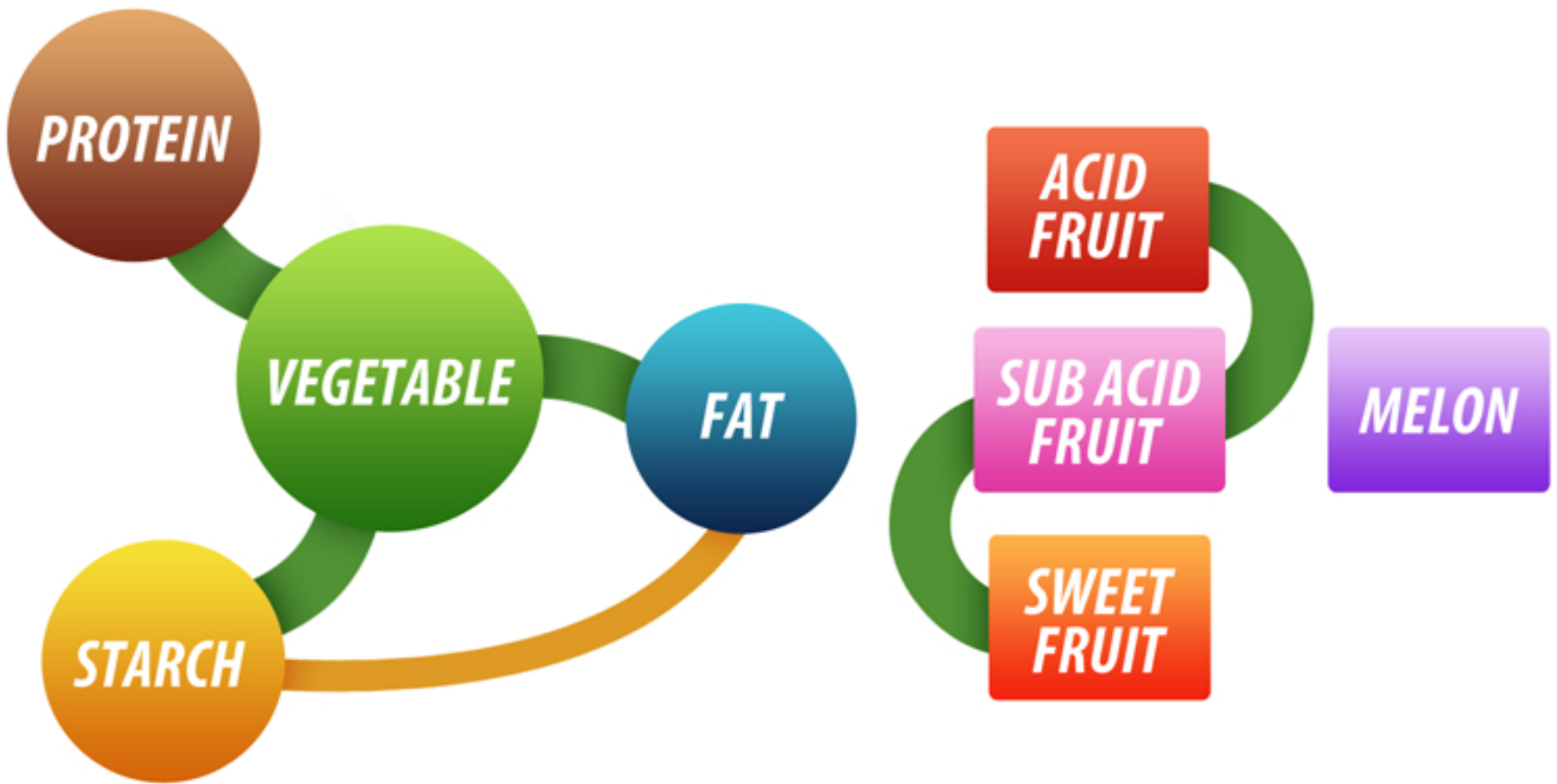


Food Combining

Proper food combining supports optimal digestion, weight loss, skin health, increased nutrient absorption and general wellbeing. Although the fundamental principles of combining are universal, your results may vary depending on your body chemistry, so experiment, and eat intuitively!

