

Proper Food Combining

Food Combining for Gastrointestinal Health

In one end and out the other; simple as that, right? We wish. What happens along this twenty to twenty five feet of windy, folded up tube (GI tract), is key to our health. Its function determines our metabolism, energy, immune function, and general well being. In fact, our nutrition and GI health are the basis of functional medicine and the king of disease prevention and control.

Without getting too much into the gross anatomy and function of the GI tract, let's focus on how we can get the most health from our food. But first, you should know a little about how your body processes food. *Please note that digestion refers to the **breakdown** of food, not absorption.*

The GI Tract

| | Balanced | Out of balance |
|------------------------|---|---|
| <i>Mouth</i> | <ul style="list-style-type: none">• Initial breakdown of food• Begins digesting starches and fats | <ul style="list-style-type: none">• Poor chewing equals poor digestion and nutrient absorption |
| <i>Stomach</i> | <ul style="list-style-type: none">• Sterilizes food with stomach acid• Further digests starches, proteins, and fats by breaking them down into a mushy goo• Regulates flow of "goo" into the small intestines | <ul style="list-style-type: none">• Without enough stomach acid, bad bacteria aren't destroyed and digestive enzymes aren't released• Stress reduces body's focus on digestion and therefore allows for undigested food to pass through the tract. |
| <i>Small intestine</i> | <ul style="list-style-type: none">• Digests starches, proteins, and fats• Absorbs nutrients through complex systems• Delivers nutrients to liver | <ul style="list-style-type: none">• There must be enough enzymes to digest the food, or proteins and fats won't be broken down• Nutrients may not be absorbed (malabsorption) |
| <i>Large intestine</i> | <ul style="list-style-type: none">• Digests fats• Absorbs more nutrients• Removes water• Friendly bacteria produce energy and nutrients• Excretes waste regularly | <ul style="list-style-type: none">• High ammonia production due to too much meat or fat• Bloating from too much starchy food or sweets• Decrease in friendly flora• Irregular bowel movements |

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Indigestion is so common in today's society that it is practically considered normal. People spend over *two billion dollars* each year on antacids! And sadly this is their main treatment strategy. I don't know about you, but I would rather *treat the source* of my indigestion naturally than suppress and push symptoms deeper into the body with drugs.

Correctly combining foods is the secret to **proper digestion and assimilation**. It was not a secret to our ancestors or animals in the wild, but it is to most of us in the new age world of convenience and abundance. Improper food combining or layering is often the reason people have indigestion, bloating, and other types of digestion problems.

Without proper digestion, nutrients in even the most wholesome food cannot be fully extracted and assimilated by the body. Incomplete digestion and inefficient metabolism are some of the *main causes of fat and cholesterol accumulation in the body*.

The goal is not to be a perfect food combiner, at least not at first. There are many things to learn and practice with this topic, so looking at it as an experiment in eating will make the task less frustrating than trying to get it all figured out right away.

With a little practice and awareness however, you will save yourself a lot of discomfort, get the most out of your food, lose weight if you need to, and most importantly stop flooding the blood with waste bi-products from all the food that is spoiling in your gut from being combined or layered wrong.

Why Food Combining Works and is ESSENTIAL for your Health;

- It is a scientific fact that in order to initiate efficient digestion of any concentrated animal protein, the stomach must secrete pepsin. But it is also a fact that pepsin can function *only in a highly acidic medium*, which needs to be maintained for several hours to complete digestion of the proteins.
- An equally well recognized truth of science is that when one chews a piece of bread or potato or any other carbohydrate/starch, ptyalin and other alkaline juices are immediately secreted into the food by the saliva in the mouth. When swallowed, the alkalized starches require an *alkaline medium* in the stomach in order to complete digestion.
- So, in a nut shell, proteins need an acidic environment to be digested and starches need one that is alkaline. Unfortunately these two sets of juices have opposing effects and neutralize each other once in the stomach together. Now is where it gets messy, if you mix a protein and a starch in the same bites or alternating bites, neither of them will digest very well and you will have clumps of "stuff" that give off a lot of harmful bi-products and gases. Certain foods will actually rot in your gut and you will notice them as stinky gas, bloating, and more.
- On top of those two major NO NO'S, there are more combinations that you will find on the following pages to pay attention to.

