

A Touch of Life

Health and Wellness Program

Food Combinations

Week 1

The Energy Institute of the Healing Arts Foundation, Inc ©
12911 Woodmore Road, Mitchellville, MD 20721 301-249-2445
Website: healen.net

We eat food for fuel, energy, and to nourish our body. When foods are eaten in the right combinations they don't putrefy or ferment in the system and we receive the nutrients that build our body systems. This allows the body to use them for fuel and nutrients, which increase the body's ability to stay healthy. Eating foods in their proper combinations keep the colon and alimentary canal (digestive tract) from clogging up and accumulating toxic waste in the system resulting in health disparities. It also helps stabilize the body's 7.0 acid-alkaline balance.

In spring foods you consume should be 60% alkaline and 40% acid, during the summer 50% alkaline and 50% acid. In the fall and winter, which are the cooler seasons you should consume 80-85% alkaline and 15-20% acid.

Eating foods in their proper combination is important for correct digestion, assimilation, and elimination of nutrients and food waste by products. When food is consumed in its proper combination, it harmonizes the organ network building the cells, tissues and organs improving the body's ability to stay healthy and creating longevity.

The way to accomplish this is through designing a meal program that maintain the body's PH (acid/alkaline) balanced. The pH means Hydrogen Potential, which basically means as the hydrogen increase, so does the acid. On the other hand, the lower the hydrogen the more alkaline things are. This acid/alkaline balance is part of everything in the universe.

pH balance is calculated in a range of numbers that extend from 1 to 14. The low end of the scale 1 to 6 is very acidic (6 is slightly acidic). 7 on the other hand is neutral and 8 to 14 are more alkaline. The body's PH balance is 7.0. If it drops to 6.3 or below then disease prevails. However, when the PH balance is above 8 it can become too alkaline.

Acidosis as it is referred to when the body is too acidic resulting in health disparities as insomnia, arthritis, water retention, abnormally low blood pressure, halitosis (bad breath), teeth sensitivity to vinegar and acidic fruits, foul smelling stools, migraine headaches, asthma, constipation, frequent sighing, bronchitis, stomach ulcers, malnutrition, obesity, Diabetes mellitus, and many other health disparities.

Alkalosis, is when the body has too much alkaline and causes hyperventilation, night coughing, bone and heel spurs, gastric and peptic ulcer (from alkaline drugs), burning and itching sensation, dry stools, seizures, night cramps, hypertension, cracking joints, protruding eyes, nervousness, blood clots, and many other health disparities. The best thing is to try and eat foods that stabilize the body's PH balance at 7.0.

Food combining aids in balancing the energy force of foods in such cases where one food is missing an element and another one with that element is introduced to complete the element, like in the case of beans and grains. Most grains are missing L Lysin and bean have lysin but are missing L Methionine. When combining them together they create a complete protein. However, when combining a protein with a starch it can cause fermentation or putrefaction in the intestines because the body would have a hard time

deciding which it should digest first. The thing is they are a protein benefit to the body, especially if a person is a vegetarian. Most vegetarians who don't eat any type of meat are deficient in protein and can use the combination of beans and grains well.

Acidic Foods

dairy products (milk, cheeses, butter, ice cream), candy, cakes, soda, meats, fish, eggs, most beans, and peas, peanuts, many oils, canned foods, foods with pesticides, additives, preservatives.

Alkaline Foods:

ripe fruits (dates, figs, apples, pears, melons, peaches, etc.), vegetables (carrots, parsnips, corn, broccoli, cucumbers, radish, etc.), and whole grains (millet, buckwheat, spouted legumes, barley, cracked wheat, brown rice, etc.).

Combining Foods

FRUITS

Fruits are cooling, cleansing, and alkaline food. They digest easy with little preparation time. However, cooking some fruits aid in overcoming certain health conditions. Because of their fibrous nature, many fruits stimulate bowel activity. A few things to remember about fruits

Unripe fruits are acid-forming and do not properly digest in the intestinal tract, resulting in fermentation. Fermentation can cause bloating, gas, indigestion, toxic waste materials to be deposited in the blood resulting in other minor or major health conditions. Some dried fruits are acid-forming until they are soaked in water then they become alkaline and easily digested.

Here are some things to remember about fruits:

- (1) Fruits are eaten separately from vegetables.
- (2) They are eaten in groups.
- (3) Never eat acidic fruits with sweet fruits
- (4) Melons are always eaten by themselves.
- (5) Bananas are only eaten when they have little brown (freckle like) spot on them and eaten by themselves. Unripe bananas cause bloating and gas when eaten in their starch state or with other foods.

