

## *What is food combination?*

Food combination refers to the best combination of foods to eat together at the same meal or in the same recipe to ensure easy and perfect digestion to avoid fermentations and indigestions.

### *Why food combining?*

The reason for food combination is very simple. Foods of different character require different body enzymes and stomach conditions for digestion.

Body can handle, secrete and digest completely one food at a time smoothly. It has no provision to secrete and digest different foods at a time, hence delayed, imperfect digestion and fermentation. Consequently the best food turns into poison without proper combination.

For example protein requires an absolute acid environment in the stomach for their digestion and starchy food requires alkaline environment for their digestion. The stomach of course cannot possibly be acid and alkaline at the same time. As many students of chemistry will assure you that acid and base (alkaline) neutralize each other. If you eat starch with a protein, digestion is impaired or completely arrested. The whole intestinal channel remains deranged till it is passed out. Undigested food mass is the best soil for bacterial worms and parasitic developments. Fermentation, putrefaction and decomposition leads to poisoning and a variety of diseases.

### *Why not acid-fruits and starch combination?*

Acid-fruit destroys 'ptyline' a salivary alkaline enzyme and inhibits starch digestion. In the presence of acids no alkaline juices are properly secreted hence gas and fermentation. Lemon, Tomato, Tamarine etc. are great hindrance to starch digestion.

### *Why not Protein - Protein Combination?*

It is impossible to meet the requirements of two different proteins at the same meal. Two proteins of different characters and different compositions call for different modifications of the digestive secretions and different timings of secretions in order to digest them efficiently.

The strongest juice is poured upon flesh in the first hour of digestion and upon milk in the last hour, egg receives the strongest secretion at a different

time than that received by either flesh or milk or nuts. But nuts can be eaten with different nuts and flesh with different flesh.

### *Fruits and sugars ferments with all foods.*

The sugars and fruits need little digestion and pass quickly through the stomach to the intestine for absorption. But if they are eaten with slower digesting foods such as proteins, starches or fats, they will be held up in the stomach and consequently ferments interfere in digestion.

### *Why these foods to be consumed alone?*

*Melons* : Melons digest quickly than other foods and may ferment even with fruits sometimes and being a sweet fruit, it can go with sweet fruits but not with acid fruits.

*Milk* : Milk is designed to be taken alone. It is a totally different protein than other concentrated proteins like meat, eggs, nuts etc. Being a liquid food it cannot go efficiently with any other food. Milk does not digest in stomach but in duodenum hence in the presence of milk the stomach does not respond with its secretion. This prevents the digestion of other foods introduced along with the milk.

Due to its fat and protein contents, when it enters the stomach, milk coagulates the formation of curd. This curd tends together around the particles of other foods in the stomach insulating them against the gastric juices, preventing digestion of the other food.

Milk prevents insalivations and acts as a gastric insulator. Nature herself directs milk to be consumed alone and solids separately. Milk creates gas with all foods except acid-fruits.

*Liquids*: As a law no liquid should be taken with solids. Liquid tends to pass away immediately into the intestine, taking away all the digestive enzymes thus inhibiting the digestion.

Liquids must be taken prior to meal, not immediately after or along with meal but should be taken one hour after meal. All toxic beverages like tea, coffee, alcohol, soft drinks are great hindrance to normal digestion. Gastric secretions are severely restricted in their presence.

*Juices*: All fruit juices are passed faster than fruits into the intestine. Its stagnation with solids definitely ferments and can play havoc. Citrus fruit juices and lemon water dumps down starch digestion creating severe gas and fermentation. Better to take it alone empty stomach.

## *All fats delay digestion.*

Fat depresses the action of the gastric glands and inhibits the pouring of proper gastric juices for any food eaten with it. It lowers entire digestive tone by more than 50 %. Fat insulated foods remain for long time in the digestive process demanding over activity and strain. Eventually lead to the breakdown of digestive mechanism in the long run. Heated and fried fats are most dangerous. Eat naturally fat combined proteins and foods

Extracting fat out of milk and seeds is non-sensual practice. Adding unwontedly with other food is utter foolishness.

Avoid eating sweet fruits with acid fruits.

Acid fruits slow down the very quick digestion of the sugars of sweet fruits leading to fermentation. Both sweet and acid fruit goes well with sub-acid fruits.

*Digestive problem is never an issue with wild animals, why with humans?*

No animal in a state of nature has the great variety of different foods spread before it at a meal that civilized man has. Primitive man had no such great varieties of foods at a meal, he too eat simply as do the animals.

## WRONG COMBINATIONS PROTEIN CARBOHYDRATE COMBINATIONS

*Never eat a concentrated protein and a concentrated carbohydrate at the same meal.*

This means do not eat nuts, meat, eggs, cheese, or other protein foods at the same meal with bread, cereals, potatoes, sweet fruits, cakes, etc.

The processes of digestion of these two types of foods are so different that they do not take place with any degree of efficiency in the same digestive cavity at the same time.

All starches are digested in an alkaline media. But mild and other proteins are digested in acid media. When starches mix with salivary enzymes, ptylin (which is extremely sensitive to acid) passes on to the stomach with any protein or milk, heavy hydrochloric acid is poured out immediately to digest protein. Ptylin being sensitive to acid, starch digestion comes to an almost abrupt end. Starches are forced to remain in the stomach until protein digestion is completed. By the time it reaches small intestine without salivary digestion, due to long retainment in stomach, it is already fermented. This great amount of undigested starches are found in stool and can be proved well through laboratory tests.

The proof lies in the pudding - eat it and prove it.

***Proteins are also undigested:*** It is true that the eating of starches and proteins at the same meal will retard protein digestion considerably. It is not starch that remains undigested, but protein also remains completely undigested and this undigested protein bulk can be found in stools. The acid and alkaline both contrast and neutralize each other inhibiting the digestive process of starch and protein. Those who possess strong digestive systems, make the stomach glands overwork and further try to produce enzymes so that the remaining protein can be digested to its full extent. People with weaker digestive systems suffer heavily.

