

OPTIMAL FOOD COMBINING

Proper food combining is essential to good digestion for two main reasons. **FIRST, because different foods digest differently, staying in the stomach for varying lengths of time.**

Water	0-10 min.
Juice	15-20 min.
Fruit	30-60 min.
Melon	30-60 min.
Sprouts	1 hour
Wheatgrass Juice	60-90 min.
Most Vegetables	1-2 hours
Grains & Beans	1-2 hours
Dense Vegetable Protein	2-3 hours
Cooked Meat & Fish	3-4 hours
Shellfish	4-8 hours

SECOND, because of the varying digestive environments required to break foods down. Some foods, specifically dense, oily proteins, require an acidic digestive environment, whereas other foods, particularly starches and acid fruits, are more easily broken down in an alkaline digestive environment. Combining foods with incompatible digestive environments may contribute to indigestion and inefficient digestion. The point being to get maximum energy from your foods, not take excess energy to digest them.

THE 5 RULES OF OPTIMAL FOOD COMBINING

1. Liquids alone.

Note that if you drink with meals, the digestive juices are diluted causing inefficient breakdown of foods.

2. Melons alone. One variety at a time.

Fruits alone in their groups.

Do not combine dense, oily proteins with dense starches or starchy vegetables.

Do not combine sweet fruits and acid fruits.

3. Dense/Oily Proteins

COMBINE with Fermented Foods and,

COMBINE with Low-Starch & Green Vegetables & Sprouts

4. Starchy Vegetables & Dense Starches,

COMBINE with Low-Starch & Green Vegetables & Sprouts

5. Acid Fruits combine with Sub-Acid Fruits, Sub-Acid Fruits combine with Sweet Fruits. Do not combine acid fruit with sweet fruit.

Note that if you have diabetes or low blood sugar, candida, or a cancer challenge, it is not advised to eat melons or fruit at all. It's important to remember that disease thrives on sugar.

FOOD CATEGORIES

PROTEINS

Meat, Fish, Fowl, Avocado, Beans, Cereals, Nuts, Unhulled Sesame Seeds, Pumpkin Seeds, Flax Seeds

FERMENTED FOODS

Sauerkraut, any fermented Vegetables, fermented Soy – Tempeh, etc.

DENSE STARCHES & STARCHY VEGETABLES

Artichokes, Beets, Beans, Peas, Yams, Carrots, Corn, Potatoes, Pumpkin, Jicama, Sweet Potato, Hubbard Squash, Winter Squash, Banana Squash

LOW STARCH GREEN VEGETABLES & SPROUTS

Asparagus, Bell Pepper, Broccoli, Brussels Sprouts, Cabbage, Celery, Chard, Chicory, Chives, Collards, Raw Corn, Cucumber, Endive, Escarole, Garlic, Green beans, Kale, Leek, Lettuce, Onions, Parsley, Radish, Rhubarb, Spinach, Summer Squash, Swiss Chard, Tomato, Tomatillos, Turnip, Turnip Greens, Watercress, Zucchini

ACID FRUITS

Grapefruit, Orange, Lemon, Lime, Pineapple, Pomegranate, Sour Grapes, Cranberries, Sour Peach & Plum, Sour Apple, Sour Cherries, Strawberries

SUB-ACID FRUITS

Sweet Cherries, Sweet Apple, Sweet Berries, Apricot, Papaya, Pear, Mango, Sweet Peach, Sweet Plum

SWEET FRUITS

Banana, Dates & Figs, Persimmon, Prunes, Sweet Grapes, All Dried Fruit

As important as it is to make the right food choices, beyond organic, raw and free range... you will want to ask yourself if are you a protein, carb or mixed nutritional type, as your selections as well as eating your foods in the right order may be equally as important! Over 2000 years ago the Roman philosopher Lucretius observed the profound truth that “What is food to one man may be fierce poison to others.”

So now we can talk food combining for your type.

NUTRITIONAL OR METABOLIC TYPING

Notes from Dr. Joseph Mercola's book "Take Control of Your Health"

An overview:

1. MAKE THE RIGHT FOOD CHOICES
2. CONSIDER WHAT YOU WILL EAT RAW AND WHAT YOU WILL EAT COOKED
3. CONSUME YOUR MOST METABOLICALLY IMPORTANT FOOD FIRST

4. PRACTICE THE RIGHT KIND OF FOOD COMBINING FOR YOUR TYPE

5. EAT SLOWLY CHEWING YOUR FOOD THOROUGHLY

6. THE AMOUNT OF PROTEIN, FAT AND CARB'S, THE MACRONUTRIENT RATIO is the most dynamic part of eating right for your nutritional type. It's advised to let your appetite be your guide. Here I would quote Donna Gates 80/20 Rule, taking care to not fill up more than 80% leaving 20% room in your stomach for digestion to take place.

