

# *Food Combining for Optimum Health*



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, Crohn's Disease, heartburn, acid reflex, weight gain, diabetes, hypertension, and other health disparities.

Putrefaction and fermentation reduce the blood's nourishing properties, resulting in the Leaky Gut Syndrome, where waste leaks in the blood causing high cholesterol, Candida albicans, liver disorders, autoimmune deficiencies syndromes (Arthritis, Multiple Sclerosis, Parkinson's disease, etc.), Alzheimer's and other health disparities.

Putrefaction (decaying and/or rotting of undigested foods in the small intestine) and fermentation (the chemical builds up and stagnation of food products in your small intestine resulting in unhealthy bacteria, yeasts, and/or other microorganisms). This increases waste in the small intestine reducing nourishment of the organ network reducing its capacity to receive nutrients to maintain health and wellbeing. Putrefaction and fermentation destabilize the body's acid-alkaline balance resulting in health disharmonies.

To prevent fermentation and putrefaction in your small intestine, you should eat foods in season, not late at night, don't drink and eat at the same time, and don't eat when you are stressed.

During each season, your blood works to rejuvenate cells, tissues, and organs. It does this from the quality of food you have been consuming. These foods should be seasonal, fresh, consumed in proper combination and have a good acid/alkaline balance, which increases your health and healing. When this occurs, the body maintains health.

In spring and summer your foods become lighter and more alkaline because the atmosphere

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becomes cooler because of the increase of the heat and hot climate of these seasons. Autumn and winter foods become more acidic due to cooler and colder atmospheres where the body needs foods that create warmth and heat.

This means in the spring and summer you would eat more fruits and raw vegetables, where in the fall and winter you would eat less fruits and raw foods as you add more grains, beans, legumes and cooked foods to your eating habit.

During spring you should consume 60% alkaline and 40% acid foods, 75% alkaline and 25% acid in summer because of the abundance of fruits and vegetables available. In autumn, foods should be 50% acid/alkaline due to the ending of summer foods and the harvest of autumn foods. In winter you would consume 65 to 75% more acid foods (these foods are not mucus forming, but fibrous) due to the reduction of fruits and vegetables within the season). There are some green and root vegetables harvested during autumn which extend throughout winter depending on where you live.

Autumn and winter foods are more fibrous with a warming sensation to assist in digestion because during autumn and winter digestion slows down with a need for foods that create heat. The heat and fiber aid in maintaining consistent bowel activity during the cool and cold months.

Eating foods in their proper combination is important for correctly balancing digestion, assimilation, assimilation, and elimination. It builds a healthy organ network structure that invigorates cells in the process of reducing health disharmony.

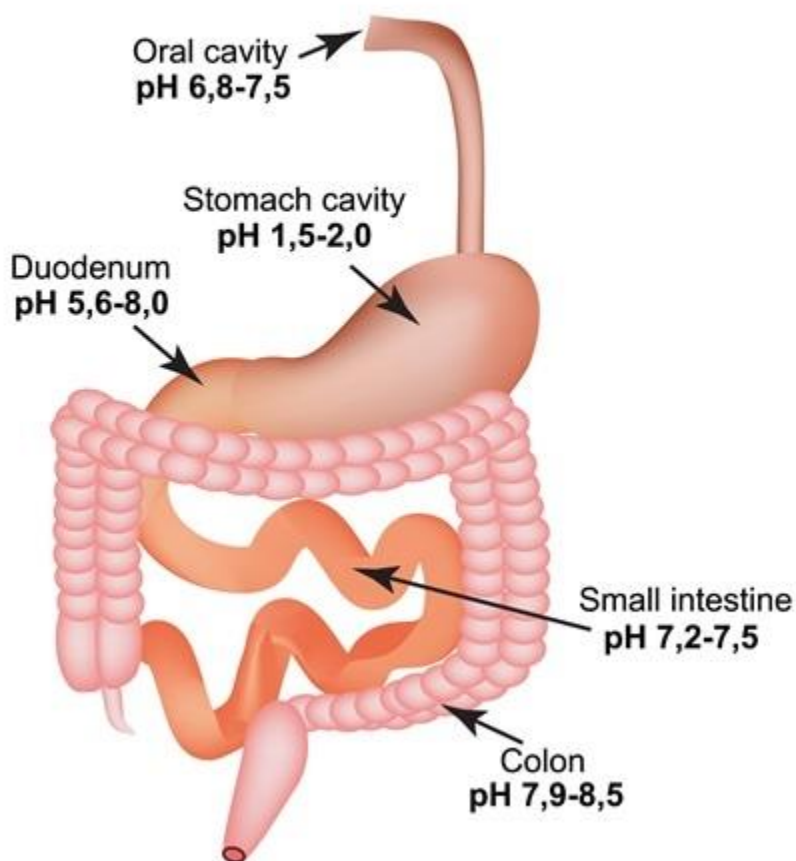
When you understand the chemistry requirements of your body, it assists you in realizing the importance of food combining to nourish your body and expel waste byproducts in a timely manner. Food selection is a chemical process that is like working in a chemistry lab, where the right mixture of chemicals has good results. On the other hand, when the chemical interaction is not good then there is an explosion. That explosion is health disharmonies such as hypertension, diabetes, bowel disorders, reproductive imbalance, etc.