### ***Make a Rule - Don't Eat Proteins and Starches at Same Meal***

If at all circumstances force you to eat protein and starches together, never mix them together. Eat protein first and after 20-30 minutes follow the starch so that starch digestion will be taken care of. But this is not an ideal combination and does not ensure perfect and complete digestion. **Body must be given full rein and opportunity to digest and take care of a single concentrated food.**

**Legumes & Beans** contain about 25% protein and approximately 50% carbohydrate or starch compared to 10 to 12% protein of cereals. This doubtless accounts for their difficult digestion and the readiness with which they ferment, each of their two principle constituents requires entirely different processes for digestion. The starch of the bean lies in the stomach while its protein is being digested and except under the most favorable circumstances, ferments, producing gas and toxins. One of the best rules for eating, which I can offer you, is to eschew all beans. This does not include green beans, which contain little starch. Matured or "dried" beans of all types are

known to everyone to quickly ferment, when eaten, and produce much gas. The strong gastric juice of the stomach, which is engaged in digesting proteins, impedes starch digestion. Pythagoras advised that we eat no beans. We subscribe to that plan, making an exception only in the case of green beans.

As earlier I said in one of my publication (cereal & human degeneration) that legumes and cereals are not designed for human digestion. It is best handled by the digestive system of cattles and horses.

Human digestive system can handle only green beans, peas and legumes in green state, therefore sprouts are the only better way to eat with starches, the proteins of legumes convert into digested form (digestible amino acids) after soaking and sprouting hence the digestion of starch is not much interfered.

The common practice of eating carbohydrate (Starches) with legumes in India and other countries is not at all a fair combination but due to the starchy part of legumes it can be a tolerable combination with other carbohydrate foods like rice, wheat, maize etc. Digestive system has to put an extra effort to handle such combinations therefore it cannot be strongly recommended. Legumes are only nearest food to cereals. But Milk, Cheese, meat, eggs and nuts proteins are absolutely unclashing. Combination Proteins & Carbohydrates is highly objectionable.

Mung Beans are most easily digestible among all the beans and is very near to starchy cereals.

Patatoes & all the Roots though being predominantly starch food cannot be combined with predominantly proteinous legumes.

Patatoes (Extreme Starch) ferments fast with the legumes than the lesser fermentations of starchy cereals.

Popular potato vada or Aloo-bonda combined with chana dall (Grams) therefore cannot be a good combination.

Perhaps the most common objection made to this rule is that Nature, herself, has produced protein-starch combinations. Indeed, it is often asserted that almost all natural foods are starch-protein combinations.

There is a great marked difference between the digestion of single food, (however complex its composition) and the digestion of a mixture of different foods.

Let us look at the digestion of bread: here we have an almost neutral gastric juice while starch digestion is going on and, then, after starch digestion has been completed, a highly acid gastric juice is secreted to digest the protein.

If wheat is eaten alone (a monotrophic meal), there will be secreted a juice poor in hydrochloric acid but rich in pepsin. This juice will be poured out over a long period of time. Thus starch digestion and protein digestion go on concurrently. If meat and bread are eaten together much hydrochloric acid is poured out, so that starch digestion is suspended. If we eat but one food at meal, nature can adapt her digestive juice to the food; but if we are going to eat several foods at a meal, this adaptation is impossible, unless the food is properly combined. At that, cereals and pulses, which

represent protein-starch combinations, sweet potatoes, a sugar-starch combination and sour apples, an acid-starch combination, are prone to produce fermentation.

To a single article of food that is a starch-protein combination the body can adjust its juices, both as to strength and timing, to the digestive requirements of the food. But when two food are eaten with different, even opposite, digestive needs, this precise adaptation of juice to requirements becomes impossible. If bread and flesh are eaten together, instead of an almost neutral gastric juice being poured into the stomach during the first two hours of digestion, a highly acid juice will be poured out immediately and starch digestion comes to an almost abrupt end. (Please note that carnivores in nature never mix carbohydrates with their meat.)

It is true that the natural combinations offer but little difficulty in digestion, but neither the food factories nor the cooks have been able to produce protein-starch combinations capable of digestive completion. What nature has combined, nature can digest. What man may combine, she often finds indigestible. Dr. Tilden was eternally right when he repeated on more than one occasion that nature never produced a sandwich.

### **ACID-STARCH COMBINATIONS**

1. *Never eat carbohydrate foods and acid foods at the same meal.*

Do not eat bread, potatoes, bananas, dates, or other carbohydrates with lemons, limes, oranges, grapefruits, pineapples, tomatoes or other sour fruits.

The enzyme, ptyalin, acts only in an alkaline medium; it is destroyed by a mild acid. Fruit acids not only prevent carbohydrate digestion, but they also favour their fermentation. Oxalic acid diluted to one part in 10,000 completely arrests the action of ptyalin. There is enough acetic acid in one or two teaspoonfuls of vinegar to entirely suspend salivary digestion.

Tomatoes should never be combined with any starch food. They may be eaten with leafy vegetables and fat foods. The combination of citric, malic and oxalic acids found in tomatoes, (which are released and intensified by cooking), is very antagonistic to the alkaline digestion of starches in the mouth and stomach. They should not be used on salads at a starch meal.

In cases of hyperacidity of the stomach there is great difficulty in digesting starches. Much discomfort is caused by eating them. They ferment and poison the body. Acid-starch combinations are very rare in nature - the sour apple coming nearest to being such a combination.

The highest efficiency in digestion demands that we eat in such a way as to offer the least hindrance to the work of digestion and not that we seek flimsy pretexts for continuing our customary haphazard eating. We should make the best use of our knowledge of the chemistry and physiology of digestion and of the limitations of the digestive enzymes and not try to ignore this knowledge altogether. This is particularly important in diseased states and in cases of crippled digestion.

### **ACID-PROTEIN COMBINATION**

5. *Don not eat acid fruits with proteins.*

This is to say, oranges, tomatoes, lemons, pineapples, etc., should not be eaten with meat, eggs, cheese or nuts.

The active work of splitting up (digesting) complex protein substances is accomplished by the pepsin enzyme. Pepsin acts only in an acid medium; its action is stopped by alkali. When proteins are eaten, the gastric juice becomes acid, furnishing a favorable medium for the pepsin action. Because pepsin is active only in an acid medium, it has been assumed that taking acids with a meal will assist in the digestion of proteins. On the contrary, these acids demoralize gastric digestion either by destroying the pepsin or by inhibiting its secretion. Gastric juice is not poured out when acid is present in the mouth and stomach. The normal stomach secretes all the acid required by pepsin-in digesting a reasonable quantity of proteins. An abnormal stomach may secrete too much acid (hyperacidity). In either case, taking acids with proteins does not aid digestion.

