

FOOD COMBINATION AND HEALTHY TIPS

For Optimal Weight Loss and Healthy Lifestyle

Try to keep your body alkaline ~ pH 7. An alkaline body is a healthy body. A healthy daily diet should be composed of 80% alkaline-forming foods and 20% acid-forming foods. In general, most vegetables and fruits are alkaline-producing . . . and most grains, starches, meats and sweets are acid-producing. At each meal eat plenty of vegetables, especially green leafy and avoid acid-forming food and beverages.

PROTEIN

- Poultry
- Fish
- Lamb
- Beef
- Eggs
- Cheese

There are two major food groups ~ Protein and Starch. For optimum metabolism ~ choose ONE major food group at each meal. Then choose vegetables of your choice.

STARCH

- Pasta
- Rice
- Potato
- Bread
- Bagel
- Cereal

KEEP YOUR BODY ALKALINE:

1. Choose EITHER one (1) Protein OR one (1) Starch (See Above List).
2. Add fresh vegetables of your choice. The following selection are healthy choices. Have as much as you wish of the vegetables and / or a salad.



“What we think and what we eat ~ combined together ~ make what we are ~ physically and mentally.

Never eat when angry, worried or extremely tired”.

~ Edgar Cayce



VEGETABLES

- Beans
- Broccoli
- Brussel Sprouts
- Cabbage
- Cauliflower
- Spinach
- Alfalfa
- Cucumbers
- Mushrooms
- Carrots
- Beets
- Turnip

FRUITS

- Apple
- Melon
- Grapes
- Berries
- Pineapple
- Bananas
- Kiwi
- Grapefruit

FRUIT:

ALWAYS eat fresh fruit alone (without other foods). Fruit is an excellent aid for digestion . . . IF eaten on an empty stomach. Try to wait at least 3 hours after eating anything at all, before eating a fruit.

SEASONING AND DRESSING:

User lemon juice and / or high-grade olive oil and vinegar to season your salad. Use as little salt as possible. Salt can contribute to fluid retention in the tissues which can mask weight loss. Use your favorite herbs for seasoning, e.g., rosemary, oregano, thyme, cinnamon, pepper.

BEVERAGES:

Water ~ drink as much as you can drink every day. Aim for eight (8) ounce glasses / day. No sodas and NO aspartame. Herbal teas. Decaf Coffee or Tea within reason.

The information in this article is not intended to diagnose, treat, cure or prevent any disease. Information and statements made are for educational purposes and are not intended to replace the advice of your family doctor.

STAY HEALTHY . . . ALKALIZE YOUR BODY

Edgar Cayce of the A.R.E. (Association for Research and Enlightenment) in Virginia, USA, over 100 years ago, strongly recommended an alkaline