

# THE *Divine* WAY TO *Combine*



**COMBINE ONLY  
WHERE BLACK LINES  
TOUCH.**

## Food Combining Basics & Exceptions

- ♥ Chew your food!
- ♥ Desert desserts or eat dessert first (fresh fruit).
- ♥ Eat fruit 30-60 minutes before every meal.
- ♥ Cinnamon sprinkled on fruit helps lower its glycemic index.
- ♥ Eat concentrated proteins and starchy carbohydrates at separate meals.
- ♥ Eat only one concentrated protein at each meal.
- ♥ Cold foods (including liquids) may slow digestion.
- ♥ Listen to YOUR body.

- ♥ Beans combined with rice create a whole protein—with all exceptions, eat with a fresh vegetable salad (high water, enzyme, and fiber content).
- ♥ The small particles of blended greens increase bioavailability & are absorbed well with fruit. Try a green smoothie!
- ♥ More important than food combining or eating for your blood type—eat whole, local, organically grown, seasonal and fresh!
- ♥ Ask for a blessing and express gratitude for all food you take into your body.

## Tummy Time (in stomach)

Water	0-10 minutes
Juice	15-30 minutes
Fruit & Melon	30-60 minutes
Sprouts	1 hour
Wheatgrass juice	60-90 minutes
Most vegetables, Grains and Beans	1-2 hours
Dense vegetable protein	2-3 hours
Cooked Meat and Fish	3-4+ hours
Shellfish	4-8 hours+

Food waste should be eliminated from your body 18-24 hours after consumption.

## Fruit Basics

- ♥ Eat fruit alone as a fruit meal or 30-60 minutes before a meal.
- ♥ Fruits should not be eaten immediately after meals while other food is digesting in the stomach.
- ♥ When consumed before more complex foods, fruits prepare the digestive tract. The water rinses & hydrates, fibers sweep & cleanse and the enzymes activate chemical digestion.
- ♥ Minimize eating sweet fruits and acid fruits together.
- ♥ Melons are best eaten alone.

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## Food Combining 101

### CONSCIOUS CONSUMPTION

Minimize the consumption of liquids with a meal or immediately following. Fluids consumed along with or after a meal may dilute enzymes and hydrochloric acid (HCL) needed for digestion.

### MOST FOODS FALL INTO THREE CATEGORIES

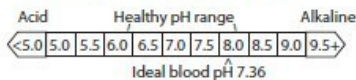
Most foods combine well with high water-content vegetables.

CONCENTRATED FOODS	HIGH WATER CONTENT	FATS
Proteins and Carbohydrates (Meat and Potatoes)	Fruits and Vegetables (Apples to Zucchini)	Lard, Oils, Omega 3,6,9 Essential Fatty Acids (EFAs)
RULES FOR COMBINING FOOD		
AVOID eating protein and a carbohydrate in the same meal.  WHY?  Proteins and carbohydrates are the most concentrated foods and require the most energy to digest and require different enzymes.  A leafy green salad should be eaten with any protein, carbohydrate or fat. If you do combine concentrated foods, eat a mixed vegetable salad.	Eat fruit by itself! Do not eat fruit with any other foods.  WHY?  Fruit is the highest water content and takes the least amount of energy/time to digest. EAT BEFORE, but not immediately after other foods.  After a meal, wait at least three (3) hours before eating more fruit. Don't eat sweet fruits right before a meal.	AVOID lard, canola oil and other heavily processed, refined oils.  WHY?  Heated oils rancidify and may create acrylamide. Never heat seed or nut oils. Cook with coconut, olive or ghee. Only heat Organic Extra Virgin Olive oil up to 92 degrees.  Include a raw leafy green vegetable.

## Energize and Alkalize!

Foods that create alkalinity in our system may balance out the acid-producing foods. Raw spinach and raw tomatoes are alkalizing but when cooked create acid. Oxalic acid assists in peristaltic actions of the digestive system but can crystallize in the kidneys when formed from cooked foods. Parsley and ginger are helpful in keeping the kidneys strong and are great as tea or raw. When we have excess acid in our system, our body may need to produce more cholesterol to balance, we also may store extra fat as a buffer from the acid.

Apple cider vinegar can help restore acidic balance of the stomach. Coconut water is an excellent electrolyte replenisher. It is slightly alkaline and has a similar structure to blood plasma, which has a Ph of 7.36.



Note that a food's acid or alkaline-forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic, however the end-products they produce after digestion and assimilation are very alkaline so lemons are alkaline-forming in the body.

When weighing in on diets remember to eat lots of fresh, alkalizing, high fiber and water foods that support balanced nutrition and give your body the vital energy that you deserve. Your body will balance at its optimal weight when nourished properly. When we consume foods containing enzymes, water and fiber we may enhance nutrient absorption and minimize digestive burden.

All foods have to be broken down in our bodies into a form of sugar. Glucose (sugar) is the brain's only food as it cannot burn protein or fat. All fruit, except for bananas, dried fruit & avocados, have high water content and spend minimal time in the stomach and digest in the small intestine. This rapid transition time makes fruit a great quick sugar to the brain and also activates digestive processes and gets the tract juicy and ready for more concentrated foods with longer transition times.

