



### HELPFUL HINTS ON HOW PROPER FOOD COMBINING WORKS!

1. There are three (3) basic types of food: concentrated foods (proteins and carbohydrates), high water content foods (fruits and vegetables) and fats.
2. Proteins are the most complex (concentrated) food and require the most time and energy to assimilate.
3. Fruit is the least complex (high water content) food and takes the least amount of time and energy to digest and assimilate. It can be eaten right before, but not after, any other food. After a meal, you must wait at least three (3) hours before eating more fruit. Sweet fruits should not be eaten right before a meal.
4. All foods that are eaten have to be broken down into a form of sugar.
5. Glucose (sugar) is the brain's only food. It cannot burn protein or fat.
6. All fruit, except for bananas, dried fruit and avocados, pass directly through the stomach and digest in the intestines.
7. Medical science and nutritionists have erroneously classified ALL sugars, including fruit, as carbohydrates. Fruit may be classified as a carbohydrate, but its make-up is so entirely different that it MUST be thought of as a separate group. It is best to classify fruit as a sugar. The classification of fruit as a carbohydrate and the subsequent consumption of fruit along with proteins and carbohydrates has probably led to more digestive difficulties than any other dietary habit.
8. In the digestive system, the process to break down proteins, carbohydrates and fruit are entirely different, requiring different secretions. Therefore, to insure the most efficient digestion possible, these three foods should not be consumed simultaneously.
9. If a protein is eaten with a carbohydrate, such as meat and a piece of bread or potato, the different digestive juices in contact with each other will nullify each other's effectiveness. The protein will putrefy and the carbohydrate will ferment. The result is gas and flatulence in the system.
10. If a protein is eaten with a sugar, such as nuts with raisins, the protein will putrefy, and the sugar will ferment. The result is gas and flatulence in the system.
11. If a carbohydrate is eaten with a sugar, such as a cooked grain cereal with apple or banana, the carbohydrate and the sugar will both ferment. The result is gas and flatulence.
12. No healthy cell structure can be built from fermentation or putrefication.
13. Proteins (concentrated foods) should be eaten with steamed vegetables and/or salads (high water content foods) for optimum digestion.
14. Carbohydrates (concentrated foods) should be eaten with steamed vegetables and/or salads (high water content foods) for optimum digestion.
15. If fruit is eaten alone on an empty stomach, it will have the effect of washing and cleaning the digestive tract, leaving it more capable of absorbing nutrition.
16. NEVER eat cooked spinach. Spinach contains oxalic acid, which assists in the peristaltic actions of the digestive system. That is the constant waving motion to keep foodstuffs moving through it. When cooked, oxalic acid forms acid crystals in the kidneys, and its beneficial properties are lost. Always eat spinach raw.
17. Tomatoes are an acid fruit, but in the digestive tract they are extremely alkaline, helping neutralize acid buildups in the body. When tomatoes are cooked, they are highly acid-forming and damaging to the internal organs. They are a prime factor in the high incidence of ulcers in this country, and severely aggravate an existing ulcer. If you must have cooked tomatoes, i.e., spaghetti sauce, be certain that a large green salad is eaten with it to offset its damaging effects. For the highest level of health, tomatoes should NEVER be eaten cooked.

18. Fluids should not be consumed along with or after a meal, because they wash away many of the digestive juices and are severely diluted. This forces the body to secrete more digestive juices immediately, unnecessarily usurping energy.
19. Dairy products are highly mucous forming and difficult to digest. They do not combine well with anything. If they are eaten, they should be accompanied with a salad.
20. By adhering to the rules of proper food combining, the digestive system works less, thereby conserving energy that can then be utilized elsewhere in the body. The conserved energy can be used by the body for the cleaning of accumulated toxic waste.
21. Improper food combining is one of the main reasons why so many people have an excess weight problem. The energy necessary to break down and eliminate the excesses that causes one to be overweight are constantly being used by the digestive system. There is simply no enough energy at the body's disposal to carry out the function of digestion and eliminate unwanted excesses, unless the burdens placed on the digestive processes are decreased.
22. Ignore fad weight-loss schemes and standardized height-weight charts based on averages from an unhealthy population. The critical point to remember is that when you are on a healthful, vital diet, your body will automatically go to your most optimum body weight and will remain there.

Dr. Fred Bisci, Ph.D. :

With a Ph.D. In Nutritional Science, Dr. Fred Bisci has been living the Raw Foods lifestyle and has had a pioneering and active practice in New York City for over forty years. He has worked with over 35,000 people all over the world with numerous health issues by helping them change their eating and drinking lifestyles through his Real, Fresh Food approach. His unique outlook looks at biochemical interrelationships, rather than a simple dietary or nutritional standpoint. This biochemical appreciation of how the multiple variables work in the human body are directly related to a lifestyle of what is left out and what is put in. Fred has developed the BASIC RAW DIET MENU, and the INTERMEDIATE LEVEL MENU (for transitioning) which are the core features for creating a Healthy Lifestyle Program. His program helps you name your current program and meets you "where you're at". Fred empowers you to set healthier personal parameters through eating and drinking various combinations of food as you commit to a Healthy Lifestyle Program.

(Fred also pioneered the "Blood Gas Theory" made popular recently by author Matt Monarch in his book, "Raw Success." I HIGHLY RECOMMEND this book because understanding the Blood Gas Theory and how the body holds and releases toxins through the blood stream is incredibly important information for anyone trying to live as health promoting a lifestyle as possible. ~ Shea )

Fred still takes clients, and is available for private consultation by phone, or in person.

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because the road to health is paved with good intestines!!!!