

Food Combining Video Series eCourse Notes

- ✓ Not realistic to apply these principles 100% of the time but the more you do the better you will feel
- ✓ Undigested protein turns into poison and leads to food allergies
- ✓ Undigested sugar rots, ferments, causes gas, bloating, constipation, feeds yeast, turns into fat
- ✓ How food combining works - you combine certain food groups to maximize digestion because each food group requires different environment i.e. eggs and oranges
- ✓ How to know if it's working? weight loss, improved digestion i.e. no gas, bloating, acid reflux etc.
- ✓ Review chart – see downloadable chart next to video

Can't I just take digestive enzymes?

Digestive enzymes are terrific. But food combining works in the stomach, digestive enzyme to most of their work their work in the small intestines AFTER the stomach.

How does this help with weight loss?

Undigested food rots and ferments, turning into sugar, which turns into fat. Undigested food also clogs vital organs which blocks weight loss efforts. For example, the liver burns fat, if your liver is clogged, you won't burn fat. If your thyroid is clogged, your metabolism will be slow. If your pancreas is clogged, you won't digest sugar, and so on.

How much time between meals?

- Fruit – wait 30-60 minutes, bananas may require up to 2 hours.
- Starches/Carbs – wait 3-4 hours.
- Nuts and Seeds – wait 3-4 hours, 4 hours would be better.
- Concentrated Proteins – wait 4 hours minimum, 5 or more hours would be better.

Can I add oil or protein powders to my smoothie?

No this would not be proper food combining. Please refer to your smoothie charts.

What category is Kombucha in? Acid Fruit

What groups are Garbonzo bean flour, almond flour?

All flour will be in the starch category

What group is maple syrup and honey in? sugar