune deficiencies syndrome's (arthritis, Multiple Sclerosis, Parkinson's disease, and other health disparities).

This interruption increases waste by production in the body reducing the organs capacity to receive nutrient in order to maintain health and well-being. It also destabilizes the body's acid-alkaline balance, make the blood more acidic.

During each season, your digestive systems change, which the relationship of the foods you consume. This impacts the acid/alkaline balance of your cells and blood. When you eat foods, they contribute to the acid/alkaline balance. When they are incompatible mixed, they increase acidity of the body. On the other hand, when they are combined well, they provide alkalinity to your blood.

In spring and fall the diet should be 75% alkaline and 25% acid, During the summer 60% alkaline and 40% acid. The winter, which is the cold season, the intake of acid/alkaline balance should be 80 - 85% alkaline and 15 - 20% acid in accordance with where you live in the world.

Eating foods in their proper combination is important for correct balance of digestion, assimilation, assimilation, and elimination. It builds the health structures of the organ network, as it invigorates the cells reducing the risk of health disparities.

Foods, just like our blood are chemicals that have to have a balance of acid/alkaline. Foods should be consumed by their chemical balance, which will increase the ability for your blood to maintain its balance of pH balance of 7.35. Eating is understanding the chemical balance between your body and the foods consumed. Many of the foods and beverages we consume change the blood and body's pH balance. This balance determined health or sickness and is a critical homeostasis (life).

Food and liquids should provide the body with nutritional material that aids in maintaining the body's PH balance, reducing and/or eliminating nutritional deficiencies we call dis-ease.

The way to accomplished this is through designing a meal program that maintain the body's PH (acid/alkaline) balanced. The phase pH means Hydrogen Potential. The higher the hydrogen in the body, the higher the acidity. When the hydrogen decreases the body becomes more alkaline. Everything in the universe has its own pH balance.

Your pH balance is calculated in a range of number that extend from 1 to 14. The low end of the scale 1 to 6 is very acidic (6 is slightly acidic). 7 on the other hand is neutral and 8 to 14 are more alkaline. The body's natural pH balance is 7.35. If it drops below that, then dis-ease can prevail. If over the 7.35, the body will begin to heal itself.

Foods are classified as acid, alkaline or neutral. When a person eats too many acid forming foods, their body deteriorates rapidly. It shows itself through mucus, congestion, constipation, pain, cancer and other health disharmonies.

Acidic foods include dairy products (milk, cheeses, butter, ice cream), candy, cakes, soda, meats, fish, eggs, most beans, and peas, peanuts, many oils, canned foods, foods with pesticides, additives, preservatives, and any food which is devitaminized.

Alkaline foods release mucous from the membranes and assist in the healing process. Foods that are alkaline consist of ripe fruits (dates, figs, apples, pears, melons, peaches, etc), vegetables (carrots, parsnips, corn, broccoli, cucumbers, radish, etc.), and whole grains (millet, buckwheat, spouted legumes, barley, cracked wheat, brown rice, etc.), and should only be eaten in the proper combination, raw and not over cooked.

Unripen foods are acid-forming and are not digestible in the intestine, they create fermentation and putrefaction resulting in acid condition within the body. Some dried fruits are acid-forming, but when they are soaked in distilled water, they become alkaline and easier to digest.

If you understand that the body is a chemistry factor and you are the chemist, then you should

understand that when you apply this knowledge, you will have good health.

FRUITS

Acid

Acerola, Apples (sour), All Sour Fruits Cranberries, Currants, Gooseberries, Grapefruits, Grapes, Kumquats, Lemon, Lime, Loganberries, Oranges, Pineapple, Plums (sour), Pomegranate, Tangerine, Tomatoes

This group of foods should be eaten as a group and not mixed with sweet fruits or vegetables, grains, or nuts.

Sub Acid

Apples, Apricot, Avocado, Berries, Cherries, Grapes (mild), Mangoes, Nectarine, Papaya, Peaches, Pears, Plums, Raspberries.

