

Food combining

Eating and drinking foods in particular combinations can be invaluable for weight loss and for treating certain digestive disorders, as one of its benefits is to facilitate the eliminative functions and maximise digestive power. Well known versions include the Hay diet and the Fit for life program.

It can help with obesity and weight problems, blood sugar abnormalities, digestive bloating, acid indigestion, and food allergies/sensitivities.

Eat fruit only for breakfast. You can eat as much as you like, but try not to eat too many different types at one sitting. In particular do not combine melons with other fruits. Melon is digested very easily and quickly, even more so than other fruits. If combined with other foods it tends to ferment, causing bloating and discomfort. You may however take one of the super foods available such as alfalfa, spirulina, chlorella and blue/green algae and sea vegetables. They are particularly rich in minerals.

Your first full meal should be at lunch time.

Never eat fruit with any other food type, so don't have it for dessert after a main meal. You need to leave at least half an hour between eating fruit and anything else, and at least two hours after eating a meal before you eat fruit.

Do not drink anything with your meals except a moderate quantity of water, a herbal digestive tea, or vegetable juice. Drinking anything else will dilute digestive secretions and weaken digestion.

If you eat animal proteins separate these from any carbohydrates. Alternating between proteins and carbohydrates on a day to day basis can work well. This probably will require a fairly radical reworking of your diet as the protein/carbohydrate combination is at the heart of many popular dishes. However the pancreas, particularly is eased considerably by not having to work so hard, and you end up having much better digestion.

Never eat after 8pm. At this time your digestive powers are virtually dormant. Food eaten after this will lie heavily on your stomach, and may not in fact move far until morning, perhaps contributing to restless and disturbed sleep patterns.