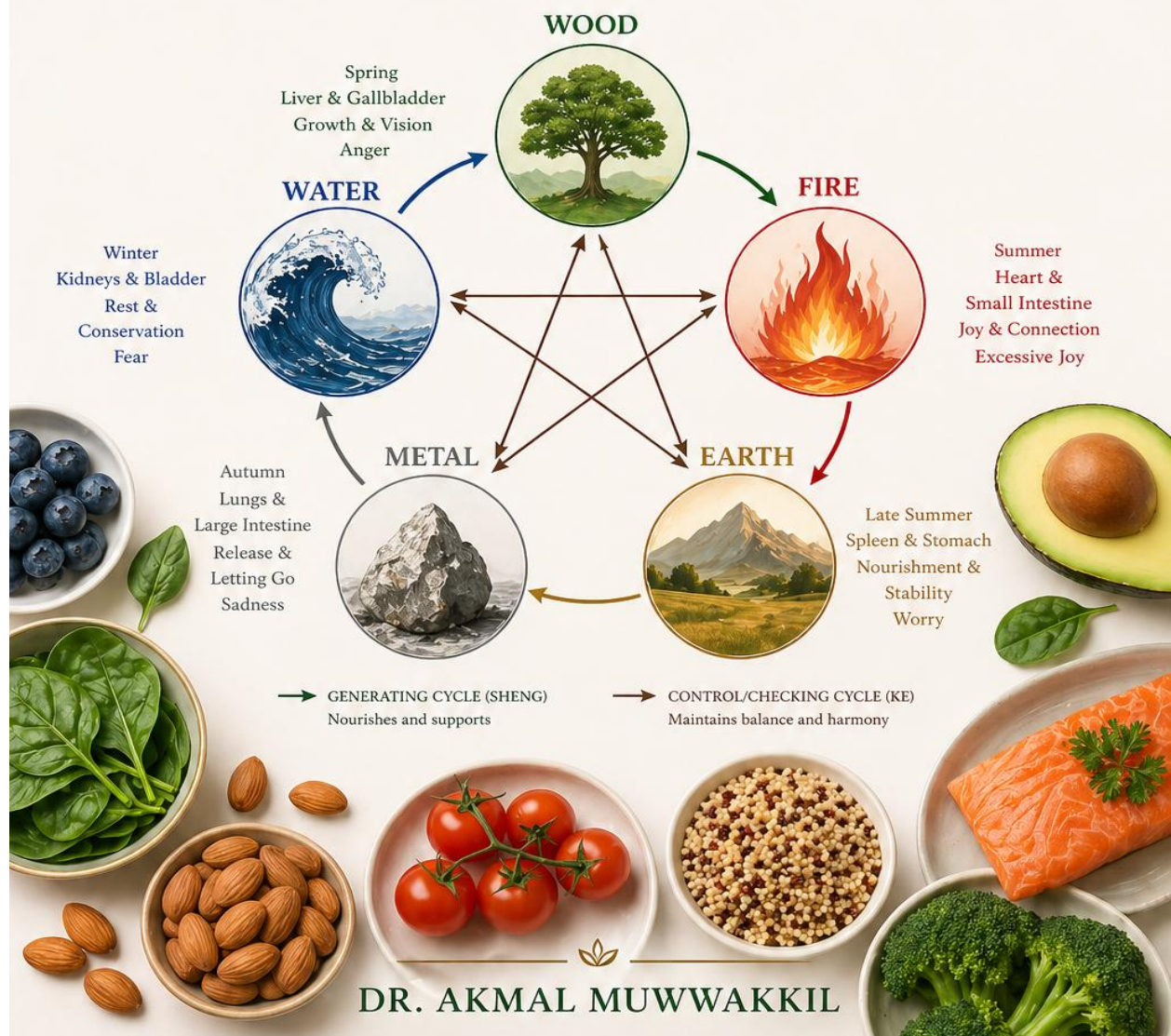


FOOD COMBINING

• FOR •

Nutritional Balance

Delicious Combinations for a Healthier, More Vibrant You



Food Combining for Optimum Health

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Food Combining for Optimum Health

