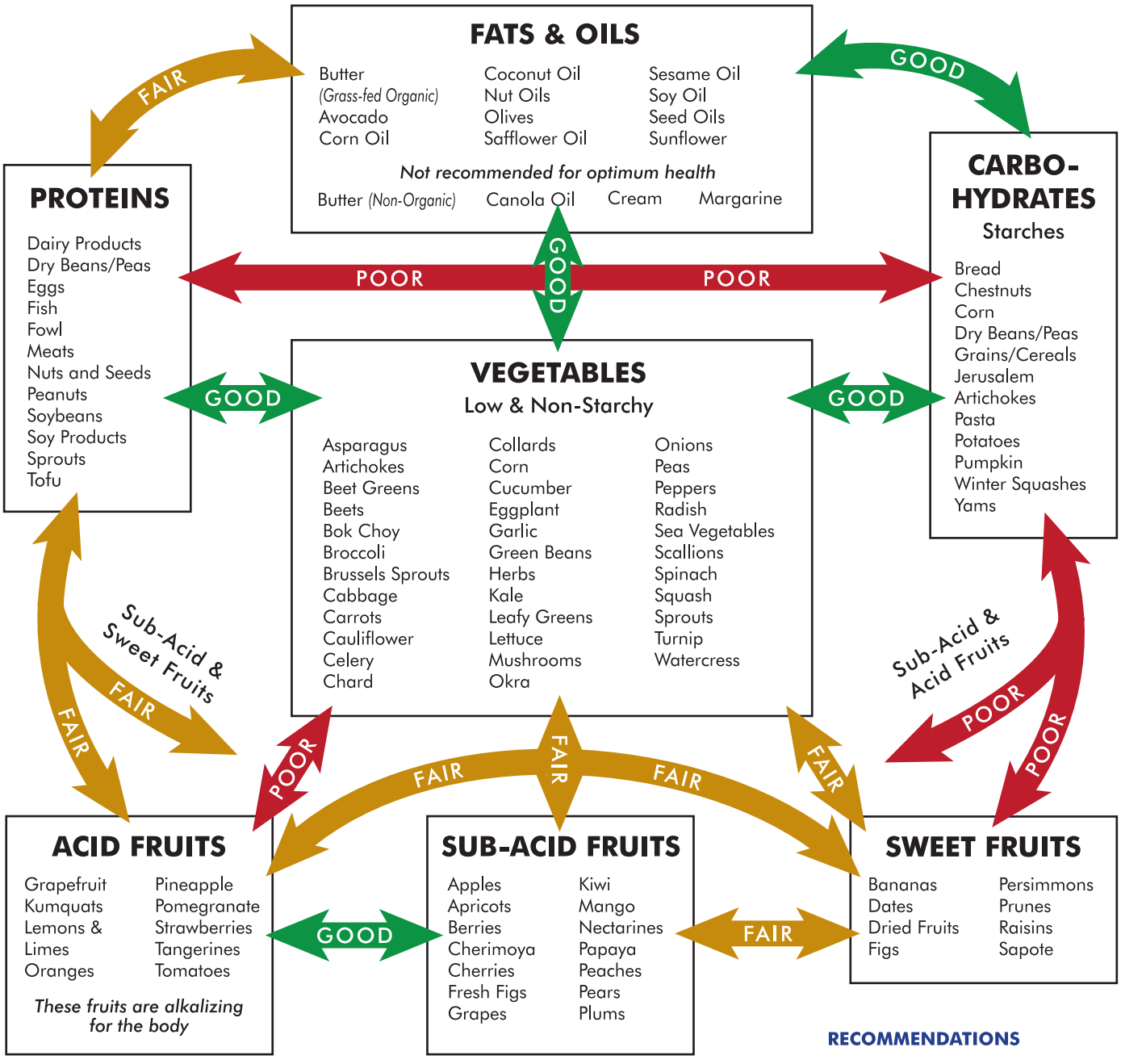
Food Combining - Chart xx



EXCEPTIONS

- *Avocados, Olives & Seed Oils are NEUTRAL & combine well with everything*
- *Tomatoes combine well with non-starchy vegetables*
- *Soaked or Sprouted Nuts and Seeds can be combined with Fruits*

