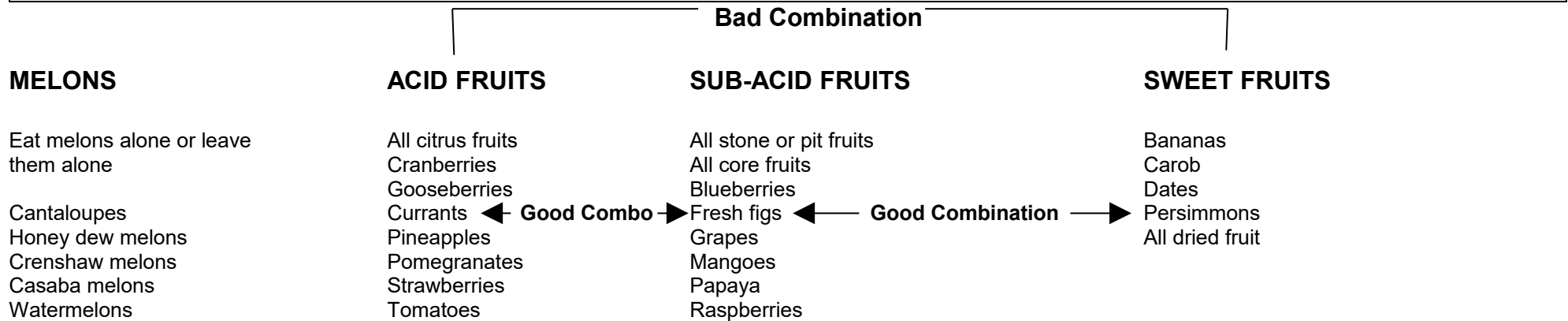
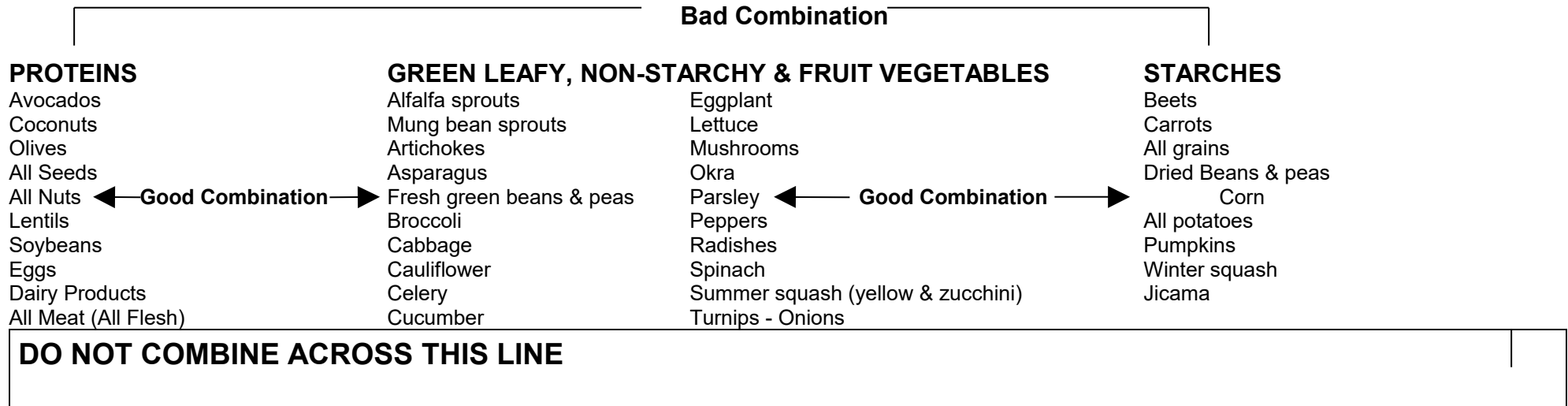


# HEALTHY EATING – ALKALIZE YOUR TISSUE

## THE FOOD COMBINING GUIDE



1. **Do not eat** PROTEINS with
  1. STARCHES – no exceptions
  2. FRUIT - (exceptions)
    - a. avocados & coconuts with ACID & SUB-ACID FRUITS
    - b. seeds & nuts – combine well with ACID FRUITS
2. **Do not eat** any kind of FRUIT with STARCH – no exceptions
3. **Do not eat** ACID & SWEET FRUITS together – no exceptions
4. **Do not eat** FRUITS & VEGETABLES together
5. **Eat melons alone or leave them alone** – no exceptions
6. Only 1 PROTEIN – or 1 STARCH at a meal



LOTUS WELLNESS COTTAGE

**(540) 745 - 3662**