

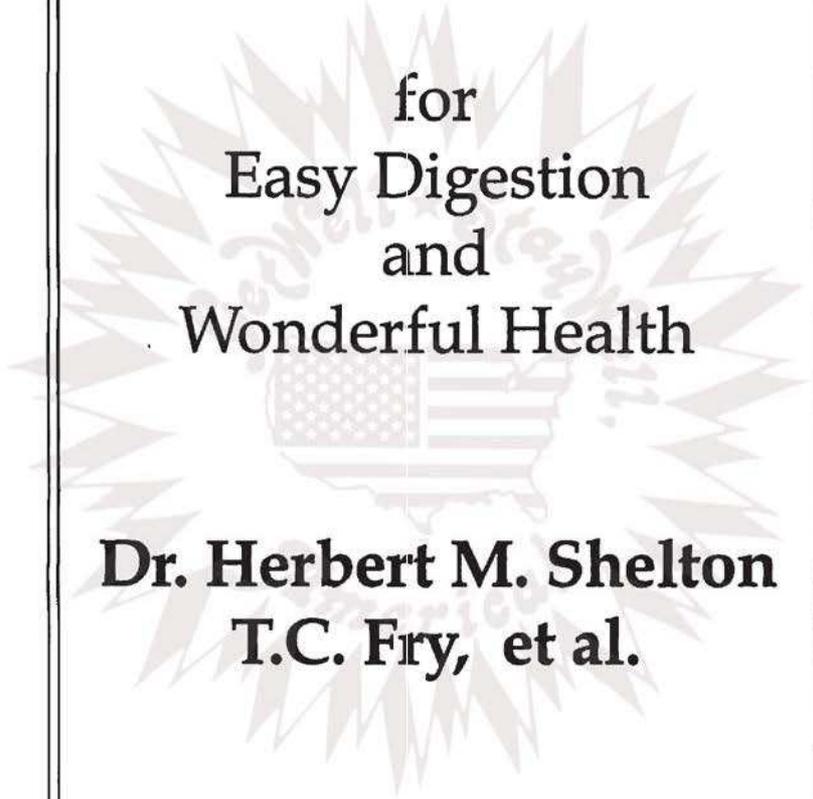
CORRECT FOOD COMBINING

FOR EASY DIGESTION
AND
WONDERFUL HEALTH

T.C. FRY

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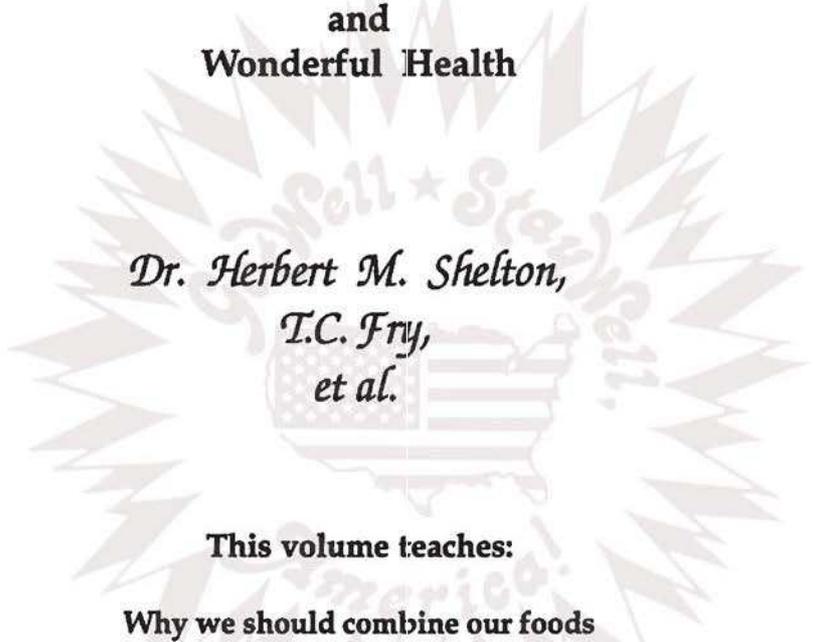
**Dr. Herbert M. Shelton
T.C. Fry, et al.**