MELONS

Cantaloupe	Muskmelon
Casaba	Persian
Crenshaw	Sharlyn
Honeydew	Watermelon

MELONS - Best Eaten Alone

RECOMMENDATIONS

- *Make meals of one or two combinations, especaially of one protein or starch with one or more vegetables*
- *Fruit and Vegetable juices can be mixed because they are liquid and can be absorbed by the body within half an hour*
- *After eating Fruit, allow at least 30 minutes before eating other foods*
- *Avoid eating Melons for at least 3 hours after eating other foods*

Acid & Alkaline Foods - Chart 75

Affects On The Body's pH

The body works best on a diet high in alkaline-forming foods – foods that become alkaline when broken down by digestion. Diets containing 70-80% alkaline-forming foods are ideal for health.

Eat Less ← → **Eat More**

	Most Acid 3.0 - 4.0 pH	Acid 4.5 - 5.5 pH	Low Acid 6.0 - 6.5 pH	Neutral 7.0 pH	Low Alk 7.5 - 8.0 pH	Alkaline 8.5 - 9.0 pH	Most Alk 9.0 - 10.0 pH
FRUITS		Sur Cherries, Pomegranate, Rhubarb	Sweet & Dried Fruits, Green Bananas		Apples & Peaches, Bananas, Blue-, Cran- & Strawberries, Coconut, Oranges	Blackberries & Raspberries, Cantaloupe & Honeydew, Pineapples, Sub-Acid Fruits	Lemons & Limes, Grapefruit, Watermelon
VEGETABLES, BEANS & LEGUMES	Most Legumes, Snow Peas, Tomato Sauce	Frozen, Canned & Vegetables, Potatoes w/o Skins	Beans & Peas, Pickles, Cooked Spinach & Zucchini		Beets, Corn, Crucifers, Kale, Soy, Okra, Mushrooms, Pepper, Potatoes w/ Skins, Radishes, Tofu, Turnip Greens	Artichokes, Beat Greens, Carrots, Celery, Cucumber, Lettuce, Sprouts, Onion, Garlic, Ginger & Ginseng, Sea Vegetables, Squash & Zucchini, Yams & Sweet Potatoes	Asparagus, Straw–, Wheat–, Lemons– & other Grasses, Potato Skins, Fermented Vegetables, Raw Brussels Sprouts, Kale, Mustard Greens, Spinach & Swiss Chard
GRAINS	Granola, White Bread, Flour tortillas	Barley & Oat, White Rice, White & Wheat Flour, Pasta	Buckwheat, Cornmeal, Oats, Rye, Wheat Oatmeal, Germ	Brown & Basmati Rice	Amaranth, Flax, Millet, Spelt & Quinoa, Wild Rice, Sesame Seeds		
FATS & OILS	Cotton Seed & Palm Oil	Sesame, Safflower & Almond Oil	Butter, Grape Seed & Pumpkin Oil	Canola, Corn & Sunflower Oil	Flax, Avocado & Primrose Oil, Fish Oil	Olive Oil	
NUTS	Roasted Nuts, Hazelnuts	Brazil, Cashews, Pecans, Walnuts	Pistachios, Pine Nuts		Almonds, Chestnuts		
MEATS	Bacon, Canned Tuna, Lobster, Shellfish, Veal	Beef, Pork, Lamb, Goat, Fowl, Muscles, Mollusks, Wild Game	Chicken Eggs, Cold Water Fish, Shellfish, Organ Meats				
DAIRY	Buttermilk, Processed Cheese, Ice Cream	Goat Cheese, Cottage Cheese	Plain Yogurt, Processed Milk, Most Cheeses	Unsalted Butter and Margarine, Raw Dairy			
BEVERAGES	Alcohol , Colas 2.5-pH, Citrus Juice w/ Sugar	Beer, Black Tea, Coffee, Fruit Juices w/ sugar, Liquor, Wine	Nut Milks, Tea	Tap Water	Apple Cider, Green Coffee, Raw Fruit Juices	Ginger, Mu, Green & Herbal Teas	Ionized Water 9.0 to 10.0 pH, Lemon Water
SWEETS	Artificial Sweeteners	Chocolate, Jams, Pastries, Sugar	Carob, Fructose, Maple Syrup, Molasses	Barley Malt Syrup, Raw Honey	Raw Maple Syrup & Molasses	Stevia	
MISC.	Fried Foods, White Vinegar, Yeast	Balsamic Vinegar, Condiments, Microwaved Food, Table Salt	Gelatin, Hummus, Soy Products, Rice Vinegar		Mayonnaise, Sea Salt, Tamari Sauce, Fresh Herbs & Spices, Miso Soup	Cayenne, Cinnamon, Cilantro, Kelp, Parsley, Stevia Plants, seaweed	Baking Soda

