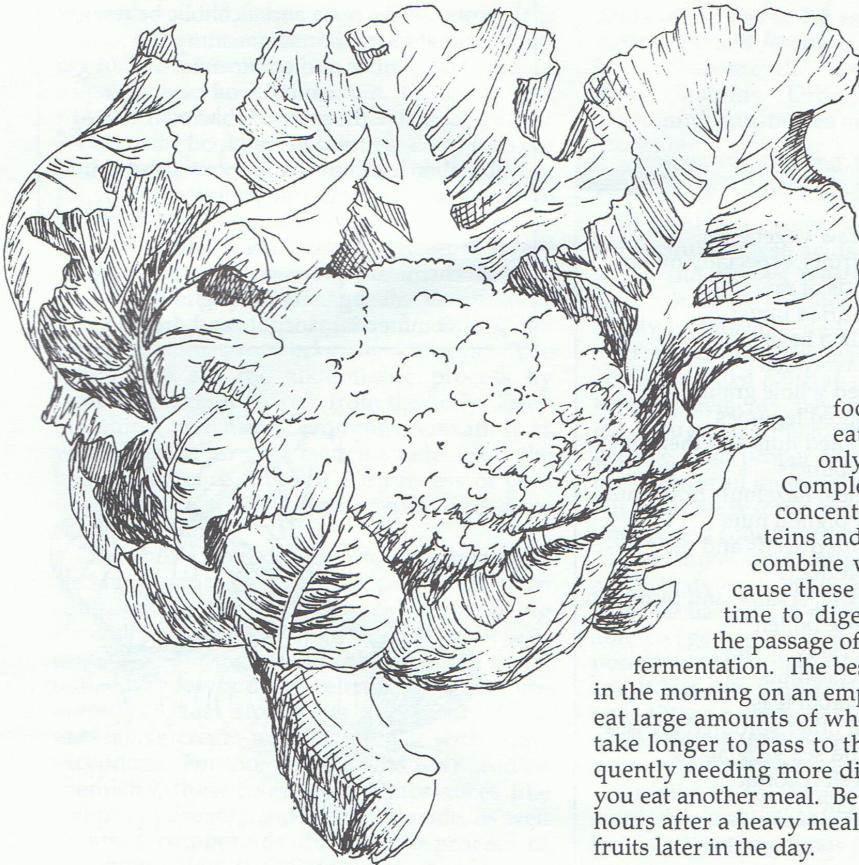


FOOD COMBINING

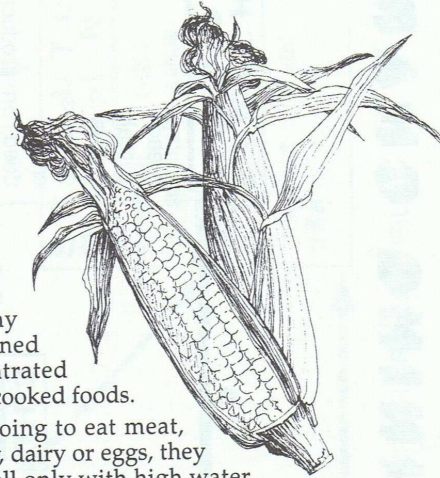
The lines between the blocks of categories indicate compatibility, the higher the number the better the combination. I have included three blocks of categories for predigested foods, (protein rich sprouted legumes, sprouted grains, and predigested nuts, seeds, and algae). I have not included meat, fish, poultry, eggs, or dairy in the chart because this book is dealing with plant foods, although I will discuss their limited compatibility in the following information. This chart explores the realm of possibilities available to us with the specific use of vegetarian sources. Soaking and sprouting increases the number of acceptable food combinations and digestion takes place with more speed and grace.