Prof. Pavlov positively demonstrated the demoralizing influence of acids, both fruit acids and the acid results of fermentation, upon digestion. Acid fruits by inhibiting the flow of gastric juice - an unhampered flow of which is imperatively demanded by protein foods - seriously handicaps protein digestion and results in putrefaction. Nuts and fresh cheese are about the only protein foods that do not quickly decompose under such conditions and these have their digestion delayed. Acids do not inhibit the flow of gastric juice anymore or any longer than does the oil of nuts or the cream of cottage cheese.

Instead of orange juice, grapefruit juice, pineapple juice, etc., assisting in the digestion of proteins when taken along with these as is taught in certain quarters, these acids actually retard protein digestion.

So-called health specialists and dietitians, who ignore this fact, and continue to recommend sour salad dressings and acid fruit drinks at meals, are unworthy of the trust placed in them by those who seek their advice. Lemon juice, vinegar, pickles, etc., when mixed with the food, serve as a check to hydrochloric secretion. Just as acids interfere with the secretion of hydrochloric acid, so sodium or alkali intereferes with pepsin secretion and lowers gastric acidity.

I have not been able to find any evidence that acids other than hydrochloric acid activate pepsin. At any rate, there is no need for additional acids as the stomach is capable of supplying all the acids required to provide a favorable medium in which the pepsin can act and supply this at the right time. Additional acids rather than helping in the digestion of protein hinder or suspend the secretion of digestive juice. Gastric juice is not poured out in response to the presence of acids in the mouth and stomach.

Milk and orange juice, while by no means an indigestible combination, is far from a good combination. Orange juice and eggs form an even worse combination. Pineapple juice and flesh is equally as bad. Pineapple juice does not digest flesh. It is well to bear in mind that flesh is not digested by acid but by pepsin. The hydrochloric acid of the stomach supplies the proper environment for the action of pepsin.

## **SUGAR - THE ENEMY OF STARCH & PROTEIN DIGESTION**

### *Starch - Sugar Combinations*

Starch digestion normally begins in the mouth and continues for some time in the stomach. Sugars do not undergo any digestion in either the mouth or stomach, but in the small intestine only. Jams, jellies, fruits butter, commercial sugar (white or brown, beet, cane or lactic), honey, molasses, syrups, etc., which are added to cakes, breads, pastries, cereals, potatoes, etc., produce fermentation. The regularity with which people eat cereals and sugar for breakfast and suffer with sour stomach, sour belching and other evidence of indigestion as a consequence, would seem to verify the need for a better understanding of proper food combining. Sweet fruits combined with starch also result in fermentation. Breads containing dates, raisins, figs, etc., are improper combinations. Many believe if honey is used instead of sugar, problems may be avoided. Such is not the case. Honey with hot cakes, syrup with hot cakes, etc., are sure to ferment. There is every reason to believe the presence of the sugar with starch definitely interferes with the digestion of starch. When sugar is taken into the mouth, there is a copious outpouring of saliva, but it contains no ptyalin for ptyalin does not act upon sugar. Ptyalin is essential to starch digestion. If the starch is disguised with sugar, jellies, jams, syrups etc., the taste buds are deceived and carbohydrate digestion is impaired. Monosaccharids and disaccharides ferment quicker than polysaccharides and are prone to ferment in the stomach while awaiting the completion of starch digestion.

To eat of sugar, white or brown, jellies, jams, honey, syrups and molasses, sweet fruits, etc., with bread or other starch is to invite fermentation.

Major Austin says: "foods that are wholesome by themselves or in certain combinations often disagree when eaten with others. For example, bread and butter taken together cause no unpleasantness, but if sugar will be taken up first, and the conversion of the starch in the bread into sugar is then delayed. Mixtures of starch and sugar invite fermentation and its attendant evils."

Most of us are aware that no digestion of sugar, syrup, honey, etc., takes place in the mouth and stomach. Such being the case, why should sugars of any kind be delayed in the stomach awaiting protein or starch digestion. Fermentation is inevitable when this is done.

Sugar with starch means fermentation. It means a sour stomach. It means discomfort. Those who are addicted to the honey-eating practice and who are laboring under the popular fallacy that honey is a "natural sweet" and may be eaten indiscriminately, should know that this rule not to take sweets with starches applies to honey as well. Honey or syrup, it makes no difference which, with your hot cakes, honey or sugar, it matters not which, with your cereals, honey or sugar to sweeten your cakes, - these combinations spell fermentation. White sugar, brown sugar, "raw" sugar, imitation brown sugar (that is, white sugar that has been colored), black strap molasses, or other syrup, with starches means fermentation. Soda will neutralize the resulting acids, it will not stop the fermentation.

Sweet fruits with starch result in as much fermentation and the same fermentation products, as does sugar, jellies or syrups. We do not feed these with starches. Wm. Henry Porter, M.D., in his book, *Eating to Live Long*, says that eating fruits is "one of the most pernicious and reprehensible of dietetic follies".

For the reason that fruits of all kinds should not be combined with other foods, we must condemn as violations of the neurochemical laws of digestion the ever-increasing number of fruit-breads - raisin-bread, fig-bread, prune-bread, banana-bread, fruit in coffee-substitutes, etc. These things have but one excuse for existence - they induce the eat to take more bread and thus result in the sale of more of this food. They produce indigestion in everyone.

### **SUGAR & PROTEIN COMBINATION**

All sugars white sugar, syrup, jaggery, sweet fruit, honey etc. taken with protein & milk hinder protein digestion. Sugars undergo no digestion in mouth and stomach. Still they are digested in the intestine. If taken alone, they are not held in the stomach for long but are quickly sent into the intestine. When eaten with other food, either protein or starches, they are held up in the stomach for a prolonged period awaiting the digestion of other foods, they undergo fermentation. Fruits and sugar as a law, ferment with all solid foods and milk. Sugar is an acidic food. The fermentation of the sugar leads to further multiplication of the problems like acidity and indigestion. Bared on these facts our suggestion is :- *Eat sugars & proteins at separate meals.*

### **PROTEIN - PROTEIN COMBINATION**

#### **3. *Never consume two concentrated proteins at the same meal.***

Do not eat nuts and meat, or eggs and meat, or cheese and nuts, or cheese and eggs, etc., at one meal. Do not use meat and milk or eggs and milk or nuts milk at the same meal. Indeed, milk, if taken at all, is best taken alone.

