

Man's Foods

Sweet Fruits

Bananas Dried Fruit
Persimmons Date Figs
Coconut



Sweet Fruits combine well with Sub-Acid Fruits and berries. Do NOT combine sweet fruits with Melons or Acidic fruits.

Sub-Acid Fruits

Apples Apricots Nectarines
Cherries Grapes Peaches Pears
Orange (Ripe) Mango



It is always understood that organic is best if possible. Always wash chemicals off ALL of your foods before eating!

Acid Fruits

Grapefruit Kiwi Lemons Limes
Strawberry Pineapple
Pomegranate
Orange (unripe)



Acid fruits combine well with Sub-Acid fruits and berries. Do NOT combine Acid fruits with Sweet fruits or Melons.

Berries

Blackberries Blueberries
Raspberries Acai



Melons

Cantaloupe



Honeydew



Watermelon



Papaya



Green Drinks

Dandelion Greens Spinach
Seaweeds Kale
Beet tops & Bottoms
Parsley



Veggie-Fruits

Avocado Cucumber
Sweet Peppers
Vine Ripe Tomatoes



NOTE: Beans, grains, and animal products are NOT fit for man to eat.

NOTE: Nuts are permitted in small amounts when NOT detoxing.

NOTE: Try to get your foods tree/vine ripe if possible!

Food Combining No-No's!

Fruits and Berries

Fruits and berries go together well for the most part. They are fast to digest, high in nutrition, and are excellent for detoxification. Most vine/tree ripe fruits and berries have an alkaline/base (Hydration) effect.

In general, acid fruits delay the digestion of sweet fruits, so it is best not to combine these categories. The Sub-Acid category of fruits combines well with either Acid fruits, Sweet fruits, or berries.

NOTE: Because fruits and berries digest quickly one should eat fruits together (be aware of fruit combinations), not with other foods (alone). One might get away with some melon combinations.

Melons:

“Eat them alone or leave them alone!” This is an old saying the National Hygiene Association coined. These are your top digesters and give their nutrition and energy fast without digestive energy loss! Melons are great detoxifiers, especially watermelon in cases of ketosis.

Vegetables and Veggie-Fruits:

Vegetables: are foods for herbivores (horses, cows, elephants, etc.). Their anatomy (body design) and physiology (chemical/electrical activity) is designed completely different. Their teeth and jaw grind their foods, then they have 2 or more stomachs to help with the digestive process of high fiber food. These foods slow detoxification and can be energy robbing. Juice extracting is preferred and digested much easier.

Veggie Fruits: Veggie fruits like avocado, cucumber, peppers, etc. (no corn) are fruits that are more harmonious to eat with vegetables, a great source of nutrition, and they are easier to digest. They are not great detoxifiers, but they can be good treats during detoxification.

Protein and Starch:

Protein and starches are not considered “foods” for man’s consumption. They are complex, digestively compromising, and acid-forming (dehydrating). Protein requires an initial acid digestive process where starches require a base (alkaline) digestive process. The two together neutralizes each other’s digestive process, therefore leading to putrefaction and fermentation.

Proteins = complex nitrogen (amino acid) structures
Starches = complex carbon (simple sugar) structures

