

# Extract from Your Healthy Journey by Fred Bisci

## Food combining



- Fruit should be eaten alone as a separate plateful of food and not mixed with any protein or starch/ carbohydrate.
- Fruits can be mixed with leafy green vegetables, celery, cucumber etc. in the same course as a meal.
- Acid fruits and sub-acid fruits can be eaten together as a serving and should be finished first, and then sweet fruits may be followed as an additional portion.
- All melons should be eaten alone as a separate meal for optimal usage and to prevent flatulence.
- Protein and starches/carbohydrates should not be eaten in the same meal.
- Proteins may be eaten with leafy green vegetables and light starch vegetables in the same course as a meal.
- Starches/carbohydrates may be eaten with leafy green vegetables and light starch vegetables in the same course as a meal.



### 7. Details of What To Put In



#### Fruits (vitamin rich)

Oranges (all varieties), Grapefruits, Lemons, Limes, Coconuts, Grapes, Raisins, Figs, Apricots  
 Apples (all varieties), Pears, Peaches, Cherries, all Berries, Plums, Bananas, Kiwis, Medjool Dates  
 Watermelons, Melons, Cantaloupe, Cranshaw, Honeydew, Papayas, Mangoes, Pineapples



#### Vegetables (mineral rich)

**Leafy Greens/Lettuces:**  
 Spinach, Romaine, Chicory, Kale, Boston Bibb, Endive, Collards, Escarole, Arugula, Red Tip, Green Curley, Mesclun, Fennel, Watercress, Chard

**Light Starch Salad Ingredients:**  
 Cucumber, Celery, Red or Green Pepper, Tomato (all varieties), Zucchini, Broccoli, Cauliflower, String Beans, Asparagus, Yellow Squash, Cabbage, Okra, Avocado

**Sea Vegetables:** Dulse, Kelp, Nori, Arame

**Root Vegetables:**  
 Carrots, Beets, Parsnips, Turnips

**Semi-Concentrated Carbohydrate Starches:**  
 Jerusalem Artichokes, Acorn and Butternut Squash, Corn, White and Sweet Potatoes, Yams



#### Grains/Concentrated Carbohydrates:

Brown Rice, Millet, Buckwheat, Cornmeal, Amaranth, Quinoa, Gluten-free Bread, Brown Rice Pasta (Tinkyada), Polenta, Kamut



#### Beans/ Concentrated Protein & Carbohydrate:

Fresh Lentils, Kidney and Black or White Beans, Split Peas, Lima, Chick Peas, Navy, Pinto, Etc.



#### Seeds & Nuts/ Protein & Fats:

Almonds, Pecans, Brazil, Macadamia Nuts, Walnuts, Sunflower, Pumpkin, Sesame, Flax Seeds



#### Nut Butters:

Almond Butter, Macadamia Nut Butter, Tahini

## Put in, leave out

Organically grown farm and pasture foods when available...

Category	Put in	Leave out
Beverages (no fluids with meals)	Non-caffeinated herbal teas (chamomile, mint, etc.) Fresh veg. and fruit juices - daily! Ionized, filtered or spring water	NO: Alcohol, cocoa, coffee, tea, fizzy drinks, canned & pasteurized juices, artificial sweetened fruit drinks, all energy drinks, and sodas
Nuts and Rice Milks (when permitted)	Almond & brazil nut milks, rice milk	NO DAIRY: processed and imitation cheeses, butter, ice cream and toppings, pasteurized milk and milk products, colored cheeses, and margarines
Eggs (when permitted)	3 weekly, poached or boiled (free range and organic)	NO: Fried, hard-boiled, or pickled
Fish (mercury free)	Fish with fins and scales Wild salmon	NO: Non-white fleshed, breaded, fried fish,



