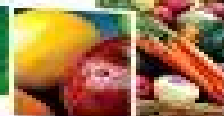


# Raw Vegan Series FOOD COMBINING

DIETARY GUIDANCE



## INTRODUCTION

### Raw Foods Vegetarianism

- Eating a diet of raw and living food can improve health, slow aging, improve mental clarity, and strengthen overall immune function.
- Other recommended lifestyle improvements are careful food combining, fasting, yoga, stretching, daily aerobic and strength training routines, and dry skin brushing, as well as improving mental outlook and the use of incense, steam baths, saunas, massages, and other complementary therapies.

### Food Combining

- One goal is to nourish with the most nutrient-dense, easily digestible foods, allowing quick absorption of nutrients and efficient elimination of waste.
- Even if the diet is purely living foods, the combination of foods eaten at one sitting can either help or hinder this process.



## TWO PRINCIPLES OF FOOD COMBINING

### 1 Do Not Overstrain Your Digestive Tracts

- Protein-dominant foods require the acidic juices found in the stomach to break them down.
- Starch-dominant foods require the alkaline fluids found in the mouth for complete digestion.
- When the acidic juices mix with the alkaline juices they tend to neutralize each other, thus digestion is impeded and incomplete.

### 2 Do Not Move Food That Digests Quickly

- Foods digest at a different rate in different acid/alkaline environments.
- When a food that digests quickly is eaten after a food that takes more time to digest, the process is impeded.
- This causes indigestion, fermentation, bloating, and gas accumulation.



## THE FOUR GOLDEN RULES

### 1 Never Eat Protein-Dominant Foods and Starchy Carbohydrate-Dominant Foods in the Same Meal

- Each group goes well with vegetables, but not at the same meal.

### 2 Never Eat Fruits & Vegetables in the Same Meal

- Fruits and vegetables digest at different rates.
- If consumed together, they can cause a backup in the digestive system and produce gas and bloating.

### 3 Consume Only Truly Ripe Fruit and Only Wheat in Full Health

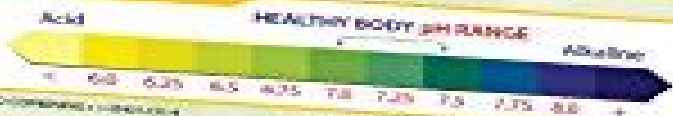
- Fruit is often picked earlier to extend its shelf life, but if eaten, unripe fruit takes what it needs to ripen from the body.
- Fruit contains sugar, and all sugar feeds disease.
- Sugar is hard on the pancreas, and if the pancreas does not work well, the sugar goes into the bloodstream and feeds disease.
- Once you have achieved optimum health, 10% of your diet may be fruit.
- When drinking fruit juices, add 25-50% water.



### 4 Eat Maltose Above (or Only with) Other Maltose

- Maltose digests rapidly and can ferment quickly.
- If eaten with other foods that require longer digestion time, they will get held up, ferment, and can cause uncomfortable gas and bloating.
- Once sitting in the system, they will ferment and cause uncomfortable gas.

## pH SCALE



## ENZYMES

- Enzymes are proteins that assist in chemical reactions without enzymes, life is not possible.
- Digestive enzymes help to break down molecular bonds in food, aiding in digestion.
- Raw, living foods contain enzymes that can be utilized for digestion; this reduces the need for the body's production of digestive enzymes.
- When raw food is chewed or crushed, the enzymes are released and assist in the breakdown of the plant material with which they come in contact.

## IDEAL DIET

### 50% Alkaline & 50% Acid

- Once processed by the body, food has either an acidifying or alkalinizing effect in the body, changing the pH of the tissues and fluids.
- Most raw food is digested also affects mineral balance.
- A diet high in alkalinizing foods helps keep the overall pH of the body in an ideal range; most people are overly acidic, which makes disease and dysfunction.



### Alkaline-Forming Foods

- Spinach • Leafy greens • Green vegetables
- Vine-ripened vegetables • Mushrooms • Cayenne pepper • Garlic • Onion • Two-ripened fruit
- Small grains • Low vegetables • Cultured vegetables • Fresh beans and peas • Sesame seeds • Some nuts

### Acid-Forming Foods

- Most fruit (all unripe fruit and subacid) • Large grains
- Rye • Wheat • Barley • Corn • Buckwheat, rye, wheat
- Cooked beans • Cooked white potatoes • Most unprocessed nuts and seeds
- Maltose • Cakes • Dairy • Eggs • Coffee • Salted processed foods • Bread



When it's not 100% raw, results in the immune system needs full employment to eat the otherwise cooked foods clean.

