

## Improper food combinations are a chief cause of disease in children and adults.

Michele d Moore\*

University of Natural Health, United States

### Abstract

**The science of correctly combining foods is greatly overlooked in the world of food and nutrition. Each element of food contains a chemical composition that must be combined with foods that are compatible in digestive chemistry in order to enhance the digestive process; assimilate as much nutrients as possible and prevent disease.**

**Keywords:** Digestion, Food combinations, Nutrition, Disease, Gastroenterology, Gastritis, Pathology, Digestive issues.

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### Short Communication

Firstly, let us look as disease. Disease is the result of a mind and body not at ease, disabled by a progressive imbalance or destruction to the integral system. There is only one cause of disease—toxemia, which is an accumulation of toxins in the blood where the rate of catabolism exceeds the process of elimination beyond the point of toleration and as a result, the toxins are not removed as fast as they are developed. This toxic environment impairs the quality of the blood, also affecting the quality of oxygen, nutrients and minerals that are needed by every organ of the body in order to function effectively. This is where onset of disease begins.

Internal organs are handicapped and if the cause of the toxicity is not removed and toxic actions are continued, the inevitable disease will manifest. The evolution of disease begins with a chain of symptoms such as a headache, fever or pain. In the case of stomach we experience indigestion aggravated by food, this is followed by inflammation or gastritis with the thickening of the mucus membrane. This develops into ulceration or ulcer of the stomach which eventually evolves into induration and hardening of the pyloric opening of the stomach and on further examination, cancer is later found. Disease can manifest in many forms at various parts of the body, although the symptom and location of disease may differ, the cause is always the same—toxicity of the blood.

What causes the blood to become toxic? There are many physical and mental factors and bad habits that cause the blood to develop a toxic state. For example, impure water, alcohol, drugs, lack of sleep, stress and especially the wrong food and improper combinations. These destructive influences deplete vital nerve energy causing the body to become enervated and unable to eliminate waste and therefore causing retention of toxins in the blood. Food stimulants can also enervate people and undermine health by the poisoning chemicals that drain nerve energy needed for elimination and when this falls short, toxin levels rise causing an enervated individual.

Food combining is the combination of foods that are compatible with each other in digestive chemistry.

Physiologists have seen that efficiency of digestion is greatly dependent on the food combinations in a meal. Proper food combining will provide; easy digestion without pathological debris, no unpleasant symptoms or poisonous by products from indigestion, less energy in digestive work and more energy for other bodily activities as well as enhanced nutrition.

Food is not merely a substance that should be used to ‘fill a hole’ or satisfy the everlasting appetite of the glutton individual. It is a necessary component to the preservation of health and evolution of the living organism. The body obtains its nutrients, minerals, vitamins and water from the abundant of wholesome, high quality and organic foods that mother nature has provided for us. Once we consume the plant-based foods we are physiologically designed for and in proper combinations that will allow digestion to take place, the body will then be able to assimilate the nutritive elements and receive the full benefits of the food. “A stomach that is reeking with decomposition will not supply to the body “calories” and “vitamins” originally contained in the food eaten” [1]. You are not what you eat but what you digest, absorb and assimilate. The composition and elements of food is a science and it is imperative to know what you are eating and the effect it will have on the body once it is combined with another element of food. Unfortunately, many people are unaware or have been fed with the wrong information about how to combine food which has led to the putrefaction of proteins and fermentation of starches in their digestive tracts, another cause of the accumulation of toxins in the body.

There are three main categories of food; proteins, carbohydrates (starches and sugars) and hydrocarbons (fats) each of these differ in chemical composition. Each element requires a special adaptation of digestive juices secreted that aid in the process of digestion. They also require different lengths of time to digest. This chemical reaction in the body can either prohibit or assist in digestion, assimilation and absorption of the nutrients contained in the food element, depending on whether it is correctly combined. It also affects the quantity, quality and the length of time these digestive juices are secreted. Therefore, if these chemicals are

imbalanced, then digestion becomes impaired. For example, carbohydrates require the digestive enzyme amylase to break down starch and sugar. Amylase requires an alkaline environment and is destroyed by mild acid. Protein requires the enzyme pepsin which is only present with the secretion of hydrochloric acid. These different processes of digestion cannot take place at the same time in an ideal way as both chemical processes interfere with each other. An acidic environment is ideal for the digestion of protein but inadequate for the digestion of carbohydrates. If meat and bread are eaten together, as commonly done with the sandwich, the hydrochloric acid will prevent the digestion of the starch resulting in its fermentation. As stated by Dr. Tilden, nature never produced a sandwich.

The following rules for combining foods should be applied when consuming any meal as advised by natural hygienist Dr. Herbert Shelton: (1) never eat carbohydrate foods and acid foods at the same meal; (2) never eat a concentrated protein and a concentrated carbohydrate at the same meal; (3) never consume two concentrated proteins at the same meal; (4) do not consume fats with proteins; (5) do not eat acid fruits with proteins; (6) do not consume starches and sugars together; (7) eat one concentrated starch food at a meal; (8) do not consume melons with any other food; (9) milk is best taken alone or left alone.

“Food diet is the chief, though, by no means the sole cause of low resistance and disease in children; in adults it is one of a

whole series of crippling influences of which it is often difficult to determine which is producing most harm, but all of which must be corrected before good health can be restored” [2]. If you remove the cause of disease there will be no symptoms to treat. In other words, to promote a more healthful lifestyle and prevent disease for you and your family, you should implement correct food combinations in your diet.

## References

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## \*Correspondence to

Michele d Moore

University of Natural Health

3815 River Crossing Pkwy #100

Indianapolis, IN 46240, United States

E-mail: [info@micheledmoore.com](mailto:info@micheledmoore.com)