- Food combining is a useful technique to help us understand and create healthier meals. Different types of foods need a certain amount of time for digestion, for specific enzymes to do the job, and for a particular acid or alkaline PH to finish the process completely. It would be wise to understand some basic concepts and also be aware that we each have different constitutions. Listen to your body, experiment and find out what works best for you.
- To start with, raw fruit is considered a predigested food in its own right. It contains its own digestive enzymes and passes through to the intestines more quickly than most other foods. Melons are the most easily di-



gested of all foods and are best eaten alone or mixed only with other melons. Complex carbohydrates, concentrated animal proteins and refined oils do not combine well with fruits because these foods take a longer time to digest and slow down the passage of the fruit causing its fermentation. The best time to eat fruit is in the morning on an empty stomach. If you eat large amounts of whole fruits, they will take longer to pass to the intestines consequently needing more digestive time before you eat another meal. Be sure to wait several hours after a heavy meal before eating more fruits later in the day.

- In the special fruits category, lemons and papayas combine well with all plant foods. This means that lemons and papayas can be used as ingredients in dressings, soups, sauces and any other recipes. Lemons easily replace all types of vinegar. Papayas are used less often in this book because of price and availability. Avocados and tomatoes combine well with acid and sub-acid fruits and high water content vegetables, especially leafy greens. Avocados and sundried olives can be combined because they are both high-fat fruit proteins. Apples, unlike most other fruits, combine well with vegetables when they are all in juice form.
- Nuts and seeds do not combine well with starchy foods or refined oils.
- Concentrated sugars like honey, as well as acidic foods like vinegar, and fruits all block predigestion of starchy foods in the mouth by restricting the secretion of ptyalin, a starch-splitting enzyme in saliva. (Activities in the mouth and in the stomach are considered stages of predigestion.)
- Refined oils, concentrated sugars, acidic foods, and fruits will inhibit the flow of gastric juices hindering protein predigestion in the stomach.
- There is the ability to make the combination of raw nuts and seeds with acid fruits. Since nuts and seeds have a high oil content, they do not decompose as rapidly as other types of food in the stomach, but receive their strongest breakdown in the intestines. The oil in nuts and seeds and the sugar in fruits both inhibit the gastric juices in the stomach. They must move together to the intestines where the digestive process is completed. The combination of fruits, nuts and seeds do well eaten as a separate meal. Predigested nuts and seeds gain strong compatibility with sub-acid and sweet fruits.
- Refined oils combine well with vegetables and starchy foods. There are enough oils in whole foods to satisfy our dietary requirements, so refined oils are best used sparingly.
- By sprouting legumes and grains they gain compatibility with soaked nuts and seeds. Sprouted grains also gain compatibility with sweet fruits.
- High water content vegetables combine well with just about everything except fruits. One acid or sub-acid fruit like tomatoes may be



