

# Harmonious Food Combinations

## Concentrated Protein

mammal, fowl, fish, eggs, cheese.



**DO NOT  
COMBINE**

## Concentrated Starch

Definitions: Starch / Carbohydrate

Starch the way they were created right out of the earth.

Carbohydrate is a starch that man modified or fortified.

Example: Starch brown rice carbohydrate white rice.

There is a big difference. One is food the other is not!

Vegetables  
Potatoes.



GOOD

It's all about  
Digestion

GOOD

### 100% Corn

meal, grits, pop corn, polenta, tamale corn (masa), com tortillas, com tortilla chips, taco & tostada shells (Corn oil must be organic)



### Neutral

#### Vegetables Fresh

artichokes, asparagus, avocado, bamboo shoots, beets and tops, bell peppers, broccoli, brussel sprouts, cabbage (all kinds) carrot, cauliflower, celery, celery root, chicory, chives, collards, corn, cucumber, dandelion, eggplant, endive, garlic, green beans, jerusalem artichoke, jicama, kale, kohlrabi, leeks, lettuce (all kinds), mushroom, mustard greens, okra, onion, parsley, parsnip, peas & pods, radish, rutabaga, scallion, sea vegetables, spinach, spring greens, squash (all kinds), string beans, swiss chard, tomato, turnip, watercress, yams, green & red chili, jalapeno



#### Fats & Oils

organic coconut oil, butter, virgin, extra virgin, cold or expeller pressed.



#### Sweeteners

raw honey, molasses, real maple syrup, a gawe, stevia & coconut tree sap.



Sprouted legumes, grains, nuts, seeds & sprouted grain breads.



#### Fermented

grains, vinegar, vegetables, & hypocrites tea.

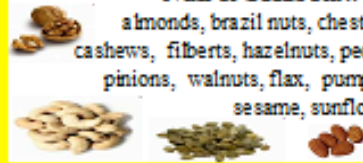


#### Herbs, spices & salt



#### Nuts & Seeds Raw

almonds, brazil nuts, chestnuts, cashews, filberts, hazelnuts, pecans, pinions, walnuts, flax, pumpkin, sesame, sunflower.



### Grains whole

amaranth, barley, buckwheat, millet, oats, quinoa, rice, rye, spelt, triticale, wheat etc.



### Legumes dried

beans (all kinds), lentils, peas & peanuts.

### Fruits fresh or dried

banana lasts 45 minutes watermelon, cantaloupe, honeydew lasts 10 minutes apples, apricot, berries, cherry, currant, date, fig, grapefruit, grapes, kiwi, lemon, lime, mangoes, nectarine, orange, papaya, peach, pear, pineapple, persimmon, plum, pomegranate, plum, prunes, raisins, tangelo, tangerine lasts 15 to 30 minutes.

Eating fruits for a meal or snack means continuing to eat it until 10 to 45 minutes before the next meal. The minutes indicated by the fruit are how long it lasts as fuel in the body before you could feel hungry again. Eating a piece of fruit at 7:am expecting it to last until noon is unrealistic.



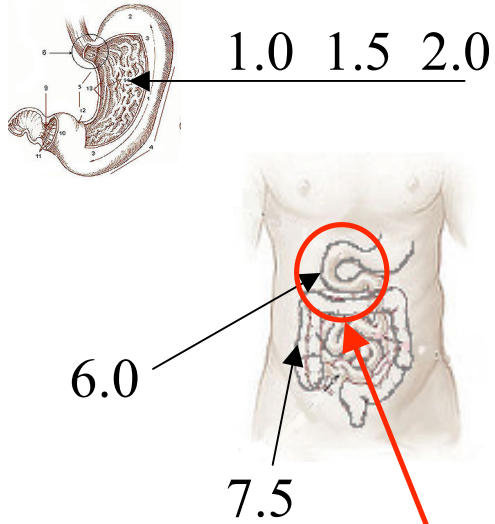
**Health & Weight Loss Clinic**  
Dr. Michael E. James NMD  
888-388-4413  
www.drugfreehelp.com

Dry Fruits & Nuts  
VERY GOOD

Consume 1 Qt. water per 40 lbs. of body weight. Drink PH balanced water. Add 1 tsp. baking soda per 1 gallon water (RO or distilled).

## Concentrated Protein

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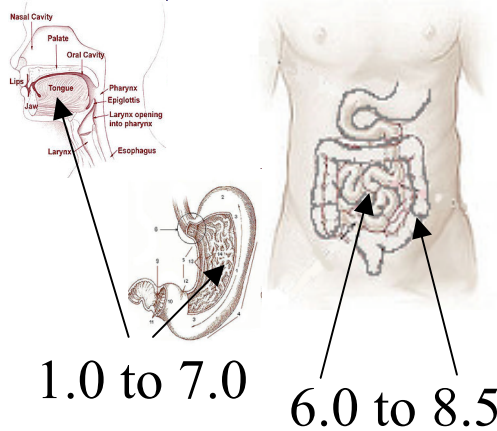


Minerals are used to change the PH. Calcium from bones, Magnesium from muscles.

Transit time 8 hours

## Neutral

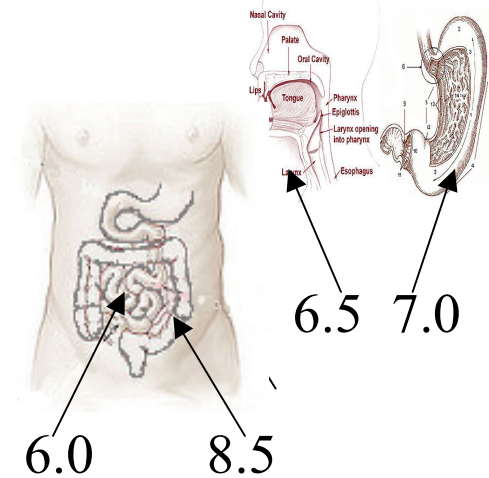
Vegetables all are very *Alkaline*, *corn* nonGMO and organic. Oil & fat has a *Base* pH. Sweeteners are slightly *Acidic* however loaded with nutrients. Toasting bread makes it easier to digest. Sprouting grains multiplies its nutrition. Fermented foods are very Alkaline. Raw Nuts & Seeds are better if Soaked to turn off enzyme blockers.



Transit time 2 hours

## Concentrated Starch

Potatoes, grains (whole), dried Legumes, have a *Base* pH. Refined they are very *Acidic*. Fruits fresh or dried are very *Alkaline*. Refined they are less *Alkaline*. Adding sugars make them *Acidic*.



Transit time 4 hours

When Concentrated Protein and Concentrated Starch are together Transit time can be 24 hours or more