Two proteins of different character and different composition and associated with other and different food factors call for different modification and timing of the digestive secretions for efficient digestion. For example, the strongest juice is poured out upon flesh in the first hour of digestion and upon milk in the last hours. Eggs receive the strongest secretion at a different time than that received by either flesh or milk. Therefore, eggs should not be taken with milk or flesh. The digestive process is modified to meet the digestive requirements of each protein food, and it cannot modify itself to meet the requirements of two different proteins at the same meal. This does not mean that two different kinds of flesh or two different kinds of nuts may not be eaten together at the same time; it means that such protein combinations as flesh and eggs, flesh and nuts, flesh and cheese, eggs and milk, eggs and nuts, cheese and nuts, milk and nuts, etc., should not be taken at the same time. One protein food at a meal will assure greater efficiency in digestion.

Our rule, then, should be: *Eat one concentrated protein food at a meal.* An objection offered to this rule is: since proteins vary so greatly in their aminoacid content, and since the body requires adequate quantities of certain of these amino acids, it is necessary to consume more than one protein in order to assure an adequate supply of amino acids. However, inasmuch as most people eat more than one meal a day, and there is protein in almost everything we eat, this objection is invalid.

Most people eat three meals a day or twenty-one meals a week. A great many of these eat between meals so that they eat many more meals a week. I can find no logical necessity for cramming them all into the stomach at one sitting. An ample

variety of protein foods may be eaten by consuming different proteins at different meals.

It is impossible to meet the requirement, of two different proteins at the same meal.

***Two kinds of flesh or nuts or pulses may be taken together - But not with totally different protein group.***

What happens to protein during digestion ? When any one kind of protein is eaten, the liver automatically prepared to digest it. This function is under the control of the sympathetic nervous system and emanates from the solar plexus, a network of nerves situated at the upper end of the abdomen. The liver sets up a chemical table, let us say for protein A. But at the same meal, perhaps, protein B is eaten. As a simple example, protein A is meat and protein B is cheese. The chemical table for protein A is different from that of protein B. The liver, however, is incapable of handling the digestion of both proteins at the same time. So the solar plexus, or abdominal brain, gets busy and chooses one of three defense mechanisms to save the liver from embarrassment : (1) the meal may be vomited; there is a strong reflex in children and explains why little Johnny is so likely to throw up after a bountiful picnic of cheese burgers, ice cream, cake, Coke and candy; (2) the muscular control of the stomach may allow one protein to pass into the small intestine while it retards the second; this amazing phenomenon has actually been shown to exist and has been proved by fractional lavage and also by X-ray evidence; (3) an increased peristalsis may result, evidenced by diarrhea.

Theologians make much of the still, small voice of the conscience. I would like to call attention to the still, small voice of the solar plexus-a part of the body to which most people pay no attention. When one eats too much food or an incompatible combination foods, nature flashes a distress signal in the form of a belch. Most people consider a belch a digestive faux pas, but in reality it is the vestigias remains of the infant's "spitting up.": Learn to heed this little warning of nature.

Acids and other waste products of protein indigestion and putrefaction are easily identified in the urine. Scientifically, they belong to the group of phenols, skatols, indoxyl-sulphuric acids, uric acid and toxic amines. Often, they are eliminated cariously through the Mucous membranes or by diffusion into the spiral fluid.

## **Protein - Fat Combination**

### ***4. Do not consume fats with proteins.***

This means do not use cream, butter, oil, etc., with meat, eggs, cheese, nuts, etc.

Fat depresses the action of the gastric glands and inhibits the pouring out of the proper gastric juices for meats, nuts, eggs, or other protein. Fats mixed with foods delay the development of appetite juice and diminish its quantity. The presence of fats in the stomach diminishes the production of chemical juice. Fatty acids lessen the activity of the gastric glands, and lower amount of pepsin and hydrochloric acid and may lower the entire digestive tone more than fifty per cent. This inhibiting effect can come even from fats in the intestine. Oil introduced into the rectum decreases the amount of gastric juice, though it does not alter its quality. (Oil enemas are bad.)

"According to Cannon. °°° fats remain long in the stomach when taken alone and when combined with other food-stuffs markedly delay their exit through the pylorus. Under normal circumstances starches are retained in the stomach a relatively short time. By delaying the passage of the starch from the stomach into the intestine, due to the presence of the fat, we are affording excellent opportunity for fermentation, especially in the case of those who are enervated or otherwise possess weak digestive powers."

Fat exerts an inhibiting influence on the secretion of gastric juice. This inhibiting effect may last two or more hours. This means that when protein food is eaten, fat should not be taken at the same meal. In other words, such foods as cream, butter, oils of various kinds, gravies, fat meats, etc., should not be consumed at the same meal with nuts, cheese, eggs and flesh. It will be noted in this connection that protein foods normally containing fat within themselves — nuts, cheese or milk — require a longer time to digest than those lacking fat.

Our suggestion is : *Eat fats and proteins at separate meals.* it is well to know that an abundance of green vegetables, especially those uncooked, counteract the inhibiting effect of fat, so, if you must have fat with your protein, its inhibiting effect upon the digestion of protein may be offset by consuming greens with the meal.

#### ***The Common wrong Combination Errors :***

Frying Nuts, Meat, Fish, Cheese (Paneer)

Milk + Extra Cream or Ghee. Eggs, legumes (Peas & Beans), oil seeds with fat (Butter, Oil or Ghee) is extremely harmful practice.

#### ***TOLERABLE COMBINATION***

#### **STARCH + STARCH COMBINATION**

#### **Better Eat One Concentrated Starch Food at a meal**

The rule to consume but one starch food at a meal is probably more important as a means of avoiding overeating of starches than as a means of avoiding a bad combination. While overeating of starches may lead to fermentation, there is no certainty that the combination of two starches will do so

It is insisted by many that the digestive organism has need of and invincible affinity for one form of starch at any particular time. If two or more starches are eaten at the same time , at the same meal, one or the other will be selected for digestion and assimilation and the other permitted to go untouched in the stomach, not only without itself being passed on to digestion in the bowels, but also retarding the digestion of other foods, with fermentation, sour stomach, belching, etc., as the certain result."

There is only one kind of starch, but starchy foods differ greatly. It may be true that the starch-splitting enzymes manifest a preference for one starchy food, although I have been unable to find any physiological ground for the statement, nor have I seen fermentation result from eating two starches where they were each consumed in small quantities. I think the chief reason for not eating two starches at the same meal is to avoid overeating of starches.