# Food Combining Handbook

**Yiu H. Hui**



## **Food Combining Handbook:**

The Complete Book Of Food Combining Kathryn Marsden, 2011-07-07 Food combining enhances the quality of your diet increases your intake of vitamins and minerals and improves the way the body digests and absorbs nourishment It is one of the safest and most successful ways to lose weight as well as being an invaluable natural remedy for a variety of health problems In her new definitive book Kathryn Marsden explains everything you ll ever need to know about food combining in one easy to follow volume The book is divided into 4 parts Part 1 Essential basics including principles short cuts food charts etc Part 2 Food combining for specific reasons ie weight loss food allergies fluid retention low blood sugar stress etc Part 3 Four weeks of food combining recipes and menu plans Part 4 Alphabetical check list for specific foods For more information on Kathryn Marsden please visit [www.kathrynmarsden.com](http://www.kathrynmarsden.com)

**Food Combining Handbook** Gary Null, 1973

**Food Combining** Kathryn Marsden, 2002 Food combining is the art of combining different foods to promote optimum digestion prevent intolerances and improve health Providing a breakdown of the various combinations it explains exactly how and why they work Delicious meal plans included

**Food Combining for Health** Doris Grant, Jean Joice, 1989 Get fit with foods that don t fight

*Food Combining Bible* Jan Dries, Inge Dries, 2002 All you need to know about food combining the Hay Diet and eating the healthy way

The Complete Book of Food Combining Jan Dries, Inge Dries, 1998 The way foods are combined is just as important to good health as the nutritional value of each food This thorough exploration of the scientific and physiological principles of food combining explains how eating different foods together affects the digestive system and provides new ways to relieve common digestive complaints Includes 200 vegetarian recipes Color photos

**Raw Food Nutrition Handbook, The** Karin Dina, Rick Dina, 2015-06-01 Rick and Karin Dina are both healthcare practitioners and long time followers of a raw food diet They ve provided scientific information on how to construct nutritious raw diets through their Science of Raw Food Nutrition classes to hundreds of students This book is a compendium of the latest information from peer reviewed research and their own clinical experience on why raw diets are so beneficial and how to construct a raw diet that will provide all the necessary nutrients The Raw Food Nutrition Handbook covers issues such as getting enough protein understanding calorie density and nutrient density focusing on whole plant foods hydration and food combining The Dinas provide examples of some of the most popular raw food diets and discuss the nutritional adequacies of each one They also share some of the success strategies they ve used over the years to help people stay raw over the long term make sense of conflicting nutritional information and engage family and friends in their dietary journeys

*The Body Ecology Diet* Donna Gates, Linda Schatz, 2011-06-15 If you re experiencing discomfort fatigue or other symptoms that won t go away no matter what you do or how many doctors you see chances are you re one of the millions unknowingly suffering from a systemic fungal yeast infection the hidden invader The result of an imbalance starting in your internal ecosystem this can be a key factor in headaches joint and muscle pain depression cancer food allergies digestive problems autism and other

immune related disorders The Body Ecology Diet reveals how to restore and maintain the inner ecology your body needs to function properly and eliminate or control the symptoms that rob you of the joy of living Tens of thousands of people have already benefited from the Body Ecology way of life Donna Gates shows you step by step how to eat your way to better health and well being deliciously easily and inexpensively In this book you will learn how to use seven basic universal principles as tools to gain mastery over every health challenge you may encounter focus on your inner ecology to create ideal digestive balance conquer cravings with strategies for satisfying snacking and for dining away from home and plan meals with dozens of delectable recipes an array of menus and detailed shopping lists      *Handbook of Diabetes Management* Donna

Zazworsky, Jane Nelson Bolin, Vicki Gaubeca, 2007-12-29 The growing problem of diabetes presents difficult challenges for sufferers and for those in the healthcare professions who are in the unenviable position of trying to convince patients to change their lifestyle for their own good *Handbook of Diabetes Management* provides practical knowledge and advice that can help you anticipate the challenges of working with these Patients What's more since the knowledge here is evidence based you can assure your patients that the guidelines you're presenting to them have been shown to be effective This guide takes into account the complexity of the disease the diversity of the populations it affects and the continued improvement of care systems It discusses the origins of diabetes and medication management and treatment then presents advice based on the latest research findings on behavioral health and self management issues and interventions tips for patients dealing with issues such as travel surgery and foot care treating specific patient populations including Latinos Native Americans rural communities and the uninsured case studies from successful replicable programs Also addressing the business aspects of diabetes care related to such areas as legal and regulatory issues and health policy initiatives *Handbook of Diabetes Management* brings you practical insights based on the latest research This handbook book by expert professionals covers every aspect of diabetic care It is a sound evidence based culturally informative practical approach to diabetes prevention and disease management Kathleen Lambert BSN RN JD from the Foreword      **An Urban Garden Handbook** Don

