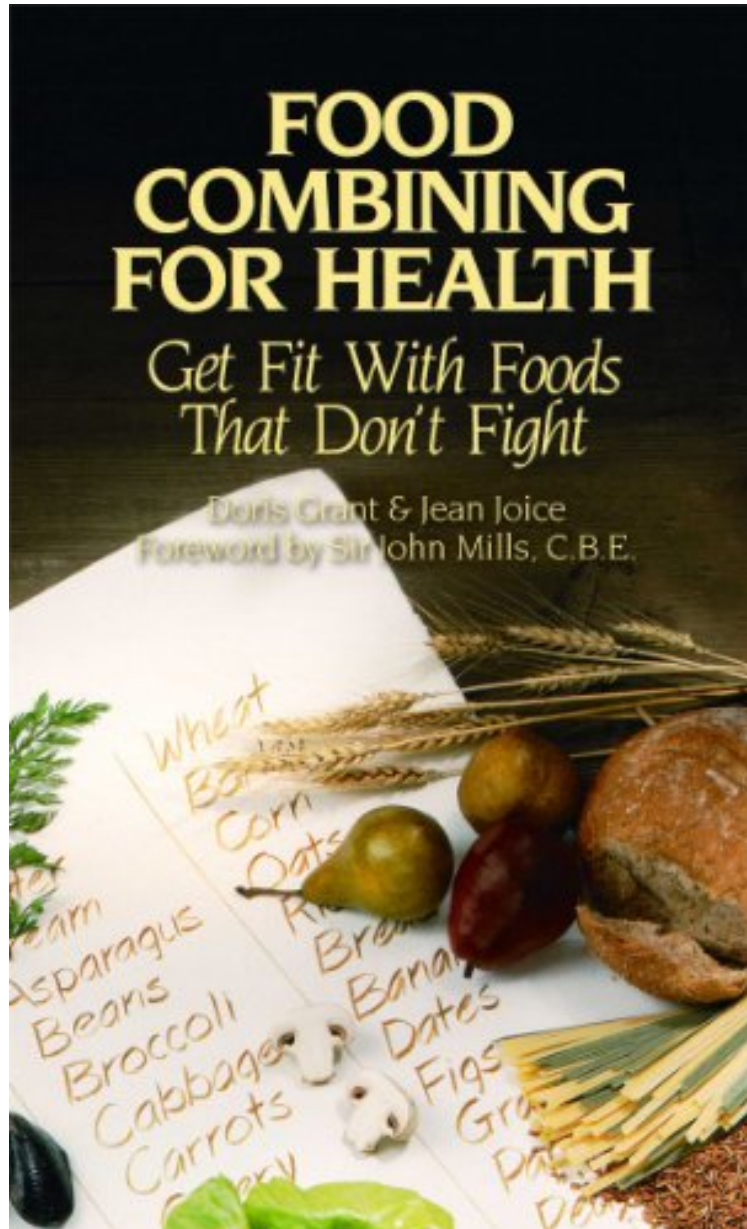


Food Combining for Health: Get Fit with Foods that Don't Fight

Doris Grant, Jean Joice

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Doris Grant, Jean Joice : Food Combining for Health: Get Fit with Foods that Don't Fight before purchasing it in order to gauge whether or not it would be worth my time, and all praised Food Combining for Health: Get Fit with Foods that Don't Fight:

3 of 3 people found the following review helpful. Excellent for maintaining or getting good health By Sylvia This is an

excellent book to learn about food combining. They say all disease starts in the gut, and this is where food combining plays a big part to aid the gut to do its job properly. Excellent guide on which foods to eat together and which not, as well as other great information. I bought this in England when it was first published and this new purchase was for my daughter-in-law who cooks great food and has banished all pre-packaged and processed food from her kitchen. Well done girl! 3 of 3 people found the following review helpful. Get Fit and Feel Better By Kathryn JI followed the advice in Food Combining for Health and it has help eliminate digestion problems including problems of food backing up into my esophagus. I seem to feel better and sleep better. You can eat all you want, but eat the "combining" way. This book is necessary, because it lists foods that you can eat together and tells you exactly how combining foods helps your health. I highly recommend it! 3 of 4 people found the following review helpful. Some say it's "hokey"....Not Me!! By Esther AI had read a little about food combining in the past, and I was skeptical. Having suffered from increasingly bad digestive problems, (pain, bloating, a general feeling of "heaviness", a LOT of gas, etc...), I ordered this book to find out more. The book was very interesting, but the recipes are dated, and I can't handle such bland food. I adapted it to the foods I enjoy and ignored the recipes, just using the "framework" of how to combine foods properly. I don't care what anybody else says,...you can throw all the scientific "facts" about the stomach "knowing" how to make the proper enzymes for any combination of foods at any given time at me you want to,...Food Combining works for me. When I combine correctly, I feel much better. When I try to eat starches with meats now (eg. my husband's favorite meals of meat and potatoes), I am miserable within minutes. An acquaintance of mine was having terrible health problems (she has Crohn's disease) and her health was failing fast. I gave her a copy of this book and told her,..."see what you think,...if it doesn't work for you give it to someone else or chuck it, your choice". A month later I noticed she looked about 85% BETTER! So I asked, "How are you doing?", and she told me that between some new thyroid medication and food combining she feels like a new person. She is not cured, but she is enjoying life again. I'm sure it's not for everybody---but if you are having problems, what have you got to lose?? Try it!!

Over 50 years ago, Dr. William Hay concluded that the body uses acids to digest proteins and alkalis to digest starches, and that mixing the two might lead to painful indigestion and more serious problems such as ulcers, allergies, and obesity. Though criticized at the time, the Hay System has been vindicated by modern research, and provides essentially the healthy, whole-food diet of mostly alkali-forming foods such as fruits, green vegetables, and salads advocated by many leading nutritionists today. Food Combining for Health shows how to separate incompatible foods. Explains how the Hay System can alleviate the symptoms of chronic diseases such as arthritis and diabetes, while increasing energy and well-being in those without specific health problems. Includes recipes and seasonal menu suggestions.

"Compatible food combinations are nature's way of maintaining the body's correct chemical balance. The authors offer practical suggestions and recipes for putting the principles of food combining into practice." (Whole Foods) About the Author Author of Your Daily Food, Doris Grant followed the Hay System for over 50 years following success in using it to treat her rheumatoid arthritis. Jean Joice has also been a proponent of the Hay System for many years.