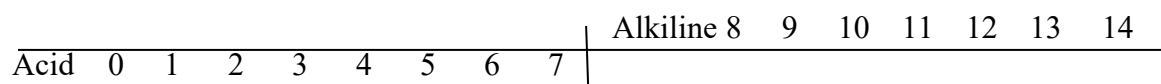
Why Do You Eat Food

We eat food for fuel, energy, and to nourish our body. When foods are consumed in the right combinations food doesn't putrefy or ferment in the body and allows the body to receive the nutrients that build our bodily systems. This allows the body to use food for fuel and nutrients, which increase the body's ability to stay healthy. Eating foods in the proper combinations keeps the colon and alimentary canal (digestive tract) from clogging up and accumulating toxic waste in the system resulting in unhealthy body conditions that can lead to poor health and contribute to health disparities. It also helps stabilize the body's acid-alkaline balance.

Not only is the consumption of food items in the right combination and proportion important, it is also important to understand this combination of foods in the appropriate season. In spring foods you consume should be 60% alkaline and 40% acid, during the summer 50% alkaline and 50% acid. In the fall and winter, which are the cooler seasons you should consume 80-85% alkaline and 15-20% acid.

Eating foods in their proper combination is important for correct digestion, assimilation, and elimination of nutrients and food waste by products. When food is consumed in its proper combination, it harmonizes the organ network building the cells, tissues and organs improving the body's ability to stay healthy and create longevity.

A way to accomplish health longevity is through designing a meal program that maintains the body's acid/alkaline balance. The phase Ph means Hydrogen Potential, which basically means as the hydrogen increase, so does the acid. On the other hand, the lower the hydrogen the more alkaline things are. This acid/alkaline balance is part of the universal condition.



Ph balance is calculated in a range of numbers that extent 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 normal PH balance is 7.0, if the level drops to 6.3 or below then dis-ease prevails. However, when the PH balance is above 8 it can become too alkaline.

Acidosis as it is referred to when the body is too acidic resulting in health conditions as insomnia, arthritis, water retention, abnormally low blood pressure, halitosis (bad breath), teeth sensitivity to vinegar and acidic fruits, foul smelling stools, migraine headaches, asthma, constipation, frequent sighing, bronchitis, stomach ulcers, malnutrition, obesity, diabetes mellitus, and many other health conditions which are known as chronic health conditions.

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Alkalosis is when the body has too much alkaline and can cause hyperventilation, night coughing, bone and heel spurs, gastric and peptic ulcer (from alkaline drugs), burning and itching sensations, dry stools, seizures, night cramps, hypertension, cracking joints, protruding eyes, nervousness, blood clots, and many other health conditions. The best thing is to try and eat foods that stabilize the body's PH balance at 7.0.

Food combining aids in balancing the energy force foods create in such cases where one food is missing a chemical element and another food which contains that chemical element is introduced to complete the element, for example, in the case of beans and grains. Most grains are missing L Lysin and beans have lysin but are missing L Methionine. When combining them together they create a complete protein. However, when combining a protein with a starch it can cause fermentation or putrefaction in the intestines because the body would have a hard time deciding which it should digest first. The thing is they are a protein benefit to the body, especially if a person is a vegetarian. Most vegetarians who don't eat any type of meat are deficient in protein and can use the combination of beans and grains well.

Acidic Foods

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 are acidic foods.

Alkaline Foods:

Ripe fruits (dates, figs, apples, pears, melons, peaches, etc.), vegetables (carrots, parsnips, corn, broccoli, cucumbers, radish, etc.), and whole grains (millet, buckwheat, sprouted legumes, barley, cracked wheat, brown rice, etc.) are alkaline foods.

Food Combining for Optimum Health

Six Laws of Food Combining

- Digestion – the most important element of nourishment.
- *Frequency* – the understanding of how often you should eat.
- CONSCIOUS EATING – what types of food you should eat and their combinations.
- SEQUENCE – what order you should eat foods.
- Chemistry – understanding the chemical interaction of the foods.
- Leaky Gut Syndrome – avoid unhealthy mixture

Food Combining for Optimum Health

Food Families

- | | |
|-------------------------|------------------------|
| • Oranges – Grapefruit | Citrus |
| • Apples – Pears | Rose |
| • Peaches – Plums | Stone fruits |
| • Cantaloupe – Honeydew | Melons |
| • Broccoli - Cabbage | Green Leafy vegetables |
| • Potatoes – Turnips | Root Vegetables |
| • Sunflower – Pumpkin | Seeds |
| • Fish – Crabs | Seafood |
| • Beef – Lamb | Meat |
| • Chicken – turkey | Poultry |