Certain biochemists say that when you have taken bread and potatoes you have exhausted your starch-license. Hygienists advise but one starch at a meal, not because there is any conflict in the digestion of these foods, but because taking two or more starches at a meal is practically certain to lead to overeating of this substance. We find it best, and this is doubly true in feeding the sick, to limit the starch intake to one starch at a meal. People with unusual powers of self control may be permitted two starches, but these individuals are so rare, the rule should be : ***one starch at a meal.***

Writing facetiously of rules for eating carbohydrates, Carlton Fredericks says: "Don't serve more than two foods rich in sugar or starch at the same meal. When you serve bread and potatoes, your starch-license has run out. A meal that includes peas, bread, potatoes, sugar, cake and after dinner mints should also include a Vitamin B Complex capsule, some bicarbonate of soda (other than that used on the vegetables), and the address of the nearest specialist in arthritis and other degenerative diseases."

For more than forty years it has been the rule in Hygienic circles to take but one starch at a meal and to consume no sweet foods with the starch meal. Sugars, syrups, honeys, cakes, pies, mints, etc., have not been tabu with starches. We do not say to those who come to us for advice: If you eat these foods with your starches, take a dose of baking soda with them. We tell them to avoid the sugars with the starches and thus avoid fermentation that is almost inevitable. In hygienic circles it is considered the height of folly to take a poison and then take an antidote with it. We think it best not to take the poison.

Eating too many starches at one meal is though not a very bad combination yet definitely a unhealthy practice. The over eating of starches is the major cause of Brackdown of the digestive system eventually leading to several degenrative disorders like. Diabetes, Arthritis, Catarrah, Skin diseases etc.,

That's true enough, but it is also imperative that you understand the way your digestive tract operates. There are very specific body conditions in which fruit can be most effectively and efficiently utilized. Fruit has a totally unique quality with respect to its digestion.

As I pointed out in the description of proper food combining, food needs to remain in the stomach approximately three hours. There is one exception: fruit. Fruit is the only food on earth that requires no digestion in the stomach. It contains its own digestive enzymes and, when ripe, is virtually predigested, requiring only about twenty to thirty minutes in the stomach before passing on to the intestines, where its nutrients are absorbed and utilized by the body.

Be aware of the fact that fruit contains all of the necessary nutrients required by your body for sustaining life. That includes glucose from carbohydrates for energy and vitamins, minerals, fatty acids, and amino acids for the building of protein. This is where the word correct comes into play. For these building blocks of life to be made available for use by the body, two essential prerequisites must be met. First, because of fruit's rather delicate nature, it must be consumed only in its fresh, ripe state. Whether it is fruit juice or the whole food, fresh is the only way it can be of significant value to the whole body. ***Canned or cooked fruit or pasteurized (such as***

*juice made from concentrate) will ferment in your stomach, turning to acid and actually contributing to the body's toxic load,* whereas fresh fruit and fruit juices have the effect of assisting the body in cleansing itself of toxic residue.

Second, in order for it to pass quickly through the stomach as required by the body, **FRUIT SHOULD BE EATEN ALONE ON AN EMPTY STOMACH, NOT WITH ANYTHING OR IMMEDIATELY FOLLOWING ANYTHING.** The traditional habit of eating fruit with a meal or having it as a dessert is precisely why people have so many misconceptions about fruit being fattening, acid-forming, too high in calories, or detrimental to hypoglycemics. If fruit is forced to remain in the stomach with other longer-digesting foods, it quickly ferments and interferes with the digestion of the other foods in the stomach. Under these circumstances, fruit does indeed have negative repercussions. However, eaten correctly, meaning alone on an empty stomach, fresh fruits and juices can only have a positive effect on your health.

Prove this for yourself. Eat several meals including fruit at the end of each meal, and then eat several meals eating the fruits first and allowing twenty to thirty minutes to elapse before eating the remainder of the meal. See if there is not a recognizable difference in the way you feel.

Actually there is no reason to condemn the fruit than there is to condemn the other foods with which the fruit is taken.

The acids of fruits do not combine well with either starches or proteins, their sugars do not combine with either proteins or starches. To eat them with other foods that do require considerable (longer) time in the stomach is to have them held up there pending the completion of the digestion of the other foods. Bacterial decomposition follows.

Fruits should not be eaten between meals. To eat them between meals is to put them into the stomach while the stomach is still busily engaged in digesting the previous meal. Trouble is sure to follow our rule, one from which we will do well not to vary is to "eat Fruit at a Fruit Meal"

**The Fallacies About Juices :-** The habit of drinking quantities of fruit juices. Lemon Juices, Orange juice, Tomato Juices, or any fruit juices - between meals is responsible for a large amount of indigestion in those who think they are eating healthfully.

The use of fruit juices as desserts and as appetizers, so strongly advocated in some quarters, is pernicious. The practice is based on the belief that we must secure all of the needed food elements at each meal disregarding the limitation of digestive enzymes. Such eating guarantees indigestion to anyone who practice it.

*Drinking fruit juices at all hours of the day instead of water is a sure road to indigestion. Fruit juices are foods not drink and should be eaten as food.* Allergies to fruits are commonly not that at all. The troubles attributed to allergy are in almost every instance due to misuse of the fruit and its juices.

**The Law of Drinking Juices :-**

Fruit juices are food and require thorough digestion in the small intestine. If small intestine is already busy with the previous meal, obviously juices has no place for digestion. It has to ferment and consequently interfere with the previous meal too, producing, Gas, Headache, Allergy, Hajcness and so on. Therefore all the fruit juices should be consumed either empty stomach when the hunger is ripening to the maturity or at least after 6 to 8 hours of a normal starch or protein meal. Never with or immediate after the meal. Of course juices can be consumed 20 to 30 minutes prior to major meal.

Fruits & fruit juices require full freedom of digestion being fastest digesting food on earth. A fruit meal is the ideal.

### **No Sugar with fruits**

Sugar on fruits means fermentation two sugars do not go well together, cane sugar and beet sugar must be converted into simple sugar before they can be utilized. Fruit sugars do not cave & beef sugar tend to prevent the absorption of fruit sugars until they both ferments.

Preserved furits are confections, not fruits. We do not advice them. Cnned fruits have little to recommend them.

### **No Fat With Fruits**

The common practice worldover among all the people is to eat fruits with creams, ice creams and other kind of fats, which is a bad combination causing fermentation of fruits.

As earlier said in the chapter of protein fat combination that fat with any starch protein or sugars markedly delay its exit through pylorus and fat exerts an inhibiting influence on the secretion of gastric juices. By delaying the passage of the fruits from the stomach into the intestine due to presence of fat we are affording excellent opportunity for fermentation that too specially in the case of weak digestive powers.