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CORRECT FOOD COMBINING

**for Easy Digestion
and
Wonderful Health**

*Dr. Herbert M. Shelton,
T.C. Fry,
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This volume teaches:

**Why we should combine our foods
according to definite rules,
The principles and rules for food combining,
About the natural foods of humans,
How to combine and eat them,
Why proteins and starches
should not be eaten together,
Why some foods must be eaten alone or not at all,
How indigestion leads to diseases, ulcers and cancer**

THE HYGIENIST'S PLEDGE

Ivow to so live and conduct myself as to be exemplary of supreme goodness and thoroughgoing excellence. Therefore, I will observe and practice those life principles productive of superlative well-being.

I will learn and practice self-reliance.

I love my fellow beings and will concern myself with their welfare, performing worthy deeds and service in their behalf.

In my affairs and relationships, I will always be sincere, faithful and honest, and I will be warm, kind, friendly and cheerful.

I will be of staunch moral character and meet my responsibilities to myself and society.

I will uphold and defend individual liberty.

I have a deep reverence for all life and will respect it symbiotically.

I will ever seek knowledge and understanding with a receptive and open mind.

I will cultivate wisdom, enthrone truth and exalt reason.

And I will embrace wholeheartedly those courses of conduct which the eternal verities ordain.



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WHAT CAUSED THE FALL OF HUMANS?

There is widespread acceptance of long standing that we humans fell from a godlike status.

Our fall, according to tradition, resulted from eating a forbidden food.

A second fall is said to have occurred when we mastered fire.

And the pristine perfection of humans has suffered from many other degrading evils.

We must recognize the deleterious nature of our follies. We must restore ourselves to our godlike status.

If we humans were doomed to a life of suffering for indulging forbidden fruit, we might likewise enjoy a life filled with well-being by rejecting forbidden fruit and respecting those life-enhancing principles of our being.

There is no reason why we all should not be Apollos and Venuses. Each of us should have a long life with sunny, joyful days and tranquil nights.

To realize the ideal for ourselves insofar as circumstances will permit should be our aim; to help our fellow beings become aware of their plight and the high road to their salvation should be our endeavor.

T.C.FRY, EDITOR

OBJECTIVES OF THIS VOLUME

- *How to live in peace with your stomach.*
- *How to eat to avoid digestive problems.*
- *How to recognize the necessity of eating foods that are compatible with our digestive chemistry and digestive system. To learn and understand the principles of food combining.*

Americans entertain themselves via the mouth and esophagus. They eat for taste sensation rather than for the purpose of nourishment. Not that proper eating is a dreary or unenjoyable affair. Quite the contrary. But in pursuit of the multitude of eating perversions we've been led to adopt, Americans commit every eating sin in the book.

1. The eating of foods we're not biologically equipped to handle with efficiency.
2. The mixing of foods, chemically incompatible with each other and contrary to every digestive principle in nature.
3. The eating of foods which, even if good and combined properly, are so processed, cooked or otherwise prepared as to be largely indigestible and devoid of nutritive qualities.
4. The eating of concoctions that contain condiments, preservatives and other rank poisons that interfere with digestion and so upset the organism that good digestion is impossible.

We will strive to present a plan for eating foods that are compatible with each other, with your digestive system, and in quantities and circumstances favorable to pleasurable inges-

tion, digestion and assimilation.

Have you ever wondered why Americans are so much beset by acid and sour stomach, heartburn, constipation, allergies, colitis, diverticulitis, mucus expectoration, headaches, gassiness, foul smelling gas emissions, etc.?

Can you imagine Americans adopting a proper plan of eating? If they did, huge businesses built upon improper eating would disappear overnight! Gone would be much of the drug and medical system. Gone would be antacids, Tums, seltzers, aspirin, pain killers, laxatives, cathartics, etc. Billions of wasted dollars and untold suffering would disappear. The money could better be spent on homes and necessities. And, of course, who needs suffering?