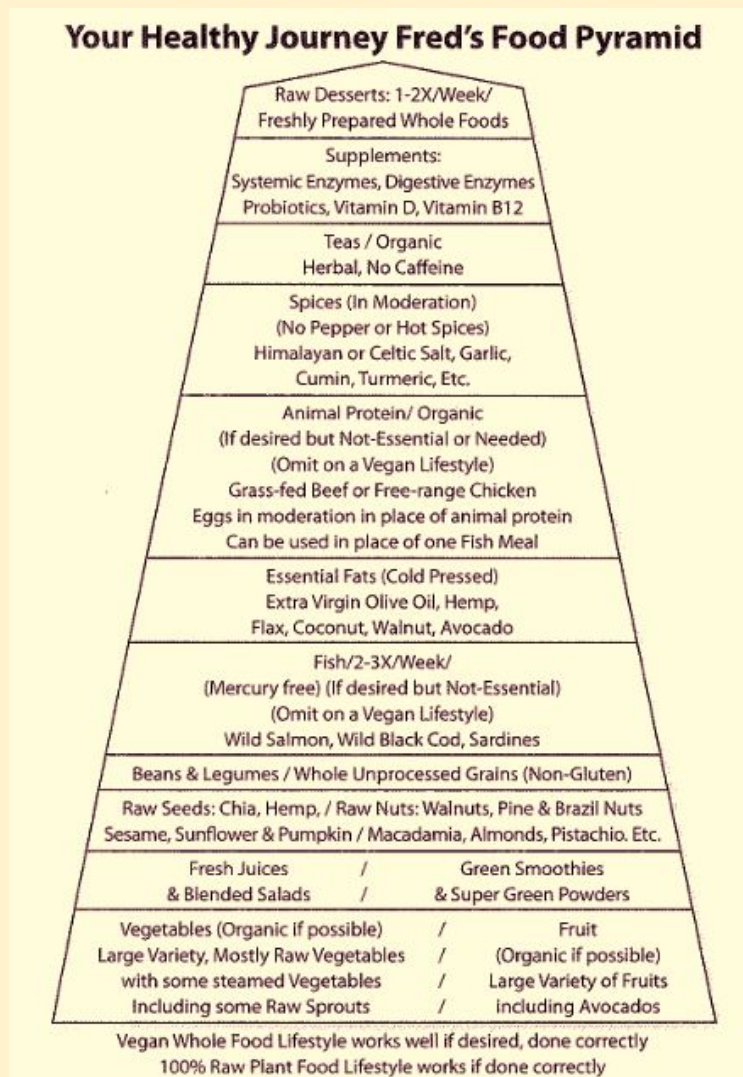
		shellfish or fish canned in oil
Fruit (when permitted)	Fresh ripe fruit in season	NO: Canned or sweetened fruits
Grains (when permitted)	Brown rice, millet, buckwheat, cornmeal, amaranth, quinoa, brown rice pasta (Tinkyada), gluten-free bread	NO: White flour products, hull-less grains, white pasta, white rice, cold or prepared cereals, rye, wheat, oats, barley breads, white flour crackers with hydrogenated oils.
Meat (when permitted)	Cow, buffalo, lamb, goat (hormone & antibiotic free, grass-fed, organic)	NO: Meat products, cold cuts, pork, hot dogs, luncheon meat and other imitations, smoked, pickled, and processed meats, corned beef, gravies, duck, and spare ribs
Fowl	Chicken and turkey (organic, no hormones)	NO: Chicken or turkey cold cuts
Nuts and seeds (can be substituted for fish, chicken, or meat)	Nuts: Almonds, pecans, brazil nuts, macadamia, walnuts Seeds: flax, sunflower, pumpkin, sesame. (All nuts and seeds should be raw and unsalted.)	NO: Roasted and salted nuts especially peanuts and peanut butter made with roasted peanuts
Seasonings (when permitted)	Herbs., garlic, basil, onions, chives, cumin, turmeric, marjoram, parsley, light-grade Celtic sea salt, apple cider vinegar, tamari, seaweed, dulse, Bragg's Amino Acids	NO: Black and white pepper, salt, cayenne, all other vinegars, hot spices, hot red peppers
Soups	Veggies with all non-gluten grains	NO: Canned soup, fat stock cream thickened, packaged soups