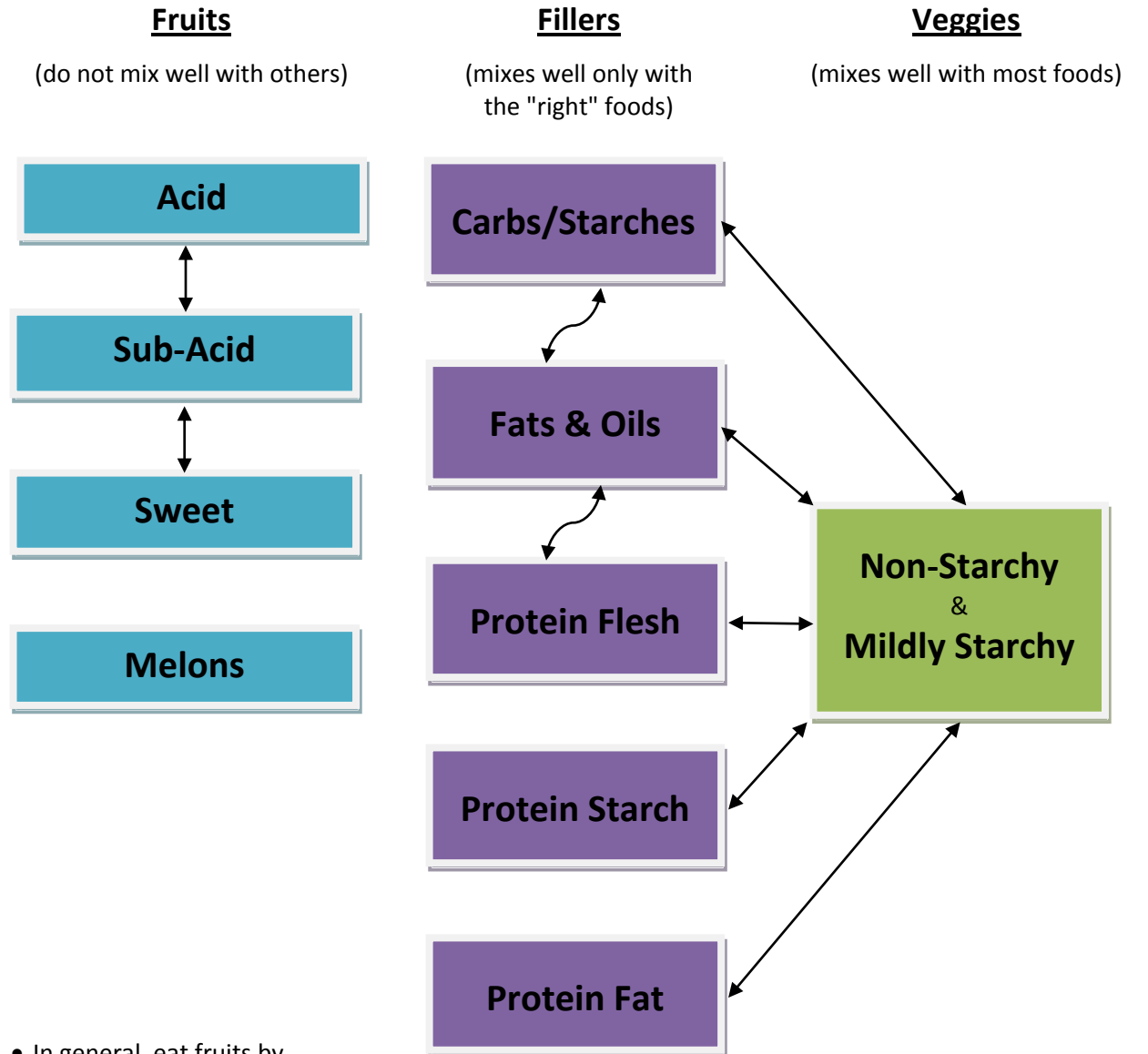
Digestion plays a key role in maintaining the body's energy levels, immunity, sex drive, mental acuity, and is absolutely essential to our well being. Because most food cannot be assimilated in its natural state and needs to be converted into easily absorbable micro particles, our delivery mechanisms (how we eat, cook and store foods) are the secret to optimum health.

Some of the more common disorders from poor delivery mechanisms are bloating, diarrhea, gas, upset stomach, arthritis, asthma, allergies, chronic fatigue, aches and pains, poor memory and disorganized thoughts.

Proper Food Combining

Choose at least **TWO** agreeable categories for each meal,
although a 3rd category can *sometimes* be added in low doses

↔ = goes well together ↘ = sometimes tolerable in small doses together



- In general, eat fruits by themselves
- Melons do not go well with anything
- Sub-acid fruits go with either of the other fruits
- Sweet fruits do not go well with acid fruits
- In small doses, the more sour fruits can mix with proteins

- Fats are sometimes tolerable with starches or protein flesh if the fat is in a small amount
- It takes a lot of energy and acid to digest proteins, so mix them with non-starchy veggies for best results

- Non-starchy veggies mix very well with fillers while mildly starchy mix well with them.
- Fill your plate 80% with veggies to provide active enzymes that aid in digestion
- Starchy veggies are considered carbs/starch (potatoes, etc.)