Can you imagine the virtual disappearance of heartburn, headaches, indigestion, constipation, etc., from the American scene? This suffering is as American as apple pie, fried foods, ice cream, bread, steaks, pickles, salt, sugar, milk, cereals, etc. These "staples" are among the primary culprits in our populace's scheme of suffering.

The whole purpose of this book is to demonstrate to you how this needless suffering can be eliminated from the American scene and certainly from yours.

The chemistry of digestion dictates that our meals be the simplest possible for the most efficient digestion and assimilation. A complicated digestive task will likely result in some, or much, indigestion.

YOU CAN'T VIOLATE A SINGLE PRINCIPLE OF NATURE AND FAIL TO SUFFER FOR IT! YOU'LL SUFFER FOR IT WHETHER YOU REALIZE IT OR NOT. YOUR BODY DOES NOT ALWAYS MAKE YOU CONSCIOUSLY AWARE OF THE PROBLEMS YOUR BAD HABITS IMPOSE UPON IT!

Thus, the more varied the foodstuffs you eat, even if they are of foods to which we are biologically adapted, the more likely that you'll ingest foods that present chemical conflicts and even chemical affinities that render them partly or wholly indigestible such that they are unusable. Instead of being good food,

become abominations that devitalize and inflict suffering upon the system.

Listed herein are most of the proper foods for humans that are available to Americans. A chart appears in conjunction with this list that shows how to combine these foods such that efficient and harmonious digestion and assimilation will occur.

This is one of the most valuable lessons you can learn, for indiscriminate eating is one of the greatest sins of Americans. Not only do we overeat, but we eat the wrong foods and in combinations that are best described as abominations.

The penalties for ignorance are lost health, suffering, and a short, diseased life.

We stress in this lesson that the monomeal is the ideal. For instance, animals in nature not only observe the monomeal, but most have a mono diet. Horses and deer have mostly a mono diet: grass, grass, grass, grass!

What most of us do not realize, is that almost any food worthy of the human diet is a complete food in itself, furnishing most, if not all our nutrient requirements. Certainly, the body is conservative and provident and if it does not get all that it requires in one meal, it will get it in the next meal or the one thereafter.

With food combining we can eat meals of foods that are compatible with each other and our digestive system and which give us pretty much the spectrum of our nutrient requirements.

IF WE DO NOT EAT PROPER FOODS PROPERLY COMBINED, OUR STOMACHS BECOME BATTLEFIELDS!

Instead of being digested and assimilated, what we have eaten becomes a fermenting and putrefying mess that gives us misery.

Yeasts and bacteria convert starches and sugars into vinegars, alcohols and acetic acids, thoroughly unwelcome substances in the human system. They especially affect nerve cells, and a single bout with fermentative indigestion can be responsible for the loss of hundreds of thousands of brain and nerve cells. In time we become a "nervous" wreck to which impro-

erly combined sugars and starches have been heavily contributory.

Protein matters putrefy, being converted into foul-smelling gases, indols, skatols, mercaptans, and other matters poisonous to the body. All poisons from fermented and rotted foods make our intestinal tracts seething cesspools. They so foul up the vagus nerves that the body cannot correctly discharge its functions. A sewer line of foul substances not only causes great distress, but saps our bodies of vital energies. Peristaltic nerves suffer paralysis, and our whole system becomes constipated and stagnant—not merely the bowels, but the whole system! Constipated glands, organs, etc., rob us of our aliveness, alertness, and the joys of life.

You should carefully learn and observe the rules of food combining. Above all, you must make sure that you are combining foods to which we are biologically adapted and eating them in the condition to which we are biologically adapted.

If you don't, I repeat: every transgression you visit upon your body, the temple of your life, exacts its toll such that you suffer to some measure, whether you're aware of it or not.

And if you suffer, you have only yourself to blame. You should know better once you've been exposed to the knowledge and the opportunity to do better.

This volume presents you with an opportunity to greatly enhance your life. Do you have the fortitude and resolve to carry out its mandate?