**Fruits salads with cream and Ice cream can afford you nothing but indigestion. Enjoy sparingly.**

**A God Made** - suncooked fruit is perfect food, do not interfere with its natural perfection combining fats, sugars and other food stuffs with it is a great idioey and non-sensical practice, nature do not appreciate but instead punishes for these misdeeds.

### **The best time to eat fruits**

Break-fast is the best time to consume fruits and fruit juices when the stomach is empty Eating fruits as a first meal is a great invitation to nature in freshness, purity, wholesome nourishment health and an ultimate taste & pleasure of the heaven.

Nothing can afford in more gastatory hapiness and real deep down taste contentment than a meal of delicious fruits, such a meal is always a invitation to pleasure.

A fruit meal will not cause the trouble that flow from eating fruits with other foods.

Such a meal will not demoralize digestion, it will do most for you, it is both refreshing and nourishing. The exquisite delight of eating such a naturally good meal,

the wonderful feeling of comfort that follows the real genuine satisfaction it affords far surpasses that of eating other foods. This is the Idela manner in which to eat your fruits.

Mother nature has flavoured them just right to afford us the greatest enjoyment in eating. They are just right for our taste contentment. There is every reason why we should eat these foods with which mother nature so compellingly entices us to eating enjoyment and which she has filled with so much pure, rich, wholesome nourishment.

Eating a traditional, conventional break-fast is one of the most unhealthy dietary habits in existence and exerts a great tax on digestive system drawing large amount of energy (that is where all tea & coffee breaks comes in). The tragedy here is that the energy called upon to digest the breakfast is the energy that was to be used to fuel the elimination cycle, it is diverted to the stomach instead, thus severely impeding the all important daily cleansing cycle. If this scenario is played out every day that means this critical cycle is never allowed to perform its health producing functions. Ill health is the only possible consequence.

Fruits are the perfect food to eat in the morning. It is the only food that demands practically. no digestive energy. The single most beneficial habit you can possibly cultivate is the habit of consuming exclusively fresh fruits and fruits juice from the time you awaken in the morning until 12 noon.

Fruits in certain circumstances can be eaten 2 hours earlier before your major starch or protein meal. Eating fruits before meal is less harmful than eating after meal .

***Make a Rule :- Let the fruits go first [alone]***

### **Combining Fruits with predigestaed proteins (Soaked nuts & seeds)**

#### **A Tolerable Combination**

Nuts and seeds ferments such as cheese and yogurt. These combine well with all sweet and oil fruits. These soakes nuts and seeds in the morning with fruit work well for people with hypoglycemia in general because these predigested proteins are already broken down to free amino acids so they are very easy to digest.

Preparing various fruits milk shakes with Nuts & Seeds milk also an excellent health bulding & weight gaining drink. Fruits do not readily ferments with predigested proteins of soaked nuts and seeds as both the food remain in the stomach for very less time and passes rapidly into the intestine not interfering with each other.

Beware ! fruits are never a good combination with dried (unsoaked) nuts and seeds as their protein requires a through digestion in the stomach.

#### **How Many Fruits At A Time?**

Not two great varieties of fruits at a time. 2 to 3 fruits of different varieties at a meal is more than sufficient to meet the demands of everyone.

Too many varieties tend to make you overeat. But single fruits never. It is self-restricted & definatly economical.

**Have Seasonal Fruits Only** (Preferably of your own region) Unseasonal fruits are unhealthy.

***LET FRUITS REMAIN PURE.***

## **THE LAW OF CONSUMING MILK**

***Milk is best taken alone***

The combination of milk with other foods is one of the major causes of common indigestion leading to toxicity (poisoning) & Allergies.

Milk never combines well with any other foods. Nature herself has planned to take milk solely. Therefore for the first few months the child consumes milk only. When the child becomes capable of eating solid food, he eats solids, he instinctively rejects milk by himself. So milk was never designed to combine with any food.

Milk is a complete concentrated food in itself. It requires full digestive process of its own kind. No other concentrated food like meat, eggs, cereals, nuts, roots or fruits should be eaten with it. Dairy products are enough of hindrance to the body but if improperly combined they are a catastrophe, including yogurts.

Milk acts as a gastric insulator. Its cream inhibits the outpouring of gastric juice for some time after the meal is eaten. Milk does not digest in the stomach, but in the duodenum, hence in the presence of milk the stomach does not respond with its secretion. This prevents the digestion of other foods introduced along with the milk. The use of acid fruits with milk does not cause any trouble and apparently does not conflict with its digestion.

Being a liquid food it cannot go efficiently with any other food. Due to its fat and protein contents the formation of curd tends to gather around the particles of other foods in the stomach insulating them against the gastric juices preventing digestion of other food. Milk prevents insalivation and acts as a gastric insulator. Nature herself directs milk to be consumed alone and solids separately.

### **Have Milk Alone Empty Stomach**

Milk should not be consumed after a meal or inbetween meals. Milk, on its own is a complete meal. Milk is a food rather than a drink and should be taken as a food. It should never substitute water, tea, coffee or soft drinks which demand lesser digestion than the milk.

Just like fruits it should always be consumed alone empty stomach as a complete meal in itself. Being a proteinous food it should not be combined with any starches or different proteins (read the chapter protein-starch, protein-protein and protein fat combination) fats and sugars.

**No Sugar With Milk :-** All sugars ferments with milk leading to acidity and gas formation (Read chapter protein & sugars) milk is naturally sweet. Drink it without sugars.

**No horlicks & Bournvita :-** All these commercial products are based on refined cereals and sugars. Adding them with milk it is sure to ferment.

**No breakfast cereals with milk:-** Corn flakes, wheat flakes, rice puffs, toast etc. though taste delicious with milk. But as a rule starches & sugars ferments with the protein of milk. Better to have infrequently.

**Milk after meal is hazardous :-** Milk being a complete food in itself demands a thorough digestion. Drinking after the meal or inbetween meals severely interfere with the digestion. To put them into the stomach while stomach is busily engaged in digesting the previous meal, milk find no conducive environment for its own digestion hence trouble is sure to follow.

Except water no other liquid foods (Juices or Milk) should be consumed after or inbetween meals. It is hazardous.

Have these food separately as a mono diet - A fruits diet - A starch or protein diet. This is the simple and ideal - understanding of combinations.