7. ONLY TAKE SUPPLEMENTS RIGHT FOR YOUR NUTRITIONAL TYPE

Dr. Mercola has two questionnaires on his site to help evaluate how you are doing with your current eating habits. After viewing the pages and saving to you computer if you wish, **remember to arrow back to return to my site and this page.** The links are:

LISTENING TO YOUR BODY – DAILY DIARY FOR WOMEN

http://mercola.fileburst.com/nt/pdf/LEARNING_TO_LISTEN_TO_YOUR_BODY.pdf

LISTENING TO YOUR BODY – DAILY DIARY

http://mercola.fileburst.com/nt/pdf/LEARNING_TO_LISTEN_TO_YOUR_BODY2.pdf

LISTEN TO DR. MERCOLA ON THIS SUBJECT AND ORDER HIS NUTRITIONAL TYPING TEST IF YOU WISH, FROM HERE:

<http://products.mercola.com/nutritional-typing/>

Continuing with some basics:

Leading Protein Types should eat their meat first. Carb Types should eat their vegetable first. Mixed Types should eat their meat and vegetable together.

When your food is consumed this way, digestive and nutritional efficiency will improve dramatically, shown by:

Improved meal satisfaction
No need for snacks between meals
No more food cravings

Typical characteristics of the Protein Type

Have strong appetites.
Think about food a lot, even when they're not hungry.
Do not do well with fasting.
Do not feel well (esp. mood wise) if they skip a meal.
Eating sugar or refined carbs will never satisfy a Protein Type's cravings for either for long, and only stimulates their desire for more.
Protein Type's also have cravings for fatty, salty foods, and these foods have a more satisfying effect.
They will feel hungry most of the time if they eat a low-fat or vegetarian-type diet.

Protein Types can eat high-quality sources of protein and fat very freely, but they need to be very careful with their carbohydrate intake as they find it easy to over-consume them. At the same time it does not mean they need large amounts of protein. 1 or 2 ounces of protein per meal, could be enough to satisfy the body's need for protein – as long as you eat it first and finish it completely before you eat any other food.

Typical characteristics of the Carb Type

Relatively light appetite.
Do not think about food much, unless they are hungry.
Have a high tolerance for carbs.
Can skip a meal, if they have to, and it doesn't hurt their energy or mood.
They can enhance their feeling of well-being through fasting.
Don't typically like meat.
Don't typically like adding salt to their food.
Love salads.
Feel great after drinking fresh, organic vegetable juice.
Feel good after drinking freshly squeezed orange juice.

Carb Types need a diet comprised of relatively small amounts of protein and fat compared to carbs. It's important for them to eat low-fat (but NOT non-fat) foods. They generally need to avoid red meat, & when they eat meat it should be light-colored fish, the white meat of chicken or turkey, all the meat from a Cornish hen, i.e. low purine proteins. Carb Types do well with grains, if they are not struggling with extra weight, diabetes, high cholesterol or high blood pressure, but grains are NOT their primary source of carbs, vegetables are!

The Mixed Type

Having broad nutritional needs, the Mixed Type can eat high quality sources of protein and fat together with very low-carb vegetables freely, but they need to be careful with their intake of high carb foods.

Download the primary and secondary food charts for your best selections and combinations here:

Chart #1

<http://mercola.fileburst.com/nt/pdf/Gluten-Free-Mixed-Type-Primary-Food-Chart.pdf>

Chart #2

<http://mercola.fileburst.com/nt/pdf/Gluten-Free-Mixed-Type-Secondary-Food-Chart.pdf>

A note on raw foods and low-temperature cooking:

Ideally you want to eat your foods raw or lightly cooked. This ensures maximum nutritional value and the least amount of toxic byproducts. Cooking at high temperatures actually creates health harming compounds in the food.

Seek out organic raw foods, including raw organic fruits and vegetables, organic raw dairy products like raw milk, raw kefir, and raw yogurt, and organic raw meats and seafood like steak tartar and salmon tartar, according to your nutritional type, of course.

Use a glass casserole dish with a cover. The tighter the cover, the better. The dish should be appropriate to the size of what you are cooking.

In the oven cook at 225 degrees – no higher. Allow 12 to 15 minutes per 4 ounces of food being cooked.

Other healthy methods of cooking include crock-pot cooking, poaching, lightly steaming or searing your food on the outside leaving the inside very rare.