

# Food Combining & Fruit Categories

I will henceforth cover the importance of eating simpler meals versus complex meals and address the three categories (sub-acid, acid and sweet) of fruit and their role in detoxification.

Different foods require different digestive juices and enzymes for digestion as well as varying acid/alkaline pH values in the stomach and small intestines. Also, different foods have different timetables for digestion. A melon will digest much faster than just about any other food. Complex foods or combinations of foods can take several hours to digest. It is sensible that for best digestion and assimilation foods should be consumed in the most simple and best compatible combinations.

Let's have a look at the following two macronutrients: carbohydrates (sugars) and protein. This will grant you a better understanding of the importance of proper food combining.

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## *Carbohydrates*

Let's start with sugars. We have different kinds of sugars when considering their degree of complexity:

- 1) Monosaccharides ("mono" means one or single. "Saccharide(s)" means sugar(s)) are the simplest form of carbohydrates only consisting of a single type of sugar molecule. There are three kinds of simple sugars: glucose, fructose and galactose. The body has no reason to convert these sugars as they're already in their simplest form. This is mainly in response to the idea that fructose is converted into glucose by the liver, which contradicts the fact that non-brittle type 1 diabetics have no blood sugar spikes or extreme fluctuations from eating only fruits on an empty stomach, as opposed to consuming vegetables.
- 2) Disaccharides ("di" means two or double) are sugars composed of two monosaccharides. Disaccharides must be broken down into monosaccharides, before an organism can utilize the sugars. Sucrose, maltose, lactose and dextrose are examples of disaccharides.
- 3) Polysaccharides ("poly" means multiple or many), also known as complex carbohydrates or starches, are composed of 3 or more monosaccharides. No organism can use this kind of sugar in its complex form. Like disaccharides, these sugars must be broken down into simple sugars first.

The breakdown of sugars is facilitated by alkaline digestive enzymes requiring an alkaline environment in the stomach and small intestines.

## *Proteins*

Next up are proteins.

Amino acids are the simple constituents that comprise proteins. It is said that the human body requires 22 different amino acids split into:

- 9 essential (meaning you have to get them through consumption of food)
- 3 conditionally essential (meaning essential at different times of human development)
- 10 non-essential (meaning that your body manufactures them from essential amino acids or otherwise) amino acids for your body to create proteins. Apparently, if you don't acquire all of these amino acids, you cannot build tissue and will begin to wither away. It does intrigue the mind how people all over the world are proving this false every single day just by their existence. In this I'm referring to plant-based

raw foodists, Ehretists (mucusless diet practitioners) and high level fasters that have been at it for long periods of time - some for even several decades.

Proteins are complex amino acid chains. No organism can use protein in this form and therefore it must be broken down into amino acids first. Proteins, being very complex bundles of amino acids, call for digestive enzymes that can only operate in an acidic environment thus invoking hydrochloric acid.

Look at proteins as a house, and amino acids as the construction material that comprises it (cement, bricks, lumber, etc.). If you wanted to build your own house from scratch, would you purchase an already built house (protein foods) just to tear it down for you to build the house the way you want it to be (not to mention having to get rid of the resulting waste byproducts)? In terms of energy conservation, that would be far from clever. Therefore it would be much wiser to consume the building blocks and let the body manage the rest from there.

The worst food combination one can make in the same meal, is combining protein foods with starches.

Proteolytic enzymes (enzymes required for breakdown of proteins) require an acidic environment while carbohydrate digesting enzymes require an alkaline environment for digestion. Proteins will invoke hydrochloric acid while starches call for the secretion of alkaline digestive enzymes and thus will nullify each other. Normal digestion will come to a halt. If meat is involved, putrefaction will occur while other foods will begin fermenting. Digestion will henceforth be taken over by fungi.

