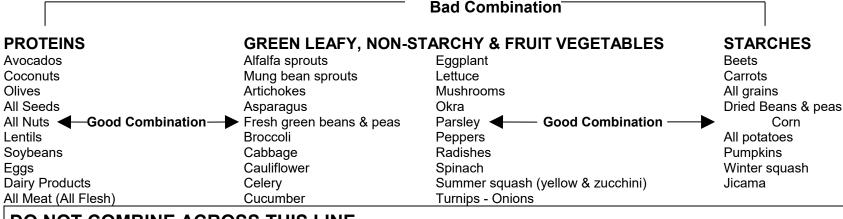
HEALTHY EATING – ALKALIZE YOUR TISSUE

THE FOOD COMBINING GUIDE

Bad Combination



DO NOT COMBINE ACROSS THIS LINE

MELONS ACID FRUITS SUB-ACID FRUITS SWEET FRUITS

Eat melons alone or leave All citrus fruits All stone or pit fruits Bananas them alone Cranberries All core fruits Carob Gooseberries Blueberries Dates Cantaloupes Good Combination Persimmons Honey dew melons Pineapples Grapes All dried fruit Crenshaw melons Pomegranates Mangoes

Crenshaw melonsPomegranatesMangoesCasaba melonsStrawberriesPapayaWatermelonsTomatoesRaspberries

- 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

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