Elwood, 2012-08-02 A GARDENING HANDBOOK FOR OBTAINING THE MOST PRODUCE FOR THE LEAST COST ENERGY AND SWEAT ITS A BOOK FOR BACK YARD GARDENERS OF THE AQUARIAN AGE THE BOOK CONTAINS EXCELLENT GARDENING ADVICE FOR THE 30 MILLION BABY BOOMERS THAT ARE ABOUT TO RETIRE AND TRY TO LIVE ON THEIR SOCIAL SECURITY CHECKS The book tells How to build low cost quality weed free soil for the garden How to increase garden output through patch gardening techniques How to change garden environments to improve plant performance How to expand the garden for use in all three seasons How to extend the garden height to increase production per square foot How to use magnets to improve crop performance How to use color to improve crop performance How to use Yantras to improve crop performance How to use prayers to improve crop performance How to obtain Deva and nature spirit assistance to balance soil nutrients How to use sound frequencies to improve crop performance How to use music to improve crop

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**Handbook of Self-Regulation, Second Edition** Kathleen D. Vohs,Roy F. Baumeister,2013-01-18 This authoritative handbook reviews the breadth of current knowledge on the conscious and nonconscious processes by which people regulate their thoughts emotions attention behavior and impulses Individual differences in self regulatory capacities are explored as are developmental pathways The volume examines how self regulation shapes and is shaped by social relationships Failures of self regulation are also addressed in chapters on addictions overeating compulsive spending and attention deficit hyperactivity disorder Wherever possible contributors identify implications of the research for helping people enhance their self regulatory capacities and pursue desired goals New to This Edition Incorporates significant scientific advances and many

new topics Increased attention to the social basis of self regulation Chapters on working memory construal level theory temptation executive functioning in children self regulation in older adults self harming goal pursuit interpersonal relationships religion and impulsivity as a personality trait      **The Prophet's Handbook** Apostle Raymond Stansbury, 2011-03-03 Shalom As promised this is volume two of the prophet's Handbook This book is for meat eaters only the milk stage has passed The revelation that Yahweh has given me to share in this book is life changing and is meant to change one's life Don't take the teachings in this epistle lightly because it will add levels and dimensions to your spirit man It's my desire that it pushes you to dig and study even more to show your self approved unto Yah If you have not read volume one of the prophet's handbook I could encourage you to do so because it gives the basics of the prophetic ministry office of gifting I bring you greetings from P H O T O Prophetic House of Truth Outreach Messianic Hebraic Assembly where everybody is somebody in the body As founder and senior pastor want to thank you for sowing a seed into the purchasing of this prophetic work and may it add years to your life as well as your destiny      *Food Combining* Kathryn Marsden, 2002      **The Complete Book for Combining Foods - How to Combine Foods for Optimal Health** Herbert M. Shelton, 2021      **Handbook of Food Science, Technology, and Engineering** Yiu H. Hui, 2006      *Food Mixing* P. J. Cullen, 2009-07-21 The mixing of liquids solids and gases is one of the most common unit operations in the food industry Mixing increases the homogeneity of a system by reducing non uniformity or gradients in composition properties or temperature Secondary objectives of mixing include control of rates of heat and mass transfer reactions and structural changes In food processing applications additional mixing challenges include sanitary design complex rheology desire for continuous processing and the effects of mixing on final product texture and sensory profiles Mixing ensures delivery of a product with constant properties For example consumers expect all containers of soups breakfast cereals fruit mixes etc to contain the same amount of each ingredient If mixing fails to achieve the required product yield quality organoleptic or functional attributes production costs may increase significantly This volume brings together essential information on the principles and applications of mixing within food processing While there are a number of creditable references covering general mixing such publications tend to be aimed at the chemical industry and so topics specific to food applications are often neglected Chapters address the underlying principles of mixing equipment design novel monitoring techniques and the numerical techniques available to advance the scientific understanding of food mixing Food mixing applications are described in detail The book will be useful for engineers and scientists who need to specify and select mixing equipment for specific processing applications and will assist with the identification and solving of the wide range of mixing problems that occur in the food pharmaceutical and bioprocessing industries It will also be of interest to those who teach study and research food science and food engineering      *THE DIET RESOURCE GUIDE* Dennis B. Weis, 2021-12-28 An individual's Diet is the sum of food and drink that he or she habitually consumes Dieting is the practice of attempting to achieve or maintain a certain weight through diet People's dietary choices are often affected by a

variety of factors including ethical and religious beliefs clinical need or a desire to control weight Not all diets are considered healthy Some people follow unhealthy diets through habit rather than through a conscious choice to eat unhealthily Terms applied to such eating habits include Junk Food Diet and Western Diet This book is a short list of many of the world s most popular diets how people use them when is the ideal time to change your diet and what makes up a health sustainable diet

Handbook of Food Science, Technology, and Engineering - 4 Volume Set Y. H. Hui, Frank Sherkat, 2005-12-19 Advances in food science technology and engineering are occurring at such a rapid rate that obtaining current detailed information is challenging at best While almost everyone engaged in these disciplines has accumulated a vast variety of data over time an organized comprehensive resource containing this data would be invaluable to have The

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