



SUGGESTED DIET

COMBINE WHEN YOU DINE: The following five items should be included to complete a meal and for proper digestion, which is proper assimilation of foods for conversion into energy. These items are Proteins, Carbohydrates, Oils, Liquids-Juices and Vitamins-Minerals.

Food combining is the only sensible, logical way to eat your foods so that everything you consume is given the best chance of digesting and allows straying from the simple path of nature without suffering. Its purpose is to make digestion easier, less complicated and more efficient.

The human body requires the periodic supply of a series of basic substances needed for tissue formation, for obtaining the energy that is needed, for performing its physiological activities, and for regulating metabolism. Such substances, present in different proportions in the foods we eat daily, are the nutrients.

FUNCTIONS OF NUTRIENTS: The body uses each type of nutrient in a different way, but generally, as a whole, nutrients are considered to have three types of functions.

STRUCTURAL FUNCTION: They are used for construction and regeneration of tissues and organs. Proteins and some minerals are used this way.

ENERGY FUNCTION: They are used for obtaining the necessary energy for metabolic chemical reactions that constitute the basis for life, for retaining body heat, for the development of mechanical actions such as muscular contractions, and for many other purposes. Carbohydrates and fats, and secondly, proteins, are used for this purpose.

REGULATORY FUNCTION: They are used as elements that modulate metabolic chemical reactions and the activity of various organs. Several minerals and vitamins are used for this purpose.

FOR BEST RESULTS:

1. **“Dried fruit and almonds”** should be soaked in pure water 24 hours before eating. This will make for easier digestion.

NOTE: Cashews should only be eaten after roasting.

2. **“Grains and legumes”** should be soaked 24 hours before cooking. This will allow them to be converted into complete protein and starches into simple sugars. Your body will utilize up to 100% nutrition as a result of soaking.

3. Eat at least five (5) pieces of fruit a day, preferably more. **Only** eat fruit for breakfast.

Reasons: Fruits are best when eaten on an empty stomach.

Fruits require little digestion (only about 30 minutes).

Fruits go right through the digestive tract. Moreover, fruit are cleaners.

When eating fruit, think of eating a sponge. As fruit travels through the digestive tract, it absorbs toxins much like a sponge would. If fruits are eaten with other foods, then the sugar is more readily turned into fat. Fruit is not fattening when eaten alone. It is okay to eat fruit later on in the day – just between meals.

Citrus Fruits – (10:00 AM) is a good time for a Mid-Morning Snack – **Tangerine, Lemon, Lime, Orange, Kumquat, Pineapple, Pomegranate, Strawberry and Tomato.** They should be eaten alone. If you prefer juices drink only fresh squeezed, **NOT CONCENTRATED.** (This will only form more mucus).

Melons – (4:00 PM) is a good time for a Mid-Afternoon Snack – **Watermelon, Cantaloupe, Honey Dew, Casaba and Muskmelon.** They should be eaten alone. Do not eat anything one hour before or after eating melons, as they **DO NOT** combine well with other foods. Melons, eaten at this time, may assist in releasing fluids.

Fruits combine well with lettuce and celery.

Reason: Lettuce and Celery are neutral in the digestive chemistry. In fact, in cases of impaired digestion they may enhance the digestion of fruits, especially sweet fruits.

4. Eat at least eight (8) servings of vegetables a day.

Reasons: Vegetables are the healers while fruits are the cleaners.

Vegetables give the body the nutrients it needs to heal itself. When we feed the body well, it is able to fight off disease.

5. Eat as much raw food as possible.

Reason: Foods contain enzymes naturally. These enzymes help to digest food. Enzymes found in food are heat sensitive and are killed at 115 degrees. This means that enzymes are destroyed even when food is lightly steamed. Eating a lot of cooked food and processed food (canned, frozen, boxed) over the years stresses the body. The body's organs become overworked because they are solely responsible for producing enzymes that are required for digestion. **An ideal diet contains 80% raw food. If possible, try to eat at least 50% raw food in your daily diet.**

REMEMBER, DON'T OVEREAT: Do not eat when you are emotionally upset, stressed, or after a hard workout. Always have pleasant thoughts while eating and enjoy your food. You can play your favorite music while you eat, whether you are eating alone or with others. When food goes to your stomach accompanied by feelings of love and happiness, your body and mind will cherish the nutrients with love and happiness which will help the body and mind to glow and stay healthy. Try to eat with people who share pleasant thoughts and make eating a pleasing event. Avoid fights, an exchange of unpleasant words, bad news, etc., while eating, in order to prevent repeated emotional blockages associated with food. Eat only when you are hungry and stop before you are full. Do not eat foods that are too hot or too cold; they can damage the enzymes necessary for proper digestion. Room temperature is optimum. Drink little or no liquid during meals; it dilutes digestive juices and impairs digestion. Always avoid refined, canned, fried and/or processed foods. Learning to combine foods properly is not just a passing trend. The principles of proper food combining are scientific, biochemical facts of life.

WATER IS A VITAL ELEMENT: Water is the main component for human beings and for all living organisms. It is an essential element for life, both in terms of quantity and quality. It is the largest and essential component of our bodies because all chemical reactions that are necessary for living occur in an aqueous environment. Water is inside all cells and between the cells of various tissues, and in some body compartments because it is part of blood, lymph, and organic secretions. Over half the body mass in humans consists of water, although the percentage decreases throughout life.

WATER BALANCE IN THE ADULT BODY: The body loses water constantly through various ways such as waste, urine and fecal matter, the skin, sweat, and the lungs with breathing. Chemical reactions take place in the body from the metabolism of carbohydrates and proteins, and fats produce endogenous water, about 300 ml a day in the adult. However, this amount is not enough to replace what has been lost. Therefore, it is necessary to supply the difference and that can only be achieved with food. Exogenous water is provided through drinks which are made up mainly of water, and also by food that contains water in smaller or larger proportions.

YOU DIE IF YOU DON'T DRINK WATER: If water losses are not replenished, dehydration can occur, and in extreme cases death can occur.

You should drink at least a half-ounce of water per day per pound of body weight. (A 120 lb. adult should drink at least 60 fl. Oz. of water daily, roughly half a gallon.)

PROTEIN BUILDING MATERIALS: Eat protein with vegetables and salads only. Protein is very difficult to digest, requiring 3 to 4 hours in the digestive system. Naturally, spice protein is hard to digest. It should be eaten with foods that are relatively easy to digest such as vegetables and salads. Proteins are one of the most abundant substances in the body. They are used for building and repairing tissues, and are the most important factors for maintaining good health and vitality. Protein requires an acid medium in which to digest. Therefore, protein foods and starch/carbohydrate foods, which require an alkaline medium for digestion, should be eaten at separate meals. Fats slow down the digestive process, so it better not to combine fats and protein at the same meal. Because simple sugars (fruits, honey, syrups, etc.) are quickly digested, they should not be eaten with protein which requires a more complex and prolonged digestive process. The finest sources of high quality protein are found in fresh fruits, vegetables, raw nuts and seeds, whole grains, soy products, and legumes. Eggs are one the most complete foods and should not be absent from our diets because they provide the maximum quality of proteins, fats, minerals, and vitamins.

CARBOHYDRATES ARE A SOURCE OF ENERGY: Carbohydrates are the main source of energy for all bodily functions. They provide us with calories that are readily available to the body for use as energy. Carbohydrates are usually referred to as sugars and starches. We should obtain these from fruits, vegetables, seeds, nuts and whole grain cereals. Carbohydrate/starch foods require an alkaline medium for proper digestion. Therefore, eat protein foods and carbohydrate/starch foods at separate meals. Because simple sugars are so quickly digested, they should not be eaten with complex carbohydrates, which require a more complex and prolonged digestive process. Fruits and vegetables are excellent sources of minerals and thus should be part of our daily diet.

FATS/OILS ARE CONCENTRATED ENERGY: Fats are the most concentrated source of energy in our diet. These compounds of carbon, hydrogen and oxygen are the same elements found in carbohydrates, but they present in different combinations and proportions. Oils are similar to fats but are usually liquid at room temperature. Fats and oils tend to slow down and inhibit digestion. Therefore, it is best to avoid eating fats and proteins at the same time. The highest quality sources of fats and oils are found in fresh fruits such as avocados, olives, vegetables, raw nuts and seeds, whole grains, and legumes.

FIBER HELPS KEEP IT ALL MOVING, BUT HOW MUCH DO YOU REALLY KNOW ABOUT FIBER AND YOUR HEALTH?

WHAT IS FIBER? Fiber is the part of food that goes through the stomach and small intestine without being digested by enzymes. There are two main types of fiber, and a blend of each is an ideal component of a healthy diet. The two types of fiber are soluble and insoluble. Soluble fiber is digestible and broken down by normal bacteria in your intestine. Both can help you maintain regularity and a sense of well-being. Examples of soluble fiber are oats, beans, dried peas, fruits, vegetables and legumes. Psyllium husk is the best single cleansing fiber for everyday use. Examples of insoluble fiber are wheat bran, soy, and whole grain products, and vegetables are best known for their ability to provide bulk to the digestive system. They help to normalize elimination and promote colon health.

The standard American diet is low in fiber, which is confirmed by current nutritional reports. According to these reports, on average the United States consumes 10 to 15 grams of dietary fiber per day. Due to low fiber diets, Americans are faced with widespread constipation and many other health problems. But do you know how much fiber is enough, or how much is too much in your diet? Can you identify the foods that are richest in fiber? We need more fiber for better health. Daily fiber consumption of 25 to 35 grams per day is recommended by the leading health authorities. The American Dietetic Association recommends that 5 to 10 grams should comprise soluble fiber and insoluble should comprise the rest.

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

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