GREAT  OK 



CHEW MORE

Digestion begins in the mouth. Smaller pieces are digested more easily and **starch digestion requires the enzyme ptyalin, which is found in saliva.**



DIFFERENT ENVIRONMENTS

The enzymes that help digest proteins require **acidity**, while starch digestion enzymes require **alkalinity.**



SPROUT CONTINUITY

Generally best to combine sprouts according to their **original** bean, seed or grain. Alfalfa sprouts can be combined as green vegetable.



STAY SINGLE

Eat only **one type** of concentrated starch or protein at a time, as each will have its own gastric juice and timing needs.



SKIP DESSERT

Sugar doesn't mix well with anything and taken after a meal it will cause fermentation and **putrification.**



FRUIT SOLO

Fruits are best on their own, on an **empty stomach.** Melons pass through quickest, so eat them solo.



IS A TOMATO A FRUIT?

It's a low-sugar acid fruit whose acids interfere with starch digestion. It goes best with vegetables.



"COMBINATION" FOODS

Legumes and grains contain both protein and starch; and nuts contain both protein and fat. **Eat these with vegetables** only.

TIME SPENT IN STOMACH

| | | |
|--|-------------------|-------------|
|  | WATER | 15 MINUTES |
|  | MELONS | 1 HOUR |
|  | FRUIT | 1 - 2 HOURS |
|  | VEGETABLES | 2.5 HOURS |
|  | FAT | 3 HOURS |
|  | STARCH | 3 HOURS |
|  | PROTEIN | 4+ HOURS |

WORST COMBOS

| | | |
|----------------|----------|---------------|
| PROTEIN | X | STARCH |
| PROTEIN | X | FAT |
| PROTEIN | X | SUGAR |
| STARCH | X | SUGAR |
| STARCH | X | ACID |

ENZYMES: YOUR LITTLE BUDDIES

Enzymes are needed for every biochemical process in the body. Each enzyme has a specific function and is active only under certain conditions.

Digestive enzymes break large food molecules into smaller ones, allowing the body to absorb nutrients. The pancreas produces a limited amount of digestive enzymes and it is essential to consume enzyme-rich foods for optimal health.

Enzymes are destroyed when food is heated above 46°C or 115°F. Fresh, raw vegetables and fruits, soaked nuts, sprouts and cultured (fermented) vegetables are the best dietary sources of enzymes.

| VEGETABLE | | STARCH | PROTEIN | ACID FRUIT | SUB ACID FRUIT | SWEET FRUIT | MELON |
|------------------|-----------------|---------------|---------------------|-------------|--|---|---|
| Arugula | Peppers | Beans | Eggs | Clementine | Apple Apricot Blueberry Cherry Grapes Mango Nectarine Papaya Peach Pear Plum | All dried fruit Banana Dates Figs Persimmon Sweet grapes | Cantaloupe Casaba Crenshaw Honeydew Muskmelon Watermelon |
| Asparagus | Radish | Beets | Flesh foods (lean) | Cranberry | | | |
| Bok choy | Scallions | Burdock | Hemp hearts | Currant | | | |
| Broccoli | Sea vegetables | Carrot | Nuts | Grapefruit | | | |
| Brussels sprouts | Spinach | Chestnut | Seeds | Kiwi | | | |
| Cabbage | Squash (summer) | Grains | | Kumquat | | | |
| Cauliflower | Tomato | Legumes | | Lemon | | | |
| Celery | Turnip(white) | Parsnip | | Lime | | | |
| Chard | Watercress | Pasta, rice | | Orange | | | |
| Collard greens | Zucchini | Peanut | | Pineapple | | | |
| Cucumber | | Peas | | Pomegranate | | | |
| Dandelion greens | | Potato | | Strawberry | | | |
| Eggplant | | Pumpkin | | Tangerine | | | |
| Green beans | | Rice | | | | | |
| Kale | | Sunchoke | | | | | |
| Leek | | Sweet potato | | | | | |
| Lettuce | | Winter squash | | | | | |
| Mustard greens | | Yams | | | | | |
| Onion | | | | | | | |
| | | | FAT | | | | |
| | | | Avocado | | | | |
| | | | Ghee | | | | |
| | | | Coconut | | | | |
| | | | Flesh foods (fatty) | | | | |
| | | | Nut butters | | | | |
| | | | Oils | | | | |
| | | | Olives | | | | |



Infographic by Greg Valou
dronelove.com

Resources:
Enzyme Nutrition - Dr. Edward Howell
Body Ecology Diet - Donna Gates
Hippocrates Health Institute