
FOOD COMBINING - a must read.

Posted by Meta.A - 2008/01/02 03:53

It is commonly believed that the human stomach should be able to digest any number of different foods at the same time. However, digestion is governed by physiological chemistry. It is not what we eat that is crucial to our health, but what we digest and assimilate.

1. Carbohydrate foods and acid foods should not be eaten at the same meal. Do not eat bread, rice or potatoes with lemons, limes, oranges, grapefruits, pineapples, tomatoes or other sour fruits.
2. Tomatoes should also never be combined with starchy food as the combination of the various acids in the tomato, which are intensified on cooking, are very much opposed to the alkaline digestion of starches. They may be eaten with leafy vegetables and fat foods.
3. Do not eat a concentrated protein and a concentrated carbohydrate at the same meal.
4. Do not eat two concentrated proteins at the same meal. Avoid nuts and meat, or eggs and meat, cheese and nuts, cheese and eggs, meat and milk, or eggs and milk or nuts at milk at the same meal. Milk, if taken at all, is best taken alone.
5. Do not eat fats with proteins. This means do not use cream, butter, oil, etc with meat, eggs, cheese, nuts, etc.
6. Do not eat acid fruits with proteins.
7. Do not consume starch and sugars together. Jellies, jams, fruit, butter, sugar, honey, syrups, molasses, etc., on bread, cake, or at the same meal with cereals, potatoes, etc., or sugar with cereal, will produce fermentation.
8. Eat but one concentrated starch food at a meal.
9. Do not consume melons with any other foods
10. e.t.c

NOTE: The alkaloids and alcohols, with which gastro-intestinal decomposition charges our bodies, rob us of our reserves, greatly weaken our vital resistance and sooner or later produce a state of physiological collapse.

Food combining experts teach so at http://www.internethealthlibrary.com/DietandLifestyle/Food_combining.htm

Thanks to Edgar Cayce for revving this up

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Meta Andrews.

HAPPY NEW YEAR

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