These fruits can only be eaten within their own group and with some sour fruits.

Sweet

Apricot (ripe), Banana, Carob, Dates, Dried Fruits, Figs, Melons, Peaches (ripe& sweet), pears, Persimmon, Pineapple (ripe & sweet), Prune, Raisins

Eat these fruits within their own group and don't mix them with other fruit, vegetable, or other food groups. Because of their sweet and ripeness, they can ferment in the intestine tract and cause gas and other gastrointestinal disorders.

A few things to remember about fruits:

- (1) Fruits are eaten separately from vegetables; they are also eaten in groups.
- (2) Never eat acidic fruits with sweet fruits.
- (3) Melons are always eaten by themselves.

- (4) Bananas are only eaten when they have little brown (freckle like) spots on them.
- (5) Bananas should be eaten by their self.
- (7) Fruits should always be eaten ripe.
- (8) Never eat fruits with sugars of any kind.
- (9) Dairy products create mucous and causes digestive fermentation when eaten with fruits.
- (10) Fruits and proteins are bad combinations.

VEGETABLES

NON-STARCH

Asparagus, Bell Pepper, Beet (top), Broccoli, Brussels, Cabbage, Celery, Cucumber, Dandelion (root & greens), Eggplant, Endive, Garlic, Green Beans, Kale, Lettuce, Mushrooms, Onion, Parsley, Peas, Fresh Radishes, Spinach, Sprouts, Squash, Swiss Chard, Zucchini

MILD STARCH VEGETABLES

Beets, Carrots, Parsnips, Rutabagas, Turnips,

STARCH VEGETABLES

Artichokes, Cauliflower, Corn, Potatoes, Pumpkin, Root Vegetables

Most vegetables are good combinations with proteins, and starches. They are not good with sweet foods or fruits.

STARCHES

Beans, Bread, Cereals (Grains), Chestnut, Crackers, Pasta, Peanuts

Starches should not be eaten with proteins, sugars, acid or fatty foods. They are eaten by themselves. They don't combine well with dairy products.

FATS

Butter, Cream, Milk, Margarine, Oil

PROTEIN

Beef, Chicken, Eggs, Lamb, Meats (all kinds), Poultry, Pork, Sea Food

PROTEIN FATS

Avocado, Cheese, Kefir, Nuts, Olives, Sour Cream, Milk, Yogurt

PROTEIN/STARCH

Dry Beans, Dry Peas, Millet

SWEET FOODS

All Sugars, Some fruit, Date Sugar, Honey, Molasses, Syrup

FOODS TO AVOID

1. Eliminate dairy products, because they cause unhealthy mucous and congestion in the body. These foods include pasteurized milk, ice cream, commercial yogurt, cheese, creamers, lacto free milk.

2. Don't consume any refined sugars, such as sucrose (white sugar), dextrose (corn syrup), brown sugar, high fructose or any products like soda, candy, cookies, cake, pie which contain any artificial or processed sugars.

3. Eliminate white flour products or processed grain products that have been stripped of their natural nutrients. This includes foods that say they are enriched. All they have done is strip out the natural nutrients and replaced them with synthetic substances that the body has a hard time digesting. These products are not absorbed in the blood stream and the body become mal-nourished. It is against the law in this country for food manufactures to strip all the nutrients from grain food without replacing them before selling them to the consumers.

4. Stay away from fried foods or hydrogenated (cooked or heated) oils, they cause a host of body imbalances. When oil is heated, it creates free radicals, which are cancer causing agents. This is also true for processed oils, margarine, shorting, oils that are reused many times over and butter.

5. Alcohol is another form of sugar when it is consumed. It attacks the liver cause a host of imbalances which includes mental imbalances, anger, rage, forgetfulness, mental confusion, and bad judgment, in some cases it has contributed to deaths.

