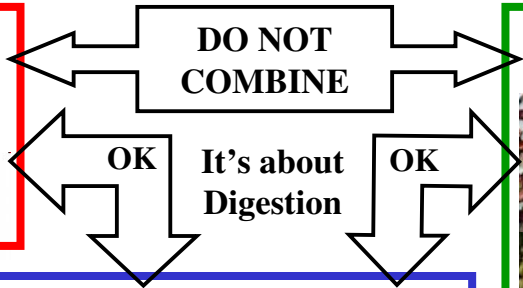


Harmonious Food Combinations

Concentrated Protein 20%
meats, fish, eggs, cheese



Concentrated Starch 20%
Vegetables potatoes

Legumes dried
beans (all kinds), lentils, peas,
*peanuts & peanut butter
*(organic only)

Grains whole
amaranth, barley, buckwheat,
corn, millet, oats, quinoa, rice,
rye, spelt, triticale, wheat etc...

Nuts raw
almonds, brazil nuts,
chestnuts, cashew
filberts, hazelnuts
pecans, pinons,
walnuts

Seeds
flax, pumpkin,
sesame, sunflower

Vegetables Fresh: artichokes, asparagus, avocado, bamboo shoots, beets and tops, bell peppers, broccoli, brussel sprouts, cabbage (all kinds) carrot, cauliflower, celery, celery root, chicory, chives, collards, corn, cucumber, dandelion, eggplant, endive, garlic, green beans, jerusalem artichoke, jicama, kale, kohlrabi, leeks, lettuce (all kinds) mushroom, mustard greens, okra, onion, parsley, parsnip, peas & pods, radish, rutabaga, scallion, sea vegetables, spinach, spring greens, squash (all kinds) string beans, swiss chard, tomato, turnip, watercress, yams.

Neutral 80%

Sprouted
beans, grains, legumes,
nuts & seeds

Honey, molasses & real maple syrup.

Corn tortillas and chips, taco and tostada shells. Flourless, sprouted breads (Ezekiel brand is good.)

wheat grass & other sprouted grasses.

Oils 1/2 cup a day
extra virgin olive oil,
cold pressed, expeller
pressed oils or butter.

Definitions: Starch the way the creator created them right out of the earth. Carbohydrate is a starch that man modified or fortified.

Examples: Starch brown rice carbohydrate white rice. Starch potatoes carbohydrate instant potatoes.

Fruits Meal or Snack

banana lasts 45 min.
watermelon cantaloupe,
honeydew lasts 10 min.

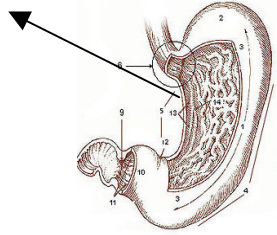
apples, apricot, berries, cherry, currant, date, fig, grapefruit, grapes, kiwi, lemon, lime, mangoes, nectarine, orange, papaya, peach, pear, pineapple, persimmon, plum, pomegranate, plum, prunes, raisins, tangelo, tangerine lasts 15 to 30 min.
Eating fruits for a meal or snack means contuning to eat it until 10 to 45 min. before the next meal.

Health & Weight Loss Clinic
Dr. Michael E. James NMD
505-831-4413
www.drugfreehelp.com

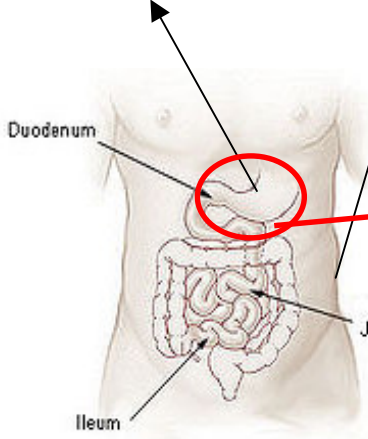
Consume 1 Qt. water per 40 lbs. of body weight.
Drink only PH balanced water.
Add 1 tsp. baking soda per 1 gallon water (RO or distilled).

Concentrated Protein

1.0 1.5 2.0



6.0 6.5 7.0 7.5

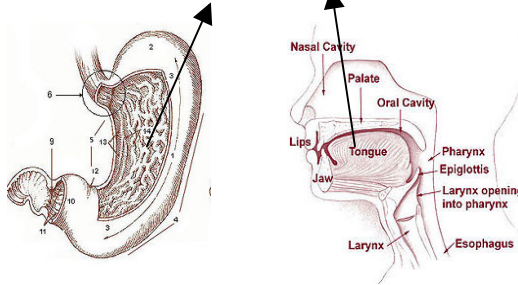


Mineral salts are used to change the PH.
The Calcium from bones, Magnesium from muscles.