Taste

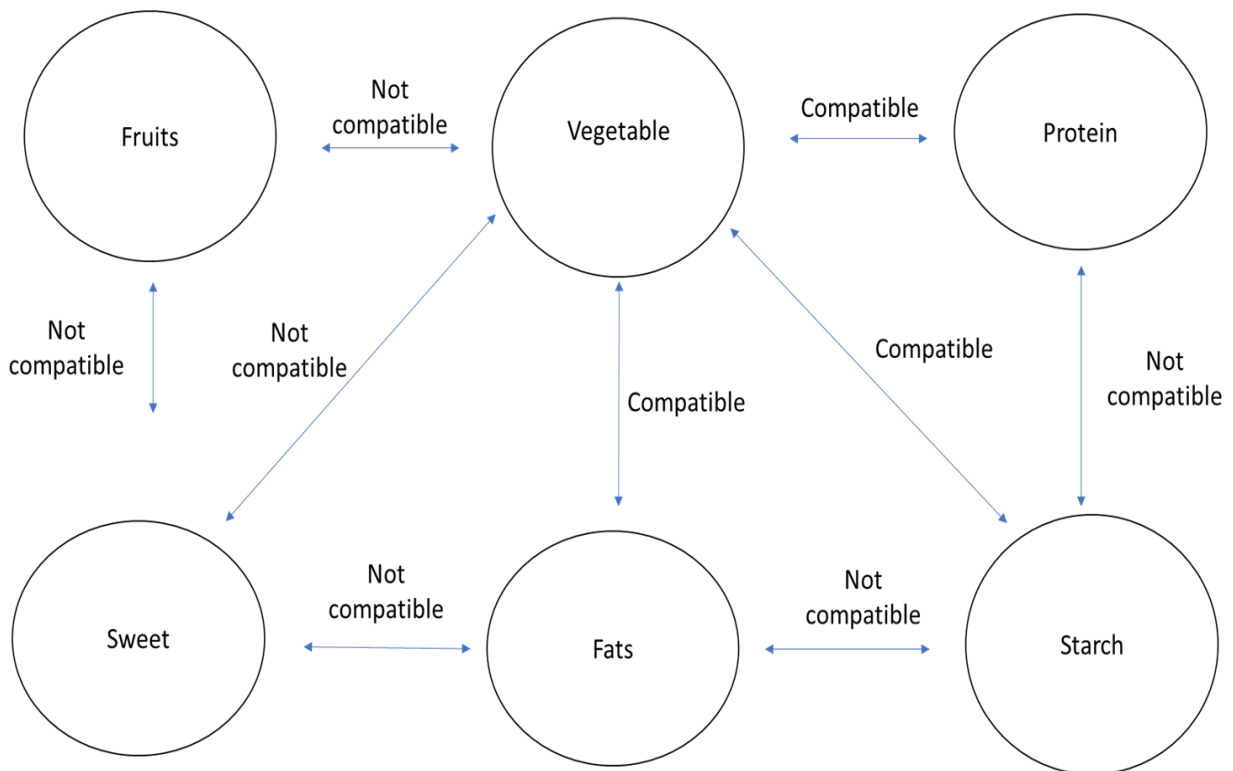
- Sour – Liver/Gallbladder
- Bitter – Heart/Small Intestines
- Sweet -Spleen/Stomach/Pancreas
- Pungent – Lungs/Large Intestines
- Bland – Spleen
- Hot – Heart
- Spicy – Lungs
- Salty – Kidneys/Bladder

Nine Food Groups

- Proteins
- Protein/Starches
- Starches
- Vegetables
- Non – Starches
- Fats
- Saturated fats
- Sugars – Sweets
- Fruits –acid – sub acid – sweet - melons

Combining Foods

Food Combination Chart



FRUITS

Fruits are cooling, cleansing, and alkaline food. They digest easily with little preparation time. However, cooking some fruits aid in overcoming certain health conditions, because of their fibrous nature, many fruits stimulate bowel activity. A few things to remember about fruits. A several of the fruits on the low end of the pH balance scale, however, when they interact with slaver, the chemistry of the mouth (amalyase) changes the structure of the fruit and transforms it into alkaline.

