

Rules for Proper Food Combining



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1. PROTEINS DO NOT COMBINE WITH STARCHES!

The breaking of this rule heads the list as being the worst of the disease-producing dietary habits. It takes a series of acid digestive juices to digest the protein and a series of alkaline digestive juices to digest the starch. When you eat a protein and a starch together, they neutralize themselves and minimal digestion is the result. Thus, food does not digest, it purifies.

Exceptions:

- Avocados combine well with all starchy vegetables and grains.
- Legumes combine fairly well with grains.

2. FRUITS DO NOT COMBINE WITH STARCHES!

The digestion of fruits require hardly any time at all in the mouth and stomach while starches require most of their digestion time in those areas. The fruit sugars are quickly absorbed into the intestines while the starch requires digestion in the mouth and stomach. If the fruit sugars are held up in the stomach while digestion of starch continues, the food will putrefy or decay in the system.

3. FRUITS DO NOT COMBINE WITH PROTEINS!

The fruit sugars leave the stomach quickly and are absorbed directly into the intestines while the protein requires significantly more time digesting in the stomach. If the sugars are held back in the stomach while trying to digest the protein, the food and the fruit sugar mixed with will putrefy.

4. FRUITS DO NOT COMBINE WITH VEGETABLES!

Remember that fruits are cleansers and vegetables are builders. Tomatoes are a fruit and an exception to this. Tomatoes combine with the following vegetables: leaf lettuce, celery, okra, cucumbers, eggplant, bell peppers and summer squash.

5. EAT MELONS ALONE OR LEAVE THEM ALONE!

Melons combine with **NO OTHER FOOD**. They are in the simplest form and require no digestion at all in the stomach. If they are held back in the stomach of 10°F or 40°C, while digesting anything, they will putrefy.

6. ACID FRUITS DO NOT COMBINE WITH SWEET FRUITS!

These two food groups definitely repel each other. The chemistry of these fruits is not compatible. For example: bananas and grapefruit, oranges and raisins, tangerines and prunes.

7. DO NOT MIX MORE THAN 4 OR 5 FRUITS OR VEGETABLES AT A MEAL!

Our digestive system's ability to effectively process the food we eat depends, in part on overloading the gastrointestinal tract. Some people believe in eating only one particular food for a meal. This is known as a monotropic diet.