You should understand that food is comprised of different chemicals and these chemicals interact with your cells, tissues, organs, and blood. The chemicals within foods are degraded in your body through the enzymatic process of breaking down foods in their proper body locations: starch in the mouth, protein in your stomach, fats (lipids), sugars, and starches in the small intestines. Enzymes break down food particles into smaller molecules for assimilation and assimilation into your cells. Your body must identify these molecules and match them with the organic structure of nourishment. Eating is one of the most profound elements of nourishment.

Your body is chemistry lab that mixes chemistry together. Just like other chemistry labs, when the wrong chemistry is mixed there is an explosion. The body's explosion is health disharmonies such as overweight, diabetes, hypertension, arthritis, cancer, and death. On the other hand, when the food mixture is correct your body will properly digest food particles and you will receive nutrients that promote and maintain health and wellness. Therefore, food combining is important for health. Eating foods in their proper combination maintains good health.

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## **pH of the gastrointestinal tract**



## BLOOD

Your blood is the element providing nutrients to your entire body from foods you consume. When your body is unable to extract nutrients from foods, your blood lacks nourishment resulting in health disharmonies that have the potential to be life threatening. The nutrients of your blood maintain the integrity of your cells, tissues, and organs. The quality of your blood should be in a pH balance range of 7 to 7.35 to maintain good health. If your blood pH falls below 7 or higher than 8 you can experience health disharmonies. Sometime these disharmonies are seen immediately and other times they lay dormant for years, and as we age our immune system weakens, that is when we begin to experience many of the health disharmonies that were lying dormant (Arthritis, diabetes, hypertension, thyroid, etc.). Potential Hydrogen represents acronym pH.

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Blood is classified in types and each type has its own different nutritional requirement to maintain health and healing. No matter which blood type you have O, A, B, or AB, they all have restrictions to certain food chemicals and make you susceptible to certain health disharmonies. Remember that you receive nutrients by way of your small intestines where your body absorbs and assimilates nutrients into your blood.

When you consume unabsorbable food chemicals, they build phlegm in your small intestine resulting in the Leakage Gut Syndrome --a process where waste leaks into your blood resulting in health disharmonies like high cholesterol, yeast, and other debris. This is why it is important to understand your blood type and which foods you should be consuming as well as foods you should avoid.

According to Dr. Jame D'Admo, O type blood is the oldest blood type before the migration from Africa to Asia, Europe and the rest of the world. During migration, the climatical, environmental and foods changed the characteristics of the blood from O to A, B, and AB. This is the reason you should understand your blood type in relationship to the foods you consume. You also have to remember that your blood as well as the foods are chemicals and they either work in harmony or they don't. When foods are not welcome in your body, there is an immune response that shows up. We know them as allergies, pain, nausea, acid reflex, headaches, abdominal bloating, etc. As these symptoms grow your health can deteriorate from minor health imbalances to potential life threatening health disharmonies. The immune response is simply your body and blood working to maintain its health.

If there is a negative food response, your body works through the small intestines (gut) to determine its status (bloating, abdominal pain, diarrhea, etc.) before rejecting it, creating, and initiating a liver response (nausea, vomiting, acid reflex, etc.). These responses send you to your physician, pharmacy, health food store or other place for assistance to reduce and/or eliminate the ill feelings.

Your blood receives nutrients or waste from your small intestines which is the organ that has the final chemical relationship with your food before it is infused into your blood. Maintaining good health is a process that needs the right elements. With the blood's pH balance of 7.35 it is a task to maintain that level for good health. Many of the foods and beverages we consume change that balance all the time. This balance determines health or sickness and is a critical balance, which interact the body with foods and liquids resulting in health or sickness.

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## pH Balance

The consumption of foods and liquids are for nourishing our body with nutritional materials aiding in maintaining the body's pH balance and health as they reduce and/or eliminate nutritional deficiencies referred to as dis-ease. When foods are consumed out of combination, out of their season, processed, overcooked, laced with preservatives, additives, herbicides, and other non-health chemicals, the body is unable to maintain a healthy pH balance above 7.



The way to accomplished this is through designing a meal program that maintains the body's pH (acid/alkaline) balance. The phrase 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.

The calculation of the pH balance ranges from 1 to 14. The low end of the scale is acidic ranging from 1 to 6 and the scale's higher range, 7 – 14 is alkaline 7 being a neutral point/balanced point.

Foods are classified as either acid or alkaline. Too many acid forming foods result in rapid deterioration of your body structure, showing up in the form of mucus, congestion, constipation, and pain.

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,

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spouted legumes, barley, cracked wheat, brown rice, etc.), and should only be eaten in the proper combination, raw and not over cooked. However, when alkaline foods are in excess, they have the tendency to also create health disharmonies.

Unripe fruits are acid-forming and are not digestible in the intestine; they are creating fermentation and acidity in the system. Some dried fruits are acid-forming, but when they are soaked in distilled water, they become alkaline and easier to digest.

