

# Food Combining No-No's!

## Fruits and Berries

Fruits and berries go together well for the most part. They are fast to digest, high in nutrition, and are excellent for detoxification. Most vine/tree ripe fruits and berries have an alkaline/base (Hydration) effect.

In general, acid fruits delay the digestion of sweet fruits, so it is best not to combine these categories. The Sub-Acid category of fruits combines well with either Acid fruits, Sweet fruits, or berries.

NOTE: Because fruits and berries digest quickly one should eat fruits together (be aware of fruit combinations), not with other foods (alone). One might get away with some melon combinations.

## Melons:

“Eat them alone or leave them alone!” This is an old saying the National Hygiene Association coined. These are your top digesters and give their nutrition and energy fast without digestive energy loss! Melons are great detoxifiers, especially watermelon in cases of ketosis.

## Vegetables and Veggie-Fruits:

**Vegetables:** are foods for herbivores (horses, cows, elephants, etc.). Their anatomy (body design) and physiology (chemical/electrical activity) is designed completely different. Their teeth and jaw grind their foods, then they have 2 or more stomachs to help with the digestive process of high fiber food. These foods slow detoxification and can be energy robbing. Juice extracting is preferred and digested much easier.

**Veggie Fruits:** Veggie fruits like avocado, cucumber, peppers, etc. (no corn) are fruits that are more harmonious to eat with vegetables, a great source of nutrition, and they are easier to digest. They are not great detoxifiers, but they can be good treats during detoxification.

## Protein and Starch:

Protein and starches are not considered “foods” for man’s consumption. They are complex, digestively compromising, and acid-forming (dehydrating). Protein requires an initial acid digestive process where starches require a base (alkaline) digestive process. The two together neutralizes each other’s digestive process, therefore leading to putrefaction and fermentation.

Proteins = complex nitrogen (amino acid) structures  
Starches = complex carbon (simple sugar) structures

