

HEALTH TIPS FOR THE MONTH OF SEPTEMBER 2018

FOOD-TO-FOOD INTERACTIONS

“If you think about what the ancients ate, it was very simple. They ate one food type at a time. It was because they understood that digestion requires time, space, and order. WHO is promoting efforts to improve food safety, from farm to plate and everywhere in between on World Health Day. The Technical name of this scientific theory of food combining is Tropology.

A healthy inner ecosystem is made up of the friendly micro flora (good bacteria that reside in our intestines and keep us healthy and strong. An easy way to begin thinking about food combining is to consider the concept of time. Some foods take a long time to digest. Others move through the body relatively quickly. The health of your digestive tract is entirely dependent on the combination of the foods you eat at each meal. Eating certain foods together to enhance digestion is called food combining.

Food Combining For Better Digestion The greatest benefits from foods and the most efficient digestion come from simple meals with minimal food combinations. Thus, the first principle of Food Combining is simplicity and compatibility in meal planning.

FAIR Fruits digest best when eaten by themselves as an entire meal. In general, fruits should not be eaten with other foods. If they are they will be detained in the stomach causing them to begin fermentation.

POOR Alcohol, coffee, tea, vinegar, condiments (including salt), retard digestion considerably.

Sub-Acid Fruits Apple, Apricot, Berries, Cherimoya, Cherry, Most Grapes, Mango, Nectarine, Peach, Pear, Plum.

Melons Canary, Cantaloupe, Casaba, Christmas, Crenshaw, Honeydew, Muskmelon, Persian, Watermelon.

Acid Fruits Grapefruit, Kiwi, Kumquat, Lemon, Lime, Orange, Pineapple, Pomegranate, Strawberry, Tomato.

Sweet Fruits Bananas, Dates, Dried Fruits, Fresh Figs, Muscat Grapes, Thompson Grapes, Papaya, Persimmon, Sapote.

POOR Acid fruits delay the digestion of sweet fruits.

POOR Sugar & Protein Fruit & other sugars inhibit gastric juice delaying protein digestion.

POOR Melons Because they decompose even faster than the other fruits, it is advised to eat melons separately from other fruits.

FAIR Avocados combine BEST with non-starchy vegetables. FAIR with acid fruits & starches. Avocados do not combine well with sweet fruits or proteins.

POOR * Tomatoes May be combined with Low Starch vegetables and other avocados or nuts, and not with starches or proteins.

For further information: *Food Combining Simplified* by Dennis Nelson, Box 2302, Santa Cruz, CA 95063 © Sacred Wisdom Chart #13, Hellen Publishing, P.O. Box 52836, Tulsa, OK 74152

Principle of Food Combining

Proper food combining is essential to healthy digestion, and the violation of this principle has contributed to the weak digestion, imbalanced inner ecosystems, and overall ill health we see today.

How to avoid indigestion & acidosis?

Acid-Starch Combinations- Never eat carbohydrate foods and acid foods at the same meal. Low stomach acid allows bacteria to grow in your stomach, which can cause reflux.

Protein-Carbohydrate Combination -Never consume two concentrated proteins at the same meal because concentrated proteins take a long time to break down. If you have to eat two concentrated protein sources together, it's best to add high-water-content vegetables such as onions, cauliflower, broccoli, or lettuce.

Protein-Carbohydrate Combination- Never eat a concentrated protein and a concentrated carbohydrate at the same meal because protein needs an acidic environment, protein can be paired with leafy greens and other high-water-content vegetables, such as peppers, celery or broccoli. Since these vegetables are rich in their own enzymes, they don't require an alkaline environment for digestion.

Protein-Fat Combination - because fat depresses the action of the gastric glands and inhibits the pouring out of the proper gastric juices for other protein.

Acid-Protein Combination- Do not eat acid fruits with proteins because acids actually retard protein digestion.

Sugar-starch Combination- Sugar combined with starch results in fermentation. Eat but one concentrated starch food at a meal.

Sugar-Sugar Combination- Eat sugars (fruits) and starchy foods at separate meals.

Take Melons Alone – Do not consume melons with any other foods. “Eat melon alone, or leave it alone, or your stomach will moan.”

Take Milk Alone- Milk is best taken alone, or let alone.

Food Combination Avoid



- Fruit With or After a Meal sugar in it starts to ferment.
- Animal Protein plus Starch, Meat and potatoes, Chicken and pasta, A turkey sandwich because meat and a piece of bread or a potato, the different digestive juices will nullify each other's effectiveness: "The protein will putrefy and the carbohydrate will ferment. The result is gas and flatulence in the system."
- Fats With wrong foods, Olives with bread; Tuna with mayonnaise; Meat fried in vegetable oil.
- Liquid with meals; Water during your meal; juice with your meal; Tea right after your meal. Drinking water or juice with your meal is one of the most toxic food combinations. Water dilutes your stomach acids and reduces their effectiveness in breaking down proteins, carbohydrates and fats. So drink water 10 minutes before the meal. This will keep you from overeating or diluting stomach enzymes. Why: Water goes through the stomach in about 10 minutes. Juice takes 15 to 30 minutes. Any liquid in your stomach dilutes the enzymes your body needs to digest proteins, carbohydrates, and fats. Instead: Drink as much water as you wish at least 10 minutes before you eat. After eating, wait about an hour.

- Two Concentrated Sources of Protein
- Bacon and eggs
- Nuts and yogurt



Benefit by following the principles of proper food combining.

- You will be less bloated after meals
- You will have a system to guide your choice of foods
- You will no longer worry about your weight
- Easier and more efficient digestion means you will have more energy left over for living!

Fruits you should not have together

Acidic, sweet or neutral – how you categorize your fruits when combining them depends on the speed of digestion of different fruits.

Harmful Food Combinations you Should Avoid

- Fruit with meal or afterwards.
- Animal protein and starch.
- Limes and cough medicines.
- Banana and milk: add a pinch of nutmeg or cinnamon to stimulate your digestive system.
- Beans And Cheese: Cheese, beans, hot sauce and guacamole this is a surefire recipe of bloating.
- Protein-starch combos inhibit salivary digestion of starch.
- Protein and starches need different enzymes and different levels of acidity to be digested.
- Fruit and yogurt. Yogurt contains plenty of bacteria which will act on the sugar present in fruits. This results in toxins, cold, allergies. You can avoid this problem by using unflavored yogurt at room temperature and mix in honey, cinnamon or raisins instead of fresh fruit.
- Burger and fries: Combine protein or starches with non-starchy vegetables. If you do have to mix animal protein and starch, add leafy green vegetables to minimize the negative side effects.
- Recommends always including a raw leafy green vegetable when eating fats.
- Muffins and fruit juice a natural and healthy diet, which produces a varied and full micro-ecosystem of bacteria in the gut. This ecosystem aids digestion. The mind and body work in synergy, treat them both with respect and they will do the same for you. Continue.....



Medical Team
JSS International School
clinic@jssisdubai.com
04-3256886, 0526457406