6. Canned, boxed, per packed and frozen foods containing chemical additives, preservatives, and dyes should be eliminated. These agents which are in these foods have been known to cause ill health when consumed over a period of time. These products have been over cooked, and the nutrients have been distorted. They don't contribute any value to your health.

7. Eliminate commercial teas, coffee, cocoa, pasteurized sweetened juices or anything labeled fruit drinks. Peko tea has been known to affect the kidneys with stones and other imbalances. Coffee as we know is an addictive substance that can also cause a host of illness. Pasteurized sweeten juices and fruit drinks are nothing more than sweeten water with some fruit juice, but more refined sugar than anything else.

8. Eggs cause the high-density cholesterols to rise, so they should be eliminated. Eggs can have fungus and/or mold (Aflatoxin) that could result in other health issues. The white of the egg is albumen, which is the substance our cells live in.

9. Exclude white rice because it has no nutrients. All the nutrients have been extracted and sold as rice polish. Rice polish can be purchased separately. The polish contents all the B vitamins.

Rice should be kept in the refrigerator or a cool place to reduce the potential of fungus or mold. The only way white rice should be used is in the form of Congee (overcooked white rice). This rice preparation is used in Asian to reduce and/or eliminate certain dis-eases.

10. Peanuts should not be eaten, unless used in a tea or soup, because they are extremely mucous forming. Peanuts are one of the 7 foods that have aflatoxin, which is a potent human carcinogen. Aflatoxin is a fungus (*Aspergillus flavis*) found on food products such as **corn, wheat, dairy products, eggs, dried fruits, tree nuts, dried spice** that are stored in damp and humid places. Many dis-eases have been associated with Aflatoxin.

11. If you are a meat eater, my suggestion is to reduce your consumption to two or three times a week and only one ounce at any one meal. When you do consume meat, it should include deep cold-water fish, poultry (free ranged), from a health food source or a kosher market. Eating cold water fish will increase your Omega 3 intake (diabetics are deficient in Omega 3, 6, 9,). Fish should not be farm raised.

Most commercial meat are laced with hormones, dyes, and artificial preservatives. Beef should not be consumed on a regular basis unless you have a medical condition where you need certain nutrients from the beef. Beef is the hardest of all the meat products to digest. The fiber of beef is difficult to break down. One of the reasons, is our teeth are not designed to tear meat apart. Fiber from beef is what sits in the small intestines and putrefies. If you are using beef in the form of medicine as in Asian medical protocol, then you will receive more nutrients from beef then eating the beef. In Asian medicine, beef is combined with herbs and other foods in soups, or teas.

12. Black pepper (*Piper nigrum*) should be purchased from a health food source. Many manufactures store pepper and spices for long period of time in a damp or humid environment where they could attract fungus and mold (Aflatoxin). Organic pepper may be the best way to go.

13. Hot sauce should be eliminated from your food list. Unless the hot sauce is naturally made with peppers, herbs and spices. Commercial hot sauce is normally comprised of water, peppers and other non-healthy ingredients. Too much hot sauce could dry the body out. Hot sauce can irritate the colon. If you must have something hot, use cayenne pepper.

14. Vinegar comes in many different types. Apple Cider is the best vinegar to use because it will not dry out the blood vessels. Research show Apple Cider vinegar improves blood circulation, remove plaque from the arteries and increase digestion resulting in weight loss.

15. Don't eat and drink at the same time, because liquids dilute gastric juice of the digestive tract, causing food not to digest. This causes food to sit in your colon for a long period of time creating a toxic environment resulting in health issues (gas, allergies, gout, cancer, etc.). It obstructs the body's enzymes from properly digesting food, reducing and/or eliminating the distribution of nutrients throughout the body.

Liquids should be consumed an hour before or an hour after you eat. If you are taking supplement, which need to be taken with meals, then you should drink only enough warm or room

temperature water to swallow the supplements.

Using the suggested food combination information, you will begin to eat foods in their proper combinations, which will assist in the reduction of health challenges. This allows you to receive more nutrients from the food you consume.