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Fruit digests in the body quickly and integrates into the blood stream rapidly. When fruit are unable to digest in 30 minutes or less, they ferment in the small intestines, disrupting the body's ability to receive nutrients. This disruption also impedes wastes elimination from the body, increasing the prevalence of health disharmonies. Unripe fruits also have the ability to cause fermentation.

Fermentation can cause toxic waste buildup in the body depositing waste in the blood stream resulting in minor and/or major health conditions including but not limited to bloating, gas, indigestion, these hypertension, diabetes, Candida albicans (yeast) etc. Some dried fruits are acid-forming until they are rehydrated by water (distilled) or saliva they become alkaline and easily digested.

Here are some things to remember about fruits:

- (1) Fruits should be eaten separately from vegetables.
- (2) Fruits should be eaten in groups.
- (3) Acidic fruits should never be eaten with sweet fruits.
- (4) Melons are always eaten by themselves.
- (5) Bananas are only eaten when they have little brown (freckle like) spot on them and eaten alone. Unripe bananas cause bloating and gas when eaten in their starch state or with other foods.
- (6) Fruits should always be eaten when ripe. Many fruits we eat are picked prematurely and are acidic.
- (7) Never put additional sugars of any kind on fruit. Just think about it, if a fruit has its own sweet taste, then why would you need to add more sugar. If you have to add sugar to fruit then it is not ripe.
- (8) Dairy products are mucous forming, a fat and protein, which can cause fermentation and putrefaction in the intestine tract resulting in congestion and other unhealthy conditions.
- (9) Fruits and proteins are bad combinations.
- (10) Fruits and fats are bad combinations.
- (11) Fruits and vegetables are bad combinations.
- (12) Fruits should be eaten alone or combined well with each other.

Sweet Fruits

Fresh Apiricots	Banana	Carob	Dates	Dry Fruit	Figs
Melons	Pears	Persimmon	Pineapple	Prune	Raisins
Acerola Cherry	Apple(sour)	Cranberry	Currants	Gooseberries	Grapefruit
Grapes	Kumquats	Lemon	Loganberries	Oranges	Pineapple
Plums (sour)	Pomegranate	Tangerine	Tomatoes (eat separate)		

Sweet Fruits should be eaten by their self or as a group.

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Acid Fruits

Apple	Avocados	Berries	Cherries	Grapes	Mangoes	Nectarine
Papaya	Plums	Raspberries				

Acid fruits should be eaten by their self.

Vegetables

Most vegetables combine well with proteins and starches. They are not good in combinations with sweet foods or fruits. When combined in this fashion these foods will ferment in the intestinal tract resulting in bloating, gas, waste gain and other internal conditions.

Non-Starch Vegetables

Asparagus	Bamboo Sprout	Bell Pepper	Beet (top)	Broccoli	Brussels Sprouts
Cabbage	Cauliflower	Celery	Chard (Swish)	Chicory	Collards
Cowslip	Cucumber	Dandelion	Eggplant	Endive	Garlic
Green Beans	Kale	Leeks	Lettuce	Mushrooms	Mustard
Onion	Parsley	Peas (Fresh)	Radishes	Scallions	Sorrel
Spinach	Spouts	Swiss Chard	Turnip(Tops)	Zucchini	

Mild Starch Vegetables

Beets	Carrots	Cauliflower	Parsnips	Rutabaga	Turnips
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Starches

Starches should not be eaten with proteins, fruits, sugars, acid, fatty foods or dairy products. Starches are sugars and the ferment in the intestinal tract when they are combined improperly. Starches can be eaten with vegetables.

All cereals	Artichokes	Cauliflower	Corn	Potatoes	Pumpkin
Beans	Bread	Cereals	Chestnut	Crackers	Pasta

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Fats

Fats are lipids that are digested by lipase an enzyme that breaks down fat molecules. Fats do not mix well with other foods. It makes it difficult for the lipids to digest when in the company of other foods, resulting in the accumulation of fat in the blood stream. This allows the fat to store in the adipose tissues causing weight gain and other health conditions.

