

Elements of Food Combining

As we age, our digestive system doesn't produce as many digestive enzymes necessary to completely break down our food. That's where taking an enzyme with a meal can help. I can help you choose a digestive enzyme or you can go [here](#).

However, there may come a time when you tire of taking supplements or simply cannot afford them. When this happens you may want to consider proper food combining.

The following information is not complete; that would take an entire book, which has already been done by famous authors such as Harvey Diamond in "*Fit for Life*" and Lee DuBelle in "*Proper Food Combining Works*". My goal is to simply introduce you to the concept and allow you to improve the diet and digestion with some easy to follow suggestions.

Benefits of proper food combining:

- Improved digestion and absorption of nutrients
- Ability to easily reach body weight
- Balanced pH
- Improvement in energy levels

Basic food combining rules:

- Never eat protein and starch together.
- Always allow proper time for foods to digest before changing categories.
 - ❖ Starches, non-meat proteins, and vegetables – 5 hours
 - ❖ Fruit – 2 hours
 - ❖ Meat proteins – 12 hours
- Fruit is always eaten alone – especially melon
- Keep fats and starches separate after about 3 pm.
- If you must eat again before proper time has passed, eat from the same category as your last meal and restart the time.
- Dairy is generally considered an eat-it-alone food category.