A good lunch or dinner put a "No Entry" board on your mouth restricting eating of any kind of food (Except water) at least for 6 to 8 hours. Expressing its own way. That is "Please do not disturb. I am busy" or "No admission without permission".

Advising milk after meal for good sleep or digestion is a non-sensical practice and is absolutely unscientific. On the contrary it is the major cause of disturbed sleep, indigestion and allergies.

What is the sense in dumping a food after a complete meal.

In fact animal milk is not for humans. It is infact absolute food. Every mammals, milk is designed and inteded for the developement of its young ones. Each species milk is excludusively beneficial for species of that nature. Once weaned no animal will ever again consume milk and would then go on existing on the foods they are biologically adapted to. In the wild milk drinking is not on issue. Humans are the only creatures on earth that drink milk designed for another species and we continue to do so whole of our lives, never weaning ourselves off it.

Cows do not drink milk but why do humans being. We have some how or other developed an absurd notion that "A baby is never to be weaned" and thus give the cow the role of our foster mother.

Milk a liquid food is designed for an infant who does not have teeth to chew any solids. When the baby begins to grow teeth this signifies that milk should be withdrawn from the diet and child should then commence eating solid food.

Drinking milk after infancy is a non sensical and harmful practice effecting the health of both humans and animals. Even calf and cow cannot survive healthy on its own milk. How about humans?

### **Milk is a Glandular Secretion**

Absolutely for a new born not an ordinary drink. Let milk serve its right purpose.

Consuming milk after infancy is surest way to several diseases. Like, catarrh, hay fever, asthma, renal stones, heart diseases, allergies, gas, constipation and cancers. The natures punishment for trespassing her domains! (*Read "Milk-A Silent Killer by the same author"*)

Milk is a tolerable combination with acid and sub-acid fruits not with sweet & Dry Fruits

### **The Law of Consuming Liquids (Drinks)**

## ***Drink All Liquids Alone.***

### **Water, soups and Beverages**

Drink we define as pure water only. No other fluid except water deserves the name of drink other fluids commonly referred to as drinks are either food & or poisons and should be classed under these heads. Thirst is a demand for water not for food or for a so-called beverages. Fruits, juices, milk, soups (Any food having high water content) toxic drinks such as soft drinks, tea, coffee, alcohol etc. are not drinks, but food or poisons and should be taken as such.

Water requires no digestion at all. It is immediately absorbed into the blood stream hence water must be taken in its natural form without any addition of nutrition or toxic substances. The natural tendency of water is to move fast & get absorbed within few moments.

The best way to drink every liquid & water is to have it empty stomach, no solid food like starches, proteins, fats or fruits should be consumed with it.

Do not drink with meals :- Drinking with meals or soon thereafter is not compatible with good digestion. Even animals and savages abstain from it after taking meal.

This is a very important rule and should be adhered to strictly. It has reference to the use of water, tea, coffee, cocoa or other watered drinks while eating. Milk is a food, not a drink.

Animals and so-called primitive people do not drink with their meals and there is every reason to consider this instinctive practice to be best.

Laboratory tests have determined that water leaves the stomach in about ten minutes after its ingestion. It carries the diluted, and consequently weakened, digestive juices along with it, thereby interfering seriously with digestion. It is often argued that water drinking at meals stimulates the flow of gastric juice and thereby enhances digestion. The answer to this is (1) It is not the natural way to stimulate the secretion of digestive juices and results sooner or later in an impairment of the secretory power of the glands; and (2) It is of no value to digestion to increase the secretion of digestive fluid, only to have them carried out of the stomach, into the intestine, before they have had time to act upon the food.

Water taken two hours after a meal enters the stomach at a time when the gastric juice is there in abundance and the reactions are proceeding nicely. The water sweeps these on into the intestine and retards digestion. Take your water ten to fifteen minutes before a meal, thirty minutes after fruit meals, two hours after starch meals, and at least four hours after protein meals.

While eating, large quantities of digestive juices are being poured into the stomach. If drink, water or beverages is taken these are diluted. The water passes out of the stomach in ten to fifteen minutes and carries the digestive juices along with it. The food is deprived of these juice and digestion is greatly retarded. Fermentation and putrefaction follow.

Drinking water and beverages leads to bolting of food. The food is washed down instead of being properly masticated and insalivated. Many foods are dry and require

much insalivation before they can be swallowed. Washing them down with drink prevents the completion of this first and necessary step in digestion. Forego the drink and the glands of the mouth will meet the demand for fluid by a copious supply of digestive fluids.

Drinking water with meals and directly after meals, leads to dilatation of the stomach. Chronic indigestion, gastritis, ulcers, and even cancer follow in their logical order.

A fictitious thirst often follows a meal. This is especially so if the food has been salty, greasy or full of spices and condiments. This "thirst" should be ignored. If thirst following a meal is not satisfied with water, it will be satisfied with digestive secretions and these will bring along enough enzymes to prevent fermentation and accomplish digestion in good order. The intake of fluids with meals and immediately after meals interferes with all the digestive secretions and results in indigestion. One may safely drink fifteen to twenty minutes before meals.

The person who eats fruit, green and succulent vegetables, and avoids condiments and has overcome his drinking habit, will have little cause for drinking at any time and no cause for drinking at meal time or immediately thereafter. Let him not fear that his health will suffer therefrom. I can assure him that it will improve and quickly at that.

Drinking with meals is a frequent cause of overeating. It stimulates the appetite, sometimes even creating an enormous one. Dr. Trall says : Some persons have boasted of the 'ravenous appetite' produced by drinking twenty or thirty tumblers of water a day; but I cannot understand the advantages of 'ravenous appetites'; they are generally indicative of excessive morbid irritation of the stomach.

### **The Damaging Effects of Hot & Cold Drinks**

Cold drinks, water, lemonade, punch, iced tea, etc., that are often consumed with meals, impair and retard digestion. Cold stops the action of the enzymes which must wait until the temperature of the stomach has been raised to normal before they can resume their action. When the cold drink is first introduced into the stomach it gets shocked and chilled. After it is sent out of the stomach and the reaction sets in, there is a feverish state resulting in great thirst. Ice cream acts in the same way. *Eating ice cream is like putting an ice pack to the stomach.*

Hot drinks weaken and enervate the stomach. These destroy the tone of the tissues of the stomach and weaken its power to act mechanically upon the food. The weakening of its tissues in this way often helps in producing prolapsus of the stomach.