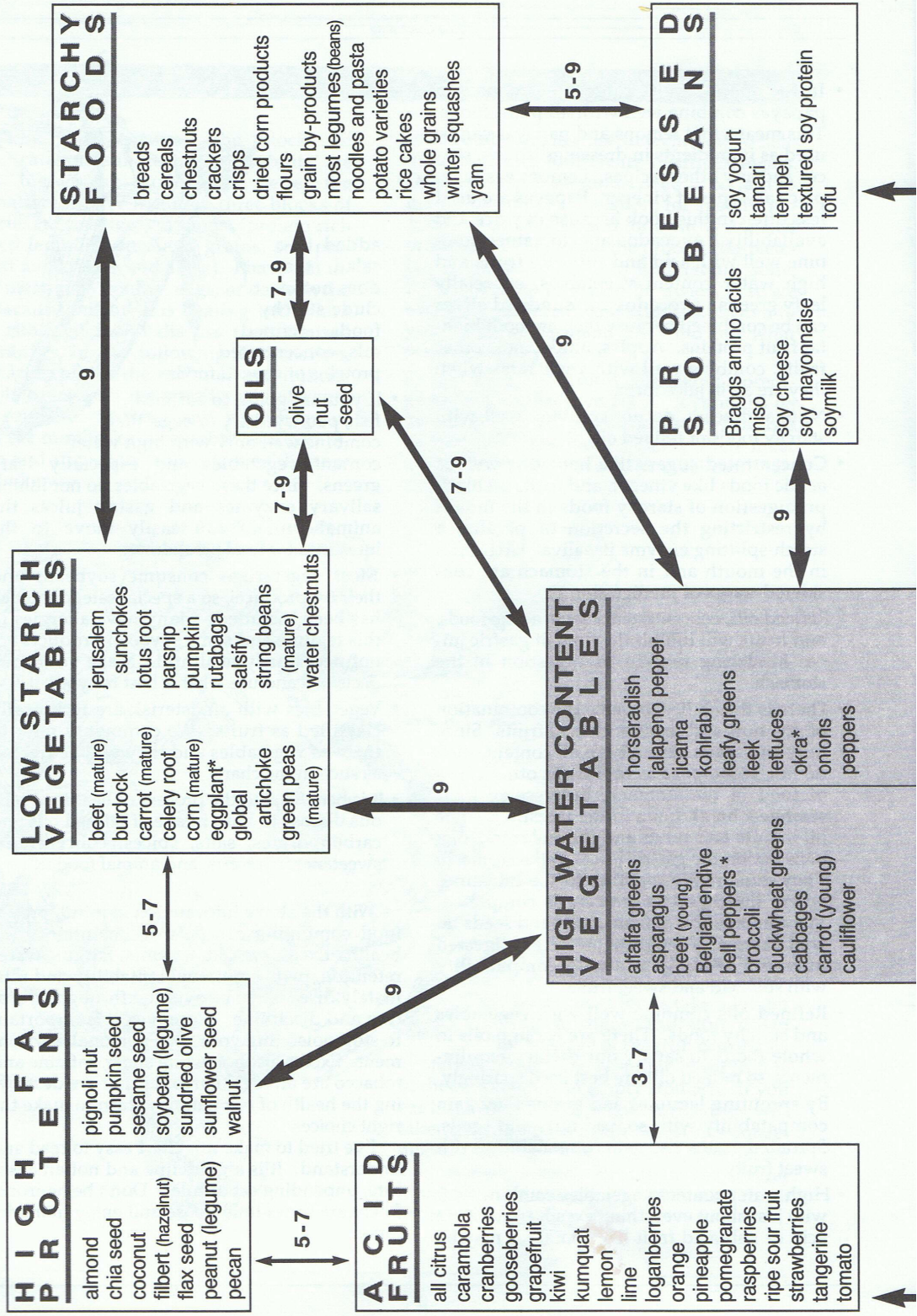
added to a salad that does not include starchy foods, refined oils, concentrated proteins or cooked foods.