All oils	Avocados	Butter	Cheese	Cream	Corn Oil
Cotton seed oil	Fat meats	Kefir	Lard	Margarine	Milk
Most nuts	Nut oil	Olives	Sesame seed oil	Sour Cream	

Fats/Protein

There are some foods that are both proteins and fats. These foods should be eaten by their self.

Milk	Sour cream	Yogurt
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Protein

Protein is the building block of all living creations and is needed to maintain the integrity of the structure, tissues and cells. Proteins should not be with other foods because they will putrify in the intestines resulting in bloating, foul smelling gas, indigestion and other health conditions.

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

There are a variety of foods that are classified as both proteins and starches and, that the body recognizes as such and properly digest. However, when you combine them with foods that are protein or starch these food items do not digest properly resulting in some type of gastrointestinal disorder.

Food Combining for Optimum Health

Protein/Starches

Dry Beans	Dry Peas	Millet
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Sweets

Sweets consist of any food or synthetic substance that provides a sweet taste or is constructed out of some type of sugar (sucrose, dextoses, maltose etc). Starch also breaks down into complex sugars, however, they are digested in the mouth instead of the small intestine. Sugars like starches should not be eaten with other foods because they will ferment in the intestinal tract resulting in toxin leaching into the blood and stored in the adipose tissues causing weight (waste) gain, or other health conditions.

All Sugars	Acesulfame K	Aspartame	Barely Malt	Beet Sugar
Brown Rice Syrup	Brown Sugar	Confectioner's Sugar		Corn syrup
Corn sweetener	Cyclamates	Date Sugar	Dextors	Fructose or levulose
Fruit Fruit Juice	Honey	Invert Sugar	Maple Syrup	Molasses
Raw Sugar	Saccharin	Sucrose	Turbinado	

Food Terminology

Food Terminology: Health Effects of Selected Chemicals

- **Alpha Pinene**
Alpha pinene is a terpene commonly found in pine trees and herbs such as rosemary. It has anti-inflammatory properties and may help support respiratory health by acting as a bronchodilator. Some studies suggest alpha pinene can promote mental alertness and may have antimicrobial effects.
- **Carnosol**

Food Combining for Optimum Health

Carnosol is a polyphenolic compound found in herbs like rosemary and sage. It has antioxidant and anti-inflammatory effects, supporting cellular health and potentially reducing the risk of chronic diseases. Carnosol may also help protect against certain cancers and support cardiovascular health.

- **Isoprenoids**

Isoprenoids are a class of naturally occurring organic compounds, also known as terpenoids. Isoprenoids contribute to the health benefits of various fruits, vegetables, and herbs, including anti-inflammatory and immune-supporting effects.

- **Terpenes**

Terpenes are aromatic compounds found in many plants. They are responsible for the scent of herbs and spices and have various health benefits, such as anti-inflammatory, antimicrobial, and mood-enhancing properties. Terpenes can help support immune function and promote relaxation.

- **Carotenes**

Carotenes are pigments found in carrots, sweet potatoes, and leafy greens. They are precursors to vitamin A, which is essential for vision, immune function, and skin health. Carotenes act as antioxidants, protecting cells from damage caused by free radicals.

- **Xanthophylls**

Xanthophylls are yellow pigments in leafy vegetables and egg yolks. Xanthophylls also act as antioxidants.

- **Limonoids**

Limonoids are phytochemicals found in citrus fruits. They have antioxidant and anticancer properties and may help detoxify the body. Limonoids support immune health and may reduce the risk of certain cancers.

- **Gingolides**

Gingolides are compounds found in ginkgo biloba. They are known for their neuroprotective effects, supporting cognitive function and circulation. Gingolides may help prevent blood clots and protect against neurodegenerative diseases.

- **Phytosterols**

Phytosterols are plant-derived sterols that resemble cholesterol. They help lower cholesterol levels by reducing its absorption in the intestines, thus supporting cardiovascular health and reducing the risk of heart disease.

- **Triterpenes**

Triterpenes, or triterpenes, are compounds found in many plants. They have anti-inflammatory, antiviral, and anticancer properties. These compounds support liver health and may help regulate cholesterol levels.

- **Triterpenoids**

Triterpenoids are a subclass of triterpenes. They possess anti-inflammatory, antioxidant, and anticancer effects. Triterpenoids support immune function and may help protect against chronic diseases.