### ***Digestion Time***

The more complex a meal or individual food is, the longer it will take to process. Oblivious to many, mixing foods requiring longer digestion time with quick digesting foods will interfere with proper digestion often resulting in fermentation, gas and malodorous stools. An example is eating a salad and following up with a piece of watermelon (or any fruit for that matter) or fruit juice.

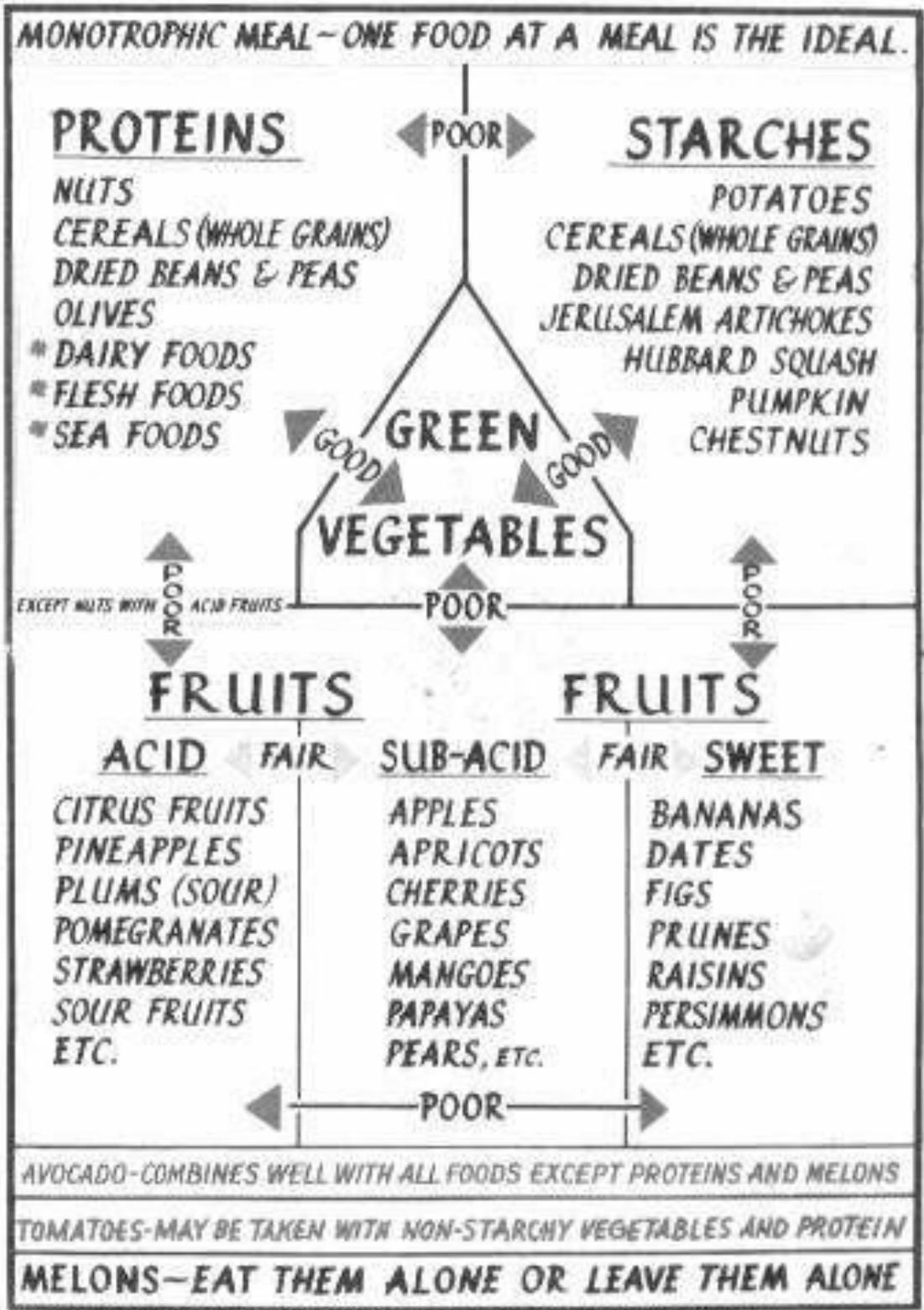
Fruits generally digest the fastest, comparatively speaking. The higher the water content of a fruit, the shorter time digestion will take. For this reason, fruits should not be mixed with any other category of foods. When you mix different fruits together try to mix fruits with similar water content in order to prevent fermentation. Eating say, a banana or two, and then eating grapes or oranges on top of that will result in fermentation. An exception to this rule is when you thoroughly blend fruits by use of a powerful blender as the blender will mechanically pre-digest the fruits for you.