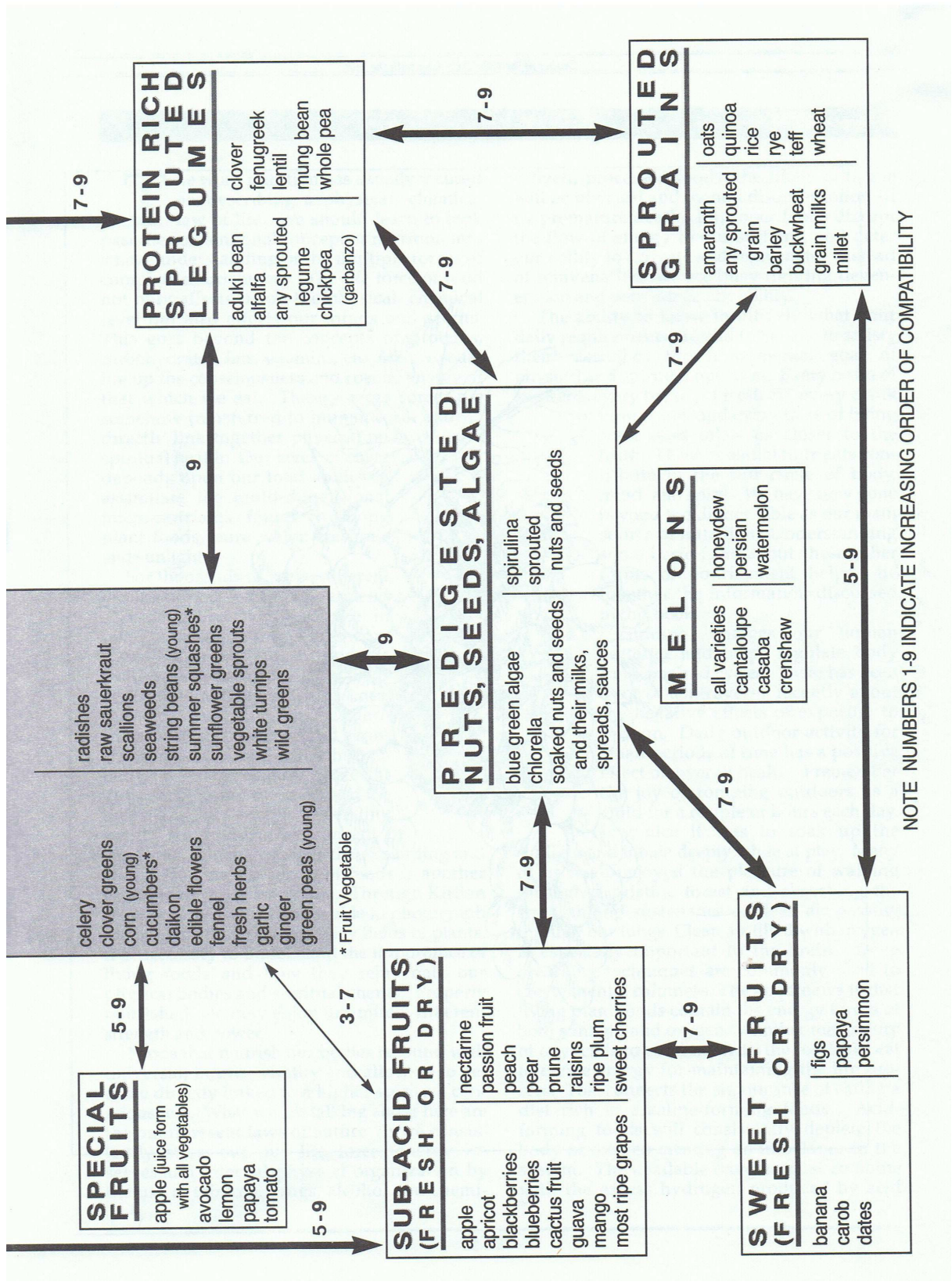
- If you are going to eat meat, fish, poultry, dairy or eggs, they combine well only with high water content vegetables and especially leafy greens. Since these vegetables do not inhibit salivary enzymes and gastric juices the animal protein can easily move to the intestines for final breakdown.
- Most vegetarians consume soybeans and their by-products, so a special category block has been included. Many have allergies to this legume and some soybean products are not necessarily healthful. Make your own decisions and use what is best for you.
- Vegetables with an asterisk are technically classified as fruits. We commonly refer to them as vegetables and they will be treated as such in the chart.
- It is beneficial to the process of healing a serious disease to limit intake of refined oils and carbohydrates, salts, spices, concentrated sweeteners, desserts, and animal foods.

With the above information in mind, proper food combining can help us maintain good health. Excess weight, toxemia, fatigue, water retention, pain, emotional irritability and ultimately disease can be avoided through education and discipline. Moreover, it is important to stop poisoning your own personal environment. Excess alcohol, white sugar, caffeine and tobacco are all legal narcotics that are destroying the health of our nation. Learn to make the right choices.

I've tried to make this chart easy to read and understand. It is a guideline and not an absolute, unbending set of rules. Don't be neurotic. There are times to let loose and enjoy in moderation.

VEGETARIAN FOOD COMBINING CHART





NOTE: NUMBERS 1-9 INDICATE INCREASING ORDER OF COMPATIBILITY