- **Phenols/Polyphenolic**

Phenols and polyphenols are antioxidants found in fruits, vegetables, tea, and coffee. They help protect cells from oxidative stress, lower inflammation, and reduce the risk of chronic diseases such as heart disease and certain cancers.

- **Flavonoids**

Food Combining for Optimum Health

Flavonoids are polyphenolic compounds found in many fruits and vegetables. They have antioxidant, anti-inflammatory, and immune-boosting properties. Flavonoids support cardiovascular health and may reduce the risk of chronic diseases.

- **Tannins**

Tannins are polyphenols found in tea, coffee, and some fruits. They have antioxidant and antimicrobial properties, supporting digestive health and protecting against infections.

- **Curcuminoids**

Curcuminoids are compounds found in turmeric. They have powerful anti-inflammatory and antioxidant effects, supporting joint health, immune function, and reducing the risk of chronic diseases.

- **Flavones**

Flavones are a type of flavonoid found in parsley, celery, and chamomile. They have antioxidant and anti-inflammatory properties, supporting overall health and protecting against chronic diseases.

- **Flavanols**

Flavanols are flavonoids found in onions, kale, and berries. They support heart health, have antioxidant effects, and may help reduce the risk of certain cancers.

- **Isoflavones**

Isoflavones are phytoestrogens found in soybeans and legumes. They support hormonal balance, bone health, and may reduce the risk of certain cancers.

- **Phytoestrogens**

Phytoestrogens are plant compounds that mimic estrogen. They support hormonal balance and may help reduce symptoms of menopause and lower the risk of hormone-related cancers.

- **Coumarin**

Coumarin is a compound found in cinnamon and other plants. It has anticoagulant properties, supporting blood flow and cardiovascular health, but excessive consumption can be harmful to the liver.

- **Daidzein**

Daidzein is an isoflavone found in soy products. It supports bone health, hormonal balance, and may reduce the risk of certain cancers.

- **Genistein**

Genistein is another isoflavone from soybeans. It has antioxidant and anticancer properties and supports bone and cardiovascular health.

- **Lignan**

Lignans are found in flaxseed, sesame seeds, and whole grains. They are antioxidants and phytoestrogens, supporting hormonal balance and cardiovascular health.

- **Thiols**

Thiols are sulfur-containing compounds found in garlic and onions. They support detoxification, immune health, and have antioxidant properties.

- **Allylic Sulfides**

Allylic sulfides are sulfur compounds in garlic. They support heart health, immune function, and have anticancer properties.

- **Allicin**

Allicin is produced when garlic is crushed. It has antimicrobial, antioxidant, and anti-inflammatory properties, supporting cardiovascular and immune health.

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- **S-allyl cysteine**

S-allyl cysteine is a stable compound from aged garlic. It supports heart health, immune function, and has antioxidant effects.

- **Glucosinolates**

Glucosinolates are found in cruciferous vegetables like broccoli and cabbage. They support detoxification, have anticancer properties, and aid in hormone regulation.

- **Dithiolthiones**

Dithiolthiones are sulfur compounds in cruciferous vegetables. They support liver detoxification and have anticancer effects.

- **Isothiocyanates**

Isothiocyanates are compounds in cruciferous vegetables. They support detoxification, have anticancer properties, and protect cells from oxidative stress.

- **Indoles**

Indoles are found in cruciferous vegetables. They support hormonal balance and have anticancer effects.

- **Tocopherols**

Tocopherols are forms of vitamin E found in nuts, seeds, and vegetable oils. They are antioxidants, supporting immune function and skin health.

- **Tocotrienols**

Tocotrienols are another form of vitamin E. They support cardiovascular health, have antioxidant properties, and may protect against neurological diseases.

- **Capsaicin**

Capsaicin is the active component in chili peppers. It supports pain relief, boosts metabolism, and has anti-inflammatory properties.

- **Phytochemicals**

Phytochemicals are bioactive compounds in plants that support overall health, including antioxidant, anti-inflammatory, and immune-boosting effects.

- **Carotenoids**

Carotenoids are pigments in fruits and vegetables that act as antioxidants and are precursors to vitamin A, supporting vision, immunity, and skin health.