	-Brown rice pasta, bean, lentil, pea, vegetable	
Sprouts (Source of enzymes, vitamins, minerals, and proteins)	Alfalfa, lentils, mung, veggies, grains, seeds (all complete proteins; must be fresh)	NO: Spoiled or moldy sprouts
Sweets	Raw honey, unsulfured blackstrap molasses, carob, pure maple syrup, and agave (small amount only) [Ed: I would question this list. My list is: Fruit is okay. Dried fruit in moderation is okay. Sweeteners: Yacon, Stevia, Birch tree-derived Xylitol, Erythritol, Lucuma, Monk fruit / Lo Han Guo (Luo Han Kuo), pure Glucose (Dextrose).]	NO: Refined sugars—white, brown, turbinado—chocolate syrup, candy, sugar substitutes
Vegetables (fresh and organic are best - eat plenty)	green, leafy veggies, potatoes, squash, yams, etc (mostly uncooked, steamed, and baked)	NO: Canned, fried, or boiled veggie
Beans (best sprouted)	Fresh lentils, kidney, black, lima, and white beans, split peas, chickpeas, etc (cooked in moderation)	NO: Beans cooked with animal fat
Oils (fats)	Cold pressed olive, hemp, walnut, flaxseed, sunflower oils [Ed: I am not sure that sunflower oil has a good Omega 3/6 ratio.]	NO: Saturated fats, hydrogenated oils, margarine, refined processed oils, shortenings, hardened oils



## Food pyramid



- 80% plant-based (fruits, vegetables, nuts, seeds, sprouts) and 20% protein-based (grains, legumes) foods instead of a high protein or fat-based approach.
- Real Fresh Prepared Foods instead of processed foods.
- Raw fruits, vegetables, seeds, nuts, and sprouts instead of canned and conventional items.
- Grass fed beef and organic chicken instead of commercial beef or chicken.
- A moderate amount of whole grains, legumes, and a small amount of animal protein if necessary in the right combinations instead of improper food combining.
- Three meals a day instead of snacking between meals (letting your stomach empty between meals instead of keeping it full all day).
- Eating before dark instead of eating late at night.





## General rules

- The biological lifestyle for optimum health is Fruits, Vegetables, Nuts, Seeds, and Sprouts (fresh and uncooked) and steamed grains in small quantities.
- AVOID: smoke, exhaust fumes, food additives (MSG) artificial colors and flavors, preservatives, plant foods sprayed with pesticides and chemically fertilized—if you do use them, wash them well.
- Exercise is important to keep well and promote cell revitalization. 20 minutes 3 times a week is sufficient- Resistance, Rebounding, Yoga, Tai Chi, etc.
- Dry brush massaging before shower or bath supports the lymphatic system
- Eating correct food combinations (at proper times, for example 3-4 hours before bedtime) are essential for effective digestion and assimilation that leads to optimum health, energy, and state of well being.
- Three basic types of food: Concentrated Foods (Proteins—nuts, seeds, animal meat. Carbohydrates—grains, rice, pasta, beans, potatoes); High Water Content Foods (fruits and vegetables) and Fats (mono and saturated).
- Protein is the most complex concentrated food and requires the most energy and time to digest and assimilate.
- Fruit is the least complex, high water content food and takes the least energy and time to digest and assimilate. It is best eaten on an empty stomach 30-45 minutes before your meal as an occasional lunch/dinner option. Blended Fruit with greens or green-food can also be eaten within 30-45 minutes post exercise. Wait at least 3 hours before eating more fruit. Fruit is best at your morning meal.
- Glucose (sugar) is the brain's only food because it cannot burn protein or fat for its energy supply. All sugars, including fruits, have been classified as a carbohydrate by science, but fruit by itself is a separate category that exists as a sugar. This norm of classifying a fruit as a carbohydrate has led to the consumption of fruit combined with protein and with other carbohydrates in the same meal. This leads to digestive difficulties because this poor combination requires more digestive energy, and so should be avoided. In the digestive system, the processes for breaking down proteins, carbohydrates and fruits are entirely different and require different chemical secretions. Therefore, to insure the most efficient digestion possible, these three foods should not be consumed simultaneously in the same meal. If a protein is eaten with a carbohydrate, such as meat and a piece of gluten-free bread or potato in the same meal, the different digestive juices required to break down these foods will nullify each other's effectiveness. When this is done, the protein will putrefy and the carbohydrate will ferment, which will result in gas and flatulence in the body. Those that can tolerate this combination will still be utilizing more energy for digestion and assimilation. If a protein is eaten with a sugar, such as nuts with raisins, the protein will putrefy and the sugar will ferment. This



will result in gas and flatulence in the body. Those that can tolerate this combination will still be utilizing more energy for digestion and assimilation. The same is true if a carbohydrate is eaten with a sugar, such as a cooked grain with an apple or a banana. Healthy cell structure is weakened by fermentation or putrefaction, as Otto Warburg's research has indicated. Proteins (concentrated foods) should be eaten together with steamed vegetables and/or salads (high water content foods) for optimum digestion. Carbohydrates (concentrated foods) should be eaten together with steamed vegetables and/or salads (high water content foods) for optimum digestion.