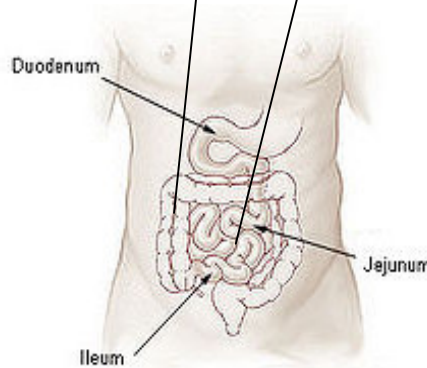
Transit time 8 hours

Neutral

1.0 to 7.0



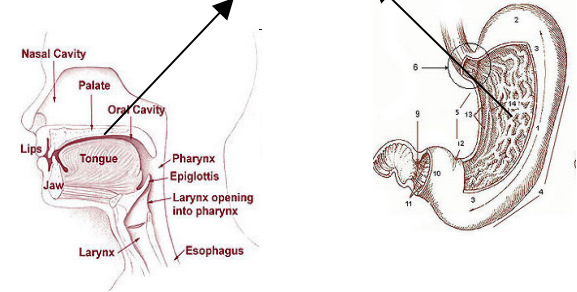
6.0 to 8.5



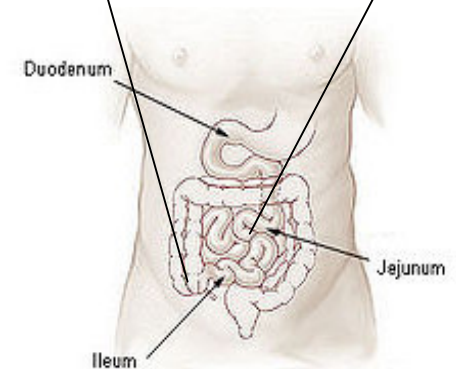
Transit time 2 hours

Concentrated Starch

6.5 7.0

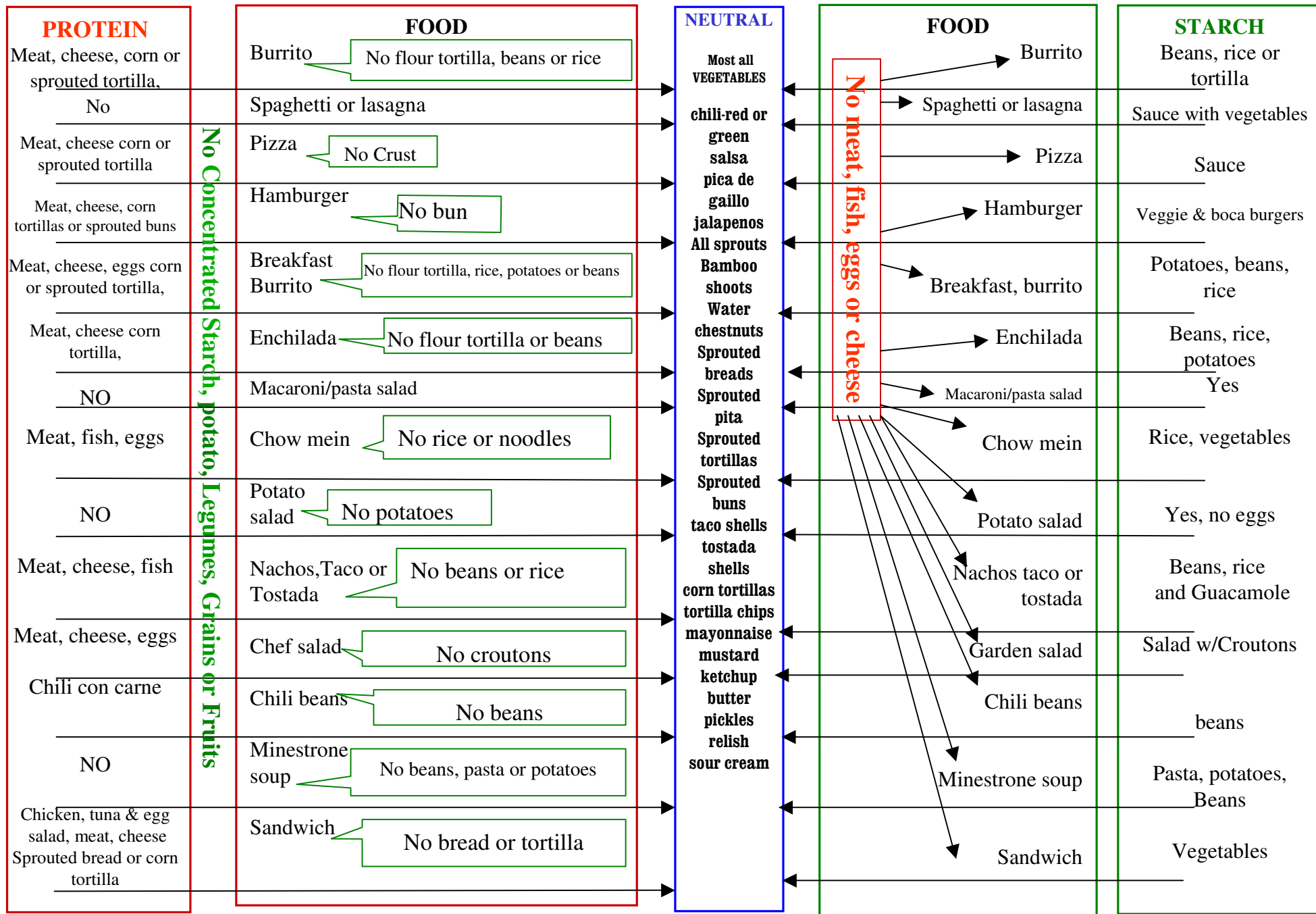


7.0 7.5 8.0 8.5



Transit time 4 hours

When Concentrated Protein and Concentrated Starch are together Transit time can be 24 hours or more



“THE KEY SIMPLICITY” Fruits & vegetables are high water content foods, unlike proteins and starches. Each protein uses different digestive enzymes. Two proteins at same meal cause fermentation. Flesh & flesh but not flesh and eggs. Each starch uses similar enzymes. Several starches can be combined without spoiling in the stomach. Rice, beans & tortillas.