Each food has its respective rate of digestion as well as required digestive juices. Even if similar foods are combined, eating them separately (as individual meals) will yield more energy than eating one or more fruits together. To acquire a good grasp of this, try it for yourself. As your body increases in rate of efficiency, there will be a vast difference between eating just one type of fruit and mixing two or more fruits together. Just like you will find it impossible to think about and focus on two or more things simultaneously, so would your body, in terms of having to digest two or more different foods at the same time. More energy will have to be diverted away from cleansing and rebuilding and toward digestion.

An example of this is to step down from a prolonged mono-fruit diet to a diet including a variety of fruits. The difference is often felt a short while after the meal. You'll be astounded of how sensitive your body can be.

The simpler you eat, the better off you will be.

# CORRECT FOOD COMBINING



\* THESE SUBSTANCES NOT RECOMMENDED BUT INCLUDED FOR CLARITY

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## *Fruit Categories*

### **Sub-Acid Fruits:**

With the exception of grapes, sub-acid fruits are mild detoxifiers and are great for balanced, non-aggressive detoxification. If you're dealing with a highly acidic condition, you may have to step down to sweet fruits or vegetables (raw or cooked).

Darker grapes have proven themselves to be strong pullers with positive attributes toward kidney tissues (the darker the grape, the more powerful). This makes them a good alternative to lemons. Green grapes are also decent.

### **Sweet Fruits:**

Sweet fruits are not powerful detoxifiers but can be considered a big step above vegetables and equal to non-sweet fruits.

### **Acid Fruits:**

Acid fruits are generally powerful and aggressive detoxifiers, with citruses sitting at the top. The thing to remember here is to make absolutely certain all acid-fruits are tree-ripe before consuming them (of course all fruit should be consumed ripe). If dealing with a high degree of systemic acidosis, acid-fruits can be too aggressive and painful to consume. If this is the case for you, step down to the sub-acid or sweet fruit categories.

### **Nightshades:**

Nightshades are not part of the recommended diet protocols but you may still include tomatoes as part of a salad. Again, if dealing with a high degree of acidosis, it is highly suggested that you abstain from nightshades.

SUB-ACID FRUITS	SWEET FRUITS	ACID FRUITS	NIGHTSHADES*			
Apple	Banana	Cranberry*	<b>General</b> Chayote Eggplant Paprika Pimentos Potatoes(white) Tomato Tomatillos Etc.	<b>Peppers</b> Banana Cayenne Cherry Chili Datil Habanero Jalapeno Sweet Thai Wax Etc.		
Apricot	Date	Grapefruit				
Blackberry	Fig	Kiwi				
Blueberry	Jackfruit	Kumquat				
Cherimoya	Jujube	Lemon				
Cherry	Longan	Lime				
Grapes	Mamey Sapote	Orange				
Loquat	Mangosteen	Pineapple				
Lychee	Papaya	Pomegranate				
Mango	Prunes	Strawberry				
Nectarine	Persimmon	Tangelo				
Peach	Raisins	Etc.				
Pear	Etc.					
Plum						
Raspberries						
Etc.						
<b>* Generally not part of the recommended diet protocols.</b>						