We think fruits are all alkaline, well when you review their pH balance you will see many of them have a acid pH balance. Their interaction with our digestive system transforms them from acid to alkaline. That is only if they are consumed in their proper combination, season, and time of day. It also depends on your digestive system.

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), Mango, 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*

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*food groups. Because of their sweet and ripeness, they can ferment in the intestine tract and cause gas and other gastrointestinal disorders especially if consumed after heavy dense foods.*

## **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. Bananas should not be consumed with any other fruit or vegetables.
- (5) Fruits should always be eaten ripe. Unripe fruit are highly acidic.
- (6) Never eat fruits with sugars of any kind.
- (7) Dairy products create mucous and causes digestive fermentation when eaten with fruits.
- (8) 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.*

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## **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 their selves. They don't combine well with dairy products.*

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## **FATS**

Butter, Cream, Milk, Margarine, Oil

## **PROTEIN**

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

*Proteins should not be consumed with sugars, and starches because they will putrefy in the small intestine resulting in constipation, diarrhea, gas, bloating and other bowel disharmonies.*

## **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

*Sweet food has the tendency to ferment when combined with vegetables, starches, and proteins.*



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## **FOODS TO AVOID**

1. Eliminate dairy products, because they cause unhealthy mucous and congestion in your body. These foods include pasteurized milk, ice cream, commercial yogurt, cheese, creamers, lactose 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 or artificial sweeteners which contain any unhealthy constituents or processed sugars.

3. Eliminate white flour products or grain products that have been stripped of their natural nutrients. This includes foods that say they are enriched. With enriched foods, they have stripped all the natural nutrients from these foods 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 may become mal-nourished.

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, shortening, oils that are reused many times over and butter.

5. Alcohol is another form of sugar when it is consumed. Alcohol sits in the blood creating deoxygenation, resulting in liver and blood imbalances including mental imbalances, anger, rage, forgetfulness, mental confusion, and bad judgement, in some cases it has contributed to deaths.

6. Canned, boxed, prepackaged 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. 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. When drinking coffee in moderation, it can assist the liver in its detoxification process.

Pasteurized sweetened 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 cholesterol (bad) to rise, so they should be eliminated. Eggs can have fungus and/or mold (Aflatoxin) that could result in other health issues.

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 contains all the B vitamins. Rice should be kept in the refrigerator or a cool place to reduce the potential of fungus or mold (Aflatoxin). The only way white rice should be used is in the form of Congee (overcooked

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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.

Most commercial meats 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 because of the method used by Asian medical protocol. In Asian medicine, beef is combined with herbs and other foods in soups, or teas to bring out the health properties of beef.

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. Hot and spicy foods are food to balance your colon and lungs, however, too much will create an imbalance in your lungs and 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 shows 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 and inhibits the enzymatic process of your 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

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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 avoid eating in proper food 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.

Proteins digest in the stomach.

Fats/lipids digest in the small intestine

Sugar digests in the small intestine.

## **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), wild rice, rye. Wheat (should not be eaten during the fall/winter) because it is a spring and summer food, which can be hard on the digestive tract and cause an accumulation of mucous, resulting in respiratory imbalances during autumn and winter. Buckwheat, oats, cous cous, can be consumed in autumn and winter, however whole grain pastas should be only eaten during spring and summer because they are mucus forming foods causes allergies and are hard on digestion in the cool and cold months of the year. These foods should be eaten 60 – 80 percent in spring and summer. During the autumn and winter months, these foods should be consumed 20 to 35 percent of the time, because their mucus forming properties, during autumn and winter they create congestion and upper respiratory disharmonies.

2. Fresh vegetables should be eaten raw and/or partially cooked. Vegetables naturally provide nutrients. Their role is to nourish the body and move waste from the bowel tract. Raw vegetables 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.

3. This is the reason why large quantities of raw food should be consumed in mostly spring and summer. During fall and winter vegetables should be slightly heated. but not in the winter.

4. Juicing fruits and vegetables allows for all the nutrients to be released for nourishment cleans rebalancing, resupinating and detoxifying your body. This is one of the reasons fasting during each season is helpful to your health.

5. When vegetables are slightly heated (30 seconds) they create a warm energy in the body, resulting in the body healing. They should have a crunch when eaten.

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When food is cooked over 118 degrees, it kills the enzymes, the life given properties of the food.

6. 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. During the latter time the body requires more heat and cooked vegetables assist in this effort.

7. 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.

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

9. Nuts should be soaked overnight in distilled water and drained the next morning and eaten. This process allows the nuts to release their enzymes inhibitors, so the body can digest and absorb the essence of the nut. When nuts are not soaked, that maintain a chemical known as phytic acid inhibits the absorption of Zinc, Calcium and Iron which can cause a nutritional deficiency of these minerals. Soaked nuts provide more nutrients and less fat. Also, nuts should not be roasted or bleached, this process destroys their nutritional values.

10. 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.

11. If you are going to consume sweets, they should be in a natural form, which will help them digest easier. 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.

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 producing properties, fibrous qualities, and nourishment. During the spring and summer, the body does not need as much heat so they can be eaten 30 to 50 percent.