This chart reflects the body's response to specific foods, not the pH of the foods themselves.

Digestive System Overview - Chart 77

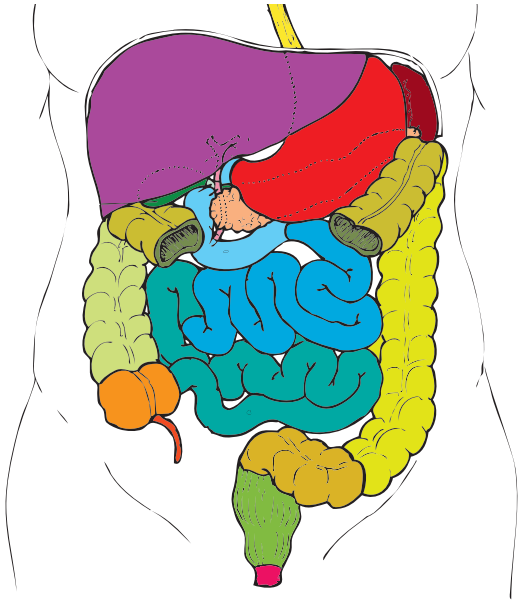
Organ Functions

The digestive system is basically a tube open at both ends. The food enters from one end, the lining of the tube absorbs the usable substances, and the waste products leave from the other end. The digestive system ingests food, which is usually in forms completely unsuitable for use by the body cells and thus must be transformed to smaller and simpler usable forms. It uses 2 digestive processes both mechanical and chemical.

Solid food is torn apart, ground, and vigorously shaken then mixed with the various juices from the digestive glands to dissolve the food as much as possible as well as make it suitable for chemical digestion. To transform the soup chemical digestion must occur. During chemical digestion proteins are broken down first.

Mouth

Saliva is excreted from the cheeks, under the tongue, and under the lower jaw. Saliva aids in mechanical digestion by dissolving the food. Gastric juices contain mucus, acid and enzymes. Saliva formation and secretion are under autonomic nervous control. Parasympathetic nerves stimulate saliva. Sympathetic nerves inhibit the secretion of saliva.



Stomach

The stomach mixes the food with acidic gastric juices to break them down and then delivers it to the small intestine in intervals. No absorption of any significance, occurs in the stomach.

Pancreas

The pancreatic secretion is an alkaline juice rich in hydrolytic enzymes that chemically digest essentially all the food substances. This alkaline solution helps neutralize the gastric acid in the small intestine.

Liver

The liver & gall bladder secrete bile to the stomach and small intestine that help us digest fat. The liver has the unique ability to receive and sample/filter absorbed food substances before they reach the general circulation. The liver receives blood from the heart and intestines, and sends blood to the heart.

Small Intestine

The small intestine is the only place where the chemically digested food is absorbed. Most of the absorbed food is delivered to the liver; from there the nutrients move, via the bloodstream, to the rest of the body. Inside the small intestine there are digestive juices that are secretions of the small intestine, the pancreas, and the liver.

Large Intestine

The large intestine is where the waste products accumulate, dehydrate and are prepared for excretion. Nearly 1/3 of stool's solid mass is of bacterial origin.

Date:
Day of Week: _____

Food Diary - Chart 85

Name of Food & Preparation	Amount (portion)	When (time of day)	Where (setting)	Why (emotion)
Meal One				
Meal Two				
Meal Three				
Snacks				