

FOOD COMBINING

NB. NB. NB: AVOID COMBINING STARCHES WITH PROTEINS

Combining starches and proteins creates an unnatural hyperacidity in the stomach and may contribute to heartburn, stomach ulcers, digestive gas and discomfort.

STARCHES

BREAD
POTATOES
PASTA
RICE (white)
BISCUITS
CEREALS
PUMPKIN
SUGAR

PROTEINS

MEAT
CHICKEN
EGGS
CHEESE

Greens, carrots, onions, broccoli, leeks, courgettes, mushrooms, etc. are neutral – which means that they can combine with either one of the above groups.

You may combine many vegetables with one or other group.

Eg: It is fine to have potatoes with salad or with pumpkin, or to have meat with non-starchy vegetables. By simply combining food correctly excess body weight will be reduced.

PREVENT DISEASE BY ADOPTING HEALTHY EATING HABITS:- **AVOID THE FOLLOWING:-**

FRIED FOODS (contribute to cholesterol, heart diseases and cancer)

REFINED CARBOHYDRATES ie refined white sugar, white flour, white rice. They create metabolic acids and mucous which encourages growths and arthritis.

CHOCOLATES OR CANDIES (buy/make natural sweets made from fruit and/or whole grains.)

SOFT DRINKS (drink natural fruit juices without additives or preservatives)

TEA AND COFFEE (particularly if you suffer from indigestion or arthritis)

INSTANT FOODS, OR CANNED FOODS WITH ADDITIVES & PRESERVATIVES

ADDITIVES AND PRESERVATIVES

RED MEATS (particularly if there is cancer or arthritis in the family) Eat only chicken, lamb or fish 2 – 3 times per week.

SOUR FRUITS (only if you have a tendency to acidity or arthritis)

MILK PRODUCTS – including ICE CREAM and MILK CHOCOLATE. Never drink milk as a daily habit. It causes a build-up of mucous in the system. Eat yoghurt (without colourants, additives or preservatives).

If you have catarrh, hay fever, or a tendency to colds, avoid milk products, sugar and refined foods altogether.