Proper Food Combining

Fruits

Acid

| | |
|-----------|-------------|
| Orange | Strawberry |
| Cranberry | Pomegranate |
| Lemon | Tomato |
| Tamarind | Kumquat |
| Lime | Tangerine |
| Kiwi | Grapefruit |
| Pineapple | Sour fruits |

Sub-Acid

| | |
|-----------|------------|
| Apple | Cherry |
| Nectarine | Peach |
| Blueberry | Tamarillo |
| Mabgo | Papaya |
| Pear | Plum |
| Apricot | Blackberry |
| Grape | Guave |
| Mulberry | Raspberry |

Sweet

| | |
|--------------|-----------------|
| Banana | Persimmon |
| Date | Carob |
| Plantain | Cherimoya fig |
| Jackfruit | Sapodilla |
| Durian | Sugar apple |
| Dried fruits | Thompson grapes |

Melons

Cantaloupe
Crenshaw
Honeydew
Watermelon
Muskmelon

Fillers

Carbs/Starches

| | |
|----------|--------------|
| Bread | Rice |
| Potatoes | Squash |
| Rice | Grains |
| Pastas | Yams |
| Wheat | J.Artichokes |
| Parsnips | |

Fats & Oils

| | |
|----------|----------|
| Avocado | Cream |
| Butter | Seed oil |
| All oils | Soy oil |

Protein Flesh

| | |
|--------------------|-------------|
| All types of meats | Seafood |
| Eggs | Chicken etc |

Protein Starch

| | |
|---------|-----------|
| Beans | Chestnuts |
| Peas | Grains |
| Lentils | |
| Peanuts | |

Protein Fat

| | |
|--------|---------|
| Nuts | Cheese |
| Seeds | Avocado |
| Olives | Yogurt |

Veggies

Non-Starchy

everything else

Mildly Starchy

| | |
|---------------|-----------------|
| Artichokes | Cauliflower |
| Beets | Corn |
| Carrots | Peas |
| Rutabaga | Pumpkin |
| Winter squash | Water chestnuts |
| | Sprouted grains |

Proper Food Combining

The Basic Rules of Proper Food Combining:

all of the following are essential for good health and nutrient absorption, but if you can only follow 5 rules, choose the first 5

1. Do NOT eat protein foods and carbohydrate foods at the same meals . Protein foods require an acid medium for digestion while carbs/starches require the opposite.
2. Eat fruits alone on an empty stomach and wait 20–30 min before eating again; sour fruits can be eaten with proteins, as can other fruits depending on the amount of fruit and the person.
3. Have desserts and sugars by themselves as a whole meal, not after a meal
4. No cold water or liquids with meals, use 4oz warm tea or water, kombucha or apple cider vinegar as liquids to aid digestion, otherwise no liquid fifteen min before or until 60 min after meal.
5. Eat high fats and proteins at separate meals, or keep the fats to a very small amount. Some foods, especially nuts, are over 50% fat and require hours for digestion, and they slow all other digestion
6. Eat but one kind of protein food at a meal.
7. Eat proteins and acid foods at separate meals. The acids of acid foods inhibit the secretion of the digestive acids required for protein digestion. Undigested protein putrefies in bacterial decomposition and produces some potent poisons. A good exception is lemon juice, as it turns alkaline once in the body.
8. Milk; “drink it alone or leave it alone”
9. Eat sugar foods by themselves, unless you enjoy fermentation in your stomach
10. Dried Peas, Beans, and Soybeans; combine only with veggies.
11. **Protein Fats:** Avocado, olives, seeds and nuts (except peanuts and chestnuts, which are starches); Combine With: Non-starchy and ocean vegetables and sour fruits.
12. **Fats and Oils** Choose organic, unrefined and extra-virgin oils like flax seed, pumpkin seed, olive or coconut oils; **Combine With:** Vegetables, grains and protein. Avoid large amounts of fat with protein.
13. Avocados are best with salads and okay with sub-acid fruits or starches
14. Tomatoes are best with green & non-starchy veggies & protein **FOOD GROUPS**
15. Eat acids and starches at separate meals. Acids neutralize the alkaline medium required for starch digestion and the result is fermentation and indigestion.

| FOOD GROUPS | Protein Flesh | Protein Starch | Protein Fat | Fats | Starches | Fruits Acids | Fruits Subacid | Fruits Sweet | Veggies Starchy | Veggies non/low starch |
|------------------------|---------------|----------------|-------------|------|----------|--------------|----------------|--------------|-----------------|------------------------|
| Protein Flesh | Good | Poor | Poor | Fair | Poor | Fair* | Fair | Poor | Poor | Good |
| Protein Starch | Poor | Good | Poor | Poor | Poor | Fair* | Poor | Poor | Poor | Good |
| Protein Fat | Poor | Poor | Good | Poor | Poor | Fair* | Poor | Poor | Poor | Good |
| Fats | Fair* | Poor | Poor | Fair | Fair* | Fair | Fair | Fair | Fair | Good |
| Starches | Poor | Poor | Poor | Fair | Good | Poor | Fair | Fair | Poor | Good |
| Fruits Acids | Fair* | Fair* | Fair* | Fair | Poor | Good | Good | Poor | Poor | Poor |
| Fruits Subacid | Fair* | Poor | Poor | Fair | Fair* | Good | Good | Good | Fair | Poor |
| Fruits Sweet | Poor | Poor | Poor | Fair | Fair* | Poor | Good | Good | Poor | Poor |
| Veggies Starchy | Poor | Poor | Poor | Fair | Poor | Poor | Fair | Poor | Good | Good |
| Veggies non/low starch | Good | Good | Good | Good | Good | Poor | Poor | Poor | Good | Good |

*Small amounts of fat or fruit