- (6) Fruits should always be eaten ripe. Many of the fruits we eat are picked in mature and are acidic.
- (7) Never put additional sugars of any kind on fruit. Just think about it, if fruit has its own sweet taste, then why would you need to add more sugar. If you have to add sugar to fruit then it is not ripe.
- (8) Dairy products are mucous forming, a fat and protein, which can cause fermentation and putrefaction in the intestine tract resulting in congestion and other unhealth conditions.
- (9) Fruits and proteins are bad combinations.
- (10) Fruits and fats are bad combinations.
- (11) Fruits and vegetables are bad combinations
- (12) Fruits should be eaten by their self and combined well with each other.

Sweet Fruits

Fresh Apircots	Banana	Carob	Dates	Dry Fruit	Figs
Melons	Pears	Persimmon	Pineapple	Prune	Raisins
Acerola Cherry	Apple(sour)	Cranberry	Currants	Gooseberries	Grapefruit
Grapes	Kumquats	Lemon	Loganberries	Oranges	Pineapple
Plums (sour)	Pomegranate	Tangerine	Tomatoes (eat separate)		

Sweet Fruits should be eaten by their self or as a group.

Acid Fruits

Apple	Avocados	Berries	Cherries	Grapes	Mangoes	Nectarine
Papaya	Plums	Raspberries				

Acid fruits should be eaten by their self.

Vegetables

Most vegetables combine well with proteins and starches. They are not good combinations with sweet foods or fruits. When combined with these foods the fruits will ferment in the intestinal tract resulting in bloating, gas, waste gain and other internal conditions.

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Non-Starch Vegetables

Asparagus	Bamboo Sprout	Bell Pepper	Beet (top)	Broccoli	Brussels Sprouts
Cabbage	Cauliflower	Celery	Chard (Swish)	Chicory	Collards
Cucumber	Dandelion	Eggplant	Endive	Garlic	Green Beans
Leeks	Lettuce	Mushrooms	Mustard	Onion	Parsley
Radishes	Scallions	Sorrel	Spinach	Spouts	Swiss Chard
Zucchini					Turnip(Tops)

Mild Starch Vegetables

Beets	Carrots	Cauliflower	Parsnips	Rutabaga	Turnips
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Starches

Starches should not be eaten with proteins, fruits, sugars, acid, fatty foods or dairy products. Starches are sugars and the ferment in the intestinal tract when they are combined improperly. Starches can be eaten with vegetables.

All cereals	Artichokes	Cauliflower	Corn	Potatoes	Pumpkin	Beans
Bread						
Cereals (Grains)	Chestnut	Crackers		Pasta	Peanuts	Squ

Fats

Fats are lipids that are digested by lipase an enzyme that breaks down fat molcules. Fats do not mixture well with other foods. It makes it difficult for the lipids to digest when in the company of other foods, resulting in the accumulalation of fat in the blood stream. This allows the fat to store in the adipose tissues causing weight gain and other health disparities.

All oils	Avocados	Butter	Cheese	Cream	Corn Oil
Cotton seed oil		Fat meats	Kefir	Lard	Margarine
Milk	Most nuts	Nut oil	Olives	Sesame seed oil	Sour Cream

Fats/Protein

There are some foods that are both proteins and fats. These foods should be eaten by their self.

Milk	Sour cream	Yogurt
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Protein

Protein is the building block of all live creations and is needed to maintain the integrity of the structure, tissues and cells. Proteins should not be with other foods because they will putrify in the intestines resulting in bloating, foul smelling gas, indigestion and other health disparities.

Beef	Chicken	Eggs	
Lamb	(all) Meats	Poultry Pork	Sea Food

Protein/Starches

There are a variety of foods that are classified as both proteins and starches that the body recognizes them as such and properly digest them. However, when you eat them with protein or starch they do not digest properly resulting in some type of gastrointestinal disorder.

Dry Beans	Dry Peas	Millet
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Sweeteners

Sweeteners consist of any food or synthetic substance provides a sweet taste or is constructed out of some type of sugar (sucrose, dextoses, maltose etc). Starch also breaks down into complex sugars, however, they are digested in the mouth instead of the small intestine. Sugars like starches should not be eaten with other foods because they will ferment in the intestinal tract resulting in toxin leaching into the blood and stored in the adipose tissues causing weight (waste) gain, or other health disparities.

All Sugars	Acesulfame K	Aspartame	Barely Malt	Beet Sugar
Brown Rice Syrup	Brown Sugar	Confectioner's Sugar		Corn syrup
Corn sweetener	Cyclamates	Date Sugar	Dextors	Fructose or
levulose	Fruit Fruit Juice	Honey	Invert Sugar	Maple Syrup
Molasses	Raw Sugar	Saccharin	Sucrose	Turbinado