Your ideal daily water consumption should total half of your body weight in ounces (i.e. 140 pounds ÷ 2 = 70 ounces water). Milk or other dairy drinks are not a substitute for water. Most dairy is highly mucous forming and difficult to digest. The molecules are larger than our receptor sites, making absorption challenging. If you must have dairy, try raw goat dairy. It seems to be more compatible for human digestion.

Fermented or "cultured" foods provide beneficial bacteria (friendly flora, probiotics). This is crucial to maintaining a harmonious balance in our internal ecosystem. They adapt to the environment's needs, increasing or decreasing HCL secretions in the stomach based on what it needs.

Fruits are best eaten before all meals to prepare for more complex digestion. A green leafy salad may assist with digestion of most foods and is best combined with all meals. Consume with an attitude of gratitude. Optimize your health and your life. You Deserve it! Enjoy, with many blessings,

### Improper food combining burns your body up. Fermentation + Putrefaction = cellular destruction!

If a protein is eaten with a carbohydrate, the different digestive juices in contact with each other may dilute each other's effectiveness...	...impaired digestion may slow transition time allowing the PROTEIN to putrefy and the CARBOHYDRATE to ferment...	<b>... the result is gas and flatulence in the system!</b>
If a protein is eaten with a sugar, such as nuts with raisins...	... the PROTEIN will putrefy and the SUGAR will ferment...	
<b>Proteins</b> (concentrated) should be eaten with steamed vegetables and/or salads (high water, enzyme and fiber) for optimum digestion.	<b>Carbohydrates</b> (concentrated) should be eaten with steamed vegetables and/or salads (high water, enzyme and fiber) for optimum digestion.	Eaten alone on an empty stomach, <b>Fruit</b> washes and cleans the digestive tract, preparing it for further nutrient absorption.

- Chewing your food properly breaks open the cell structure, increasing bioavailability. Smaller fiber particles sweep through the digestive tract with ease.
- In the digestive system, the process to break down proteins, carbohydrates and fruit are different, requiring different secretions.
- By receiving foods in the combinations that are optimal for ease in digestion, nutrient absorption is supported.
- When we adhere to the rules of proper food combining, we may conserve energy for the cleansing of accumulated toxic waste and reserve more energy for life.
- Remember we absorb through the skin. The skin has the largest surface for absorption & elimination. Feeding your skin is another way to enhance overall balance & optimal health. EFAs and probiotics are important not only internally, but externally.

**Resources**  
Elizabeth Howard, Nutritional Therapist  
[deeproutednutrition.com](http://deeproutednutrition.com)  
Optimum Health Institute  
[optimumhealth.org](http://optimumhealth.org)  
**Fit for Life** Harvey Diamond  
**Body Ecology Diet** Donna Gates  
**Proper Food Combining Works** Lee DuBelle  
**Food Combining & Digestion** Steve Meyerowitz

**Tara Alder, Alder Brooke Healing Arts**

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



## FOOD CATEGORIES

Some foods may fall into more than one category.

\*alkalizing foods  
†particularly acidifying foods

### Concentrated proteins

Nuts\* Fowl†  
Pumpkin seeds\* Meat†  
Flax seeds\* Milk†  
Cheese† Soybeans†  
Eggs† Yogurt\*

### Fats & Oils†

Avocado Nut Oils  
Butter Olives  
Corn Oil Olive Oil  
Coconut Butter Safflower oil  
Coconut Oil Soy Oil  
Cream Sesame Oil  
Lard

### Complex Carbohydrates & Starchy Vegetables

Beans† Potatoes†  
Breads† Pumpkin†  
Cereals† Split peas†  
Grains† Squash\*

### Non-Starchy Vegetables\* (High Water Content Foods)

Arugula	Celery	Garlic	Rhubarb
Asparagus	Chard	Green Beans	Scallions
Bamboo shoots	Chicory	Jicama	Shallots
Beet Greens	Chives	Kale	Spinach
Bok Choy	Collards	Kohlrabi	Sprouts
Broccoli	Cucumber	Leeks	Squash
Brussel Sprouts	Daikon	Lettuce	Sweet Pepper
Burdock Root	Dandelion	Mushrooms	Tomatoes
Cabbage	Eggplant	Okra	Tomatillos
Carrots	Endive	Onions	Turnips
Cauliflower	Escarole	Parsley	Watercress
Celeriac	Fennel	Radishes	Zucchini

### Sea & Water Vegetables\*

Agar	Chlorella	Kelp	Sea Palm
Alaria	Dulse	Kombu	Spirulina
Arame	Hijiki	Nori	Wakame
Bladderwrack			

### Fermented Foods\* (beneficial bacteria, friendly flora, "probiotics")

Amazake	Kombucha	Poi	Tempeh
Kefir	Miso	Quark	Umeboshi
Kimchi	Natto	Sauerkraut	Yogurt

### Acid Fruits

Blackberry	Plum (sour)
Cranberries	Pomegranate
Grapefruit	Raspberry
Lemon/Lime*	Sour Apple
Orange	Strawberry
Pineapple	Sour Cherries

### Sub-Acid Fruits\*

Apple	Mango
Apricot	Papaya
Blueberry	Peach
Cherry	Pear
Kiwi	Plum (sweet)

### Sweet Fruits\*

Banana	Papaya
Date	Persimmon
Currant	Dried Fruits
Fig	Prunes
Grapes	Raisins

### Melons\*

Cantaloupe	Papaya melon
Casaba	Persian Melon
Crenshaw	Musk Melon
Honey Dew	Watermelon