Extremes of heat and cold interfere with the secretion of the digestive juices. The functional powers of the secretory glands are at their highest when working in a temperature conforming to that of the normal body temperature, or at least, when the temperature does not exceed 100 degrees.

Water in coffee, tea, cocoa, lemonade, etc., is water still. These drinks also stimulate the appetite and lead to overeating. Aside from this, the first three named each contain powerful poisons that act as excitants. Their habitual use impairs digestion,

wrecks the nervous system and injures the kidneys. The coffee and tea user, as a rule, perspires excessively in summer.

*A splendid rule for drinking is to drink all the water desired ten to fifteen minutes before meals, thirty minutes after fruit meals, two hours after starch meals and four hours after protein meals.*

It has been definitely established that tea and coffee both retard gastric digestion. Coffee is considered to have less effect than tea, providing they are both of the same strength. Since, however, coffee is customarily used in a stronger infusion than is tea, the effects of coffee in actual practice are about the same as those of tea. Their inhibiting effects are largely due to their modifying influence on the chemical processes of digestion.

The effects of these two poisonous infusions do not end with retarding the processes of digestion. They affect the stomach itself. Tea in particular, rich in tannic acid, and other astringent agents, acts as a strong substance produced by the roasting of coffee, are greater irritants even than tea. Chronic gastric catarrh and other disorders of the stomach may easily be produced and maintained by the effects of these two popular drinks.

Aside from these effects upon the stomach and the effects upon the nervous system and kidneys, produced by these two drugs, they undoubtedly affect the intestine and colon as well. There are many people upon whom coffee produces a laxative effect and this indicates that its irritating effects extend to the intestine and colon. Perhaps they also retard intestinal digestion.

As de-caffeinated coffee is not decaffeinated, and since, if it were, the coffee would still possess its tannic acid, caffeine and other poisons, and would in addition to its other effects, continue to retard digestion and injure stomach and kidneys, there seems to be no rational excuse for continuing its use.

Don't spoil your digestion by hot & cold drinks, drink them separately.

### **The law of taking Tea & Coffee**

#### ***NO TIT - BITS WITH TEA & COFFEE***

Tea and coffee does create severe gastric irritation. Therefore people have developed a wrong belief that some food must be eaten with these beverages to counteract the Hyperacidity created by gastric irritation, people usually avoid taking beverages empty stomach with a baseless fear that it may lead to Acidity, Gastritis or ulcer. This dogma is also favoured by medical doctors too.

Eating any kind of food Biscuits, Toast, Chips or spicy tit bits along with beverages Tea & Coffee creates more Acidity and indigestion than the drinking these drinks empty stomach this can be well experienced by an acid belching occasionally or else you can prove it by drinking 3-4 glasses of water at once. Thus creating a feeling of Regurgitation in which you can sense the feeling of strong acid.

Drinking tea & coffee empty stomach is far less harmful than taking with any food. To reduce the gastric irritability never boil your tea & coffee, which releases more toxic poisons. Instead drink separate non-boiled tray (pot) tea or use tea bags. Which

are tastier & lighter in poison than the common boiled tea. Coffee must be filtered and light.

This is a fact that tea & coffee never creates gastric irritation in absolute empty stomach (if you are already addicted to it). Tea and coffee always must be taken at least after 5 to 6 hours of normal starch or protein meal. When the stomach becomes lighter and hunger mature for next meal. After fruit meal it can be taken in a gap of 30 minutes.

Acidity is experienced by only those people who use tea and coffee shortly after major meal. It is a normal practice among the people that around 2 pm they eat their major lunch and drink tea at 4 or 5 pm. This is a common error and is extremely harmful. If you had your lunch at 2 pm you must have your tea at 6 or 7 pm not earlier than that so to ensure empty stomach.

- To reduce gastric irritation drink a glass of cold water prior to any hot drink.
- The lesser the use of sugar and Milk in the tea & coffee, lesser the gastric irritation (This is in reference to weak pot tea not the strong decoction) sugar enhances gastric acidity.
- Never drink Tea & Coffee prepared from pure milk. It retards and interfere in the digestion of milk itself.

### **THE LAW OF TAKING SUGARS**

***Drinks - The only way to use sugars***

**White Sugar - Honey - Jaggary - Syrup - Molasses Etc.**

As earlier explained in the previous chapter that sugar can not be combined with any food except drinks. All the sugars, white sugar, jaggary, honey, syrup, molasses, when combined with starches, proteins or fruits, fermentation & discomfort is inevitable. Sugars cannot go with any slow digesting food (for detail please refer chapter starch-sugar combination}

Sugar can fairly combines with all drinks - Water, Tea, Coffee, Cola, Syrups, Sharbats, Spices & Lemon (Fruit Juices, Milk, Lassi (yogurt) does not come under the drinks).

Extracting sugars and oils from sugarcane and oil seeds is utterly a nonsensical act, further adding these fragmentel food with other food is gross foolishness creating imbalance of that particular food. An imbalanced or fragmented food added with normal balanced food does not enhance its food volue but. instead disturbs and deranges its natural balance eventually leading to indigestion and malnutrition.

*The law is-take sugar alone or with drinks.*

### **THE LAW OF EATING MELON**

***Take melons Alone***

Do not consume melons with any other foods.

Watermelon, muskmelon, honeydew melon, pie melon, casaba melon, cantaloupe and other melons should always be eaten alone.

I know of no physiological reason for this rule. We do know that these foods decompose very quickly in the stomach and are almost sure to cause trouble if eaten with other foods. If eaten alone — a meal made of them — so that they are quickly passed out of the stomach they form excellent and delightful foods. People who complain that melons "do not agree" with them will find that if they eat them alone — but not between meals — they can enjoy them without an aftermath of discomfort. Because of the ease with which melons decompose they do not combine well with any food, except, perhaps, with certain fruits. We always feed them alone, not between meals, but at fruit meal time.

### **The Law of Eating Acid Fruits**

It has been well explained in the chapter starch — Acid combination and protein— Acid combination that all acid fruits, lemon, orange, lime, pineapple, tomatoes, grape fruits and other sour fruits do not combine with starches and proteins. Acid fruits are even not good combination with sweet fruits. The only exception is sub-acid fruits like grapes, mangoes, pears, apples etc. Therefore to avoid confusion in fruits combination it is always advisable to eat acid fruits at separate meal so that the problem of combination does not arise at all.

All acid fruits requires absolutely a different digestive environment as a rule it should be consumed always empty stomach.