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Foods Eaten in the Proper Combinations

- Reduces and/or eliminates putrefaction or fermentation in the colon.
- Putrefaction and fermentation in the small intestines produce weight (waste) gain, 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.




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Putrefaction and Fermentation

- Reduces blood's nourishing properties, resulting in the Leaky Gut Syndrome.
- Waste by products leak from food through the small intestines 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.

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Balancing the Small Intestine

- To prevent fermentation and putrefaction in your small intestine.
- 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 regenerate cells, tissues, and organs.
- Every 120 days
- 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.

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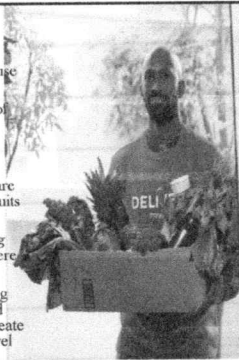
Seasonal Food Balance

- This means in the 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.
- 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.

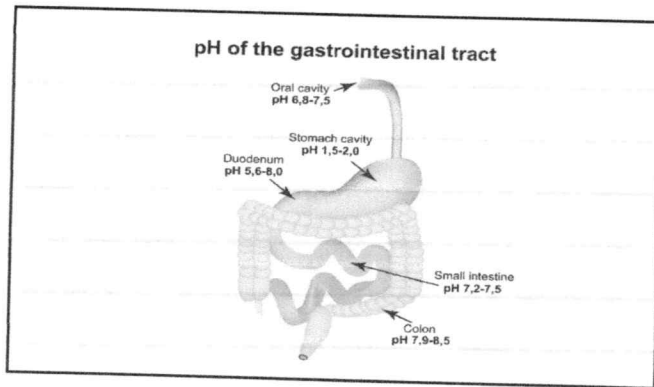
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Seasonal Food Balances

- Spring consume 60% alkaline and 40% acid foods, in because of the
- Summer consume 75% alkaline and 25% acid abundance of fruits and vegetables available.
- Autumn, consume 50% acid/alkaline due to the ending of summer foods and the harvest of fall foods.
- Winter consume 65 to 75% more acid foods (these foods are not mucus forming, but fibrous) due to the reduction of fruits and vegetable 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.



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- Your blood provides 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 waste gain, and 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. Potential Hydrogen represents acronym pH.
- Sometime these disharmonies are seen immediately and other times they lay dormant for years, (singles, chicken pox, etc.
- weaken immune system (Arthritis, diabetes, hypertension, thyroid, Singles, etc.).

BLOOD

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Acid Foods Categories

- Dairy products
- fish and seafoods
- high sodium and processes foods
- fresh and processed meats, such as corned beef and turkey
- Starchy foods, such as brown rice, oat flakes, granola and other grains.
- Carbonated beverages, such as soda, seltzer, or spritzers
- High protein foods and supplements with animal protein

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Alkaline Foods


- Alkaline foods release mucous from the membranes and assist in the healing process.
- Ripe fruits (dates, figs, apples, pears, melons, peaches, etc.),
- Vegetables (carrots, parsnips, corn, broccoli, cucumbers, radish, etc.),
- Whole grains (millet, buckwheat, spouted legumes, barley, cracked wheat, brown rice, etc.),



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Fruits


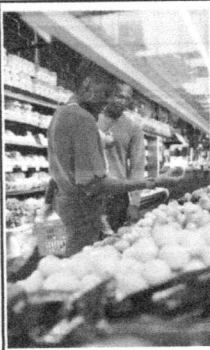
- Acid
- Subacid
- Sweets




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Vegetables

- Non-Starch
- Mild Starch
- Starch



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Food Categories


- Fruits - acid - sub acid-sweet
- Vegetables - non/starch - mild/starch - starch
- Starches
- Fats
- Proteins
- Protein Fats
- Protein Starches
- Sweets

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Food Discussions

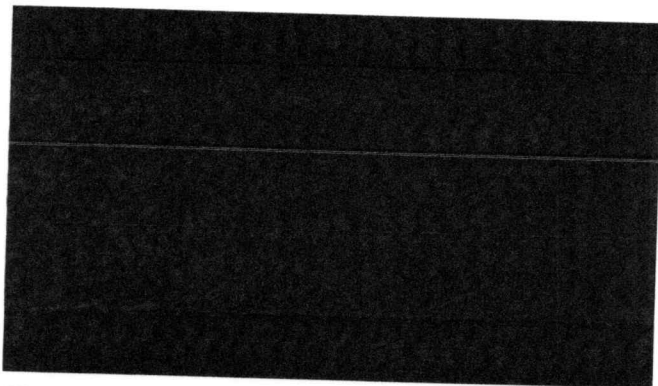


•FOODS TO AVOID

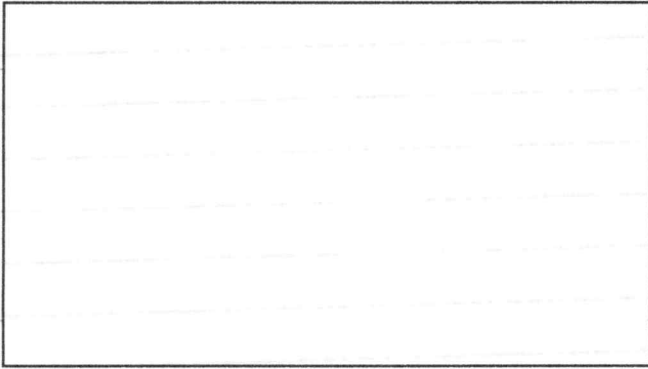


•Foods to Eat

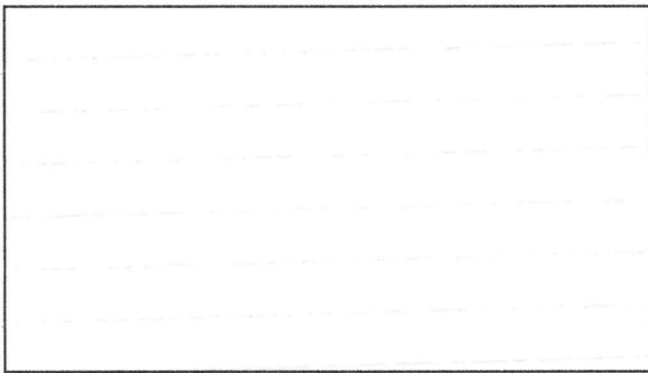
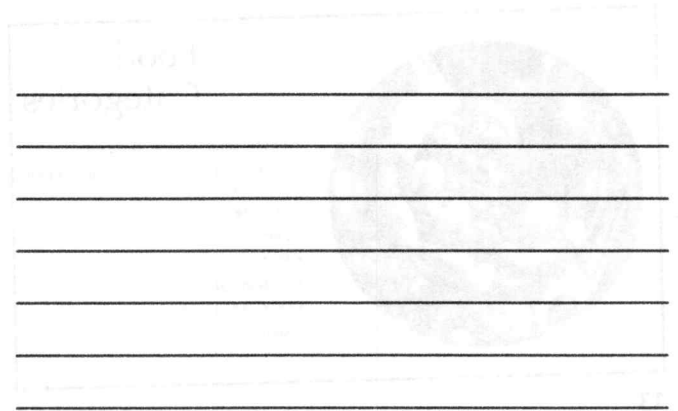
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