Starches digest in the mouth by an enzyme amylase.

Protein digest in the stomach by an enzyme protease.

Fats/lipids digest in the small intestine by an enzyme lipase.

Sugar/proteins/fats digest in the small intestine by the enzyme's amylase, protease, and lipase.

FOOD TO EAT

Depending on the season, a person's body constitution and financial situation, will depend on how the following food will be consumed.

1. Whole grain include barley, millet, brown rice (short grain should be eaten in fall and winter and long grain in the spring and summer), Buckwheat, oats, cous cous, whole grains, wild rice, and rye. Wheat (should not be eaten during the fall/winter) because it can be hard on the digestive tract and cause an accumulation of mucous, resulting in respiratory imbalances. Pastas is another phlegm producing food, especially during the winter and fall. In the cold months when digestion is slow, these foods can develop into coughs, colds, weight gain, and other health disharmonies. Pasta should be only eaten during spring and summer. Pasta elevates blood sugar levels.
2. Whole grains should be consumed 40 percent of the time in the spring and summer. During the fall and winter months, these foods should be consumed 60 to 70 percent of the time, because they are heat producing foods that are fiber and a good source of energy.
3. Fresh vegetables should be eaten raw and/or partially cooked. Vegetables naturally provide nutrients. Their role is to nourish the body and move waste through the bowel tract. Raw vegetable provides a multitude of nutrients and enzymes, however, they have a cold energy, which could affect the digestive tract, reducing its ability to function properly, especially during fall and winter. This is the reason why large quantities of raw food should be consumed mostly spring and summer. During fall and winter vegetables should be slightly heated. Juicing vegetables allows for all of the nutrients to be released to nutrition, cleans and rebalancing the body.
4. When vegetables are slightly heated (30 seconds) they create a warm energy in the body, effecting bloods ability to receive nutrients. After vegetables are slightly heated, they should have a crunch when you bit into them. When food is cooked over 118 degrees,

it kills the enzymes, the life given properties of the food.

5. In the spring & summer 70 to 95 percent of the food is eaten raw (fruits and vegetables) and during the fall & winter 25 to 30 percent raw. Because fall is cool and winter is cold, vegetables should have heat to assist in the digestive process.

6. When eating cooked food, one should take enzyme supplements to assist in the balance of the food and the digestive process. Dark green vegetables should be incorporated in your meals at least three times or more a week. All green vegetables are good sources of chlorophyll, calcium, magnesium and other minerals needed by the body. These vegetables are excellent in assisting the colon in its function.

7. Fresh fruits (all types) can be eaten within their season. Fruits should not be cooked unless they are being used for their medical properties. Cooked fruits loss their enzyme faster than vegetables. Because fruits are blood and body cleanser and powerful detoxing agents, they are best eaten in their natural raw state.

8. Nut should be soaked overnight in distilled water and drained the next morning and eaten. This process allows the nut to release their enzymes inhibitors, so the body can digest and absorb the essence of the nut. Nut eaten in this manner provide more nutrients and less fat. Also, nuts should not be roasted or bleached.

9. Sprouts are a good source of vital nutrients and should be consumed three to four times a week. Alfalfa, wheat berry, seeds, and beans are easy to sprout in your home.

10. If you are going to consume sweets then they should be in a natural form, which will help them to digest. These sweets consist of barley malt, rice syrup, raw honey (dark or solid looking honey), pure grade A maple syrup, unsulfured black strap molasses, agave etc. This does not include cakes, cookies and pies. Although they can have natural sweetness, the combination of the sweet and the grain have the potential to become phlegm forming.

11. Beans and legumes are good sources of proteins, fiber and enzymes. They should be eaten at a rate of 70 to 90 percent in the fall & winter because of their heat given qualities, nourishment, and protein levels. During the spring and summer the body does not need as much heat so they can be eaten 30 to 50 percent.