- Spinach is an excellent food and is always eaten uncooked because it contains oxalic acid which assists in the peristaltic (wavelike) actions of the intestines. Spinach is best consumed as a juice or in a salad.
- Uncooked Tomatoes are an acid fruit, but when they are eaten and enter the digestive system they are highly alkaline and help neutralize acid build-up in the body. When tomatoes are cooked, they are extremely acid-forming; if you eat them as spaghetti sauce, for example, be certain to consume a large green salad first to offset the acidity. Tomatoes are a member of the nightshade family and in some individuals can cause problems with joint inflammation and pain.
- Fluids are consumed half an hour before a meal or 1 hour after a meal and not during or directly after a meal because this dilutes the chemical digestive secretions and is thus less energy efficient for the body. There are exceptions based on certain individual differences.
- Sprouts are a whole food source that contains enzymes, proteins, vitamins and minerals and is a good source of fiber. They can be eaten alone, in salads, sandwiches, soups and stir fry.
- Hormone /Antibiotic-Free Meat which is free range and grass fed is best. Consider meat a luxury and an appetizer, not a necessity for every meal.
- When eating out, choose a restaurant with fresher menu items and feel confident about telling them what you want!
- Food Shopping: know your menu, make a list, and read the labels. Go to the farmer's market or start a co-op, use the internet, work with each other.
- Eat: Fruits, Vegetables, Nuts, Seeds, Sprouts, Whole Grains, and small portions of Meat—all organic, if possible.
- Water: Well (tested), Ionized Water, Spring/Filtered, Distilled, Reverse Osmosis. Remember, no drinking with your meals; 1/2 hour before or 1 hour later is fine.
- Eat organic foods that are grown without the use of pesticides and chemicals.
- Food Preparations: (from uncooked to most cooked): Raw, Steamed, Boiled, Baked, Broiled, Sautéed.
- Fresh-Made Juices are tremendously IMPORTANT for your health. [Ed: Vegetable juices good, fruit juices not so good.]
- Avoid Processed Foods, which involve the removal of nutrients and addition of preservatives and chemicals to color, taste and preserve.



- Pasteurized and Homogenized Dairy are problem-atic products that require more energy and are less efficient for the body, and they are associated with many health problems.
- Blended salads are an excellent exchange for a regular salad. This is similar to a smoothie with vegetables. Blended salads are good for people who have problems with digestion and find it hard to assimilate regular salad.
- By adhering to the rules of properly ordered food combining, the digestive system works less, thereby conserving energy that can be utilized elsewhere in the body. This conserved energy can be used by the body for the cleansing of accumulated waste on a cellular level and for increasing your performance.
- Improper food combining is one of the main variables that leads to excess weight gain. The energy necessary to break down and eliminate these excesses constantly stresses the digestive system. This places an increased energy burden on the body, which has to expel the excesses. It leads to dysfunctions in digestion and elimination, and decreased activity.
- Top 10 causes of Death: Heart, Cancer, Stroke, Lung, Accidents, Diabetes, Pneumonia/Influenza, Alzheimer's, and Kidney and Blood Diseases. 85% of diseases are related to what we eat, breathe, and drink.
- Good sleep patterns are necessary. Eating dinner before darkness or 3 hours before bed is optimal to help you sleep well. Also, closing your eyes during the day and not moving (short napping) will revitalize your energy level.
- Optimal Parameters: Eating smaller, dense, and high water-content foods @ 60-80% — Fruits, Veggies, Seeds, Nuts, and Sprouts (fresh and uncooked) in the form of Juices and Salads — combined with a 40-20% balance of Grains and Meats. Prepare meals in this order so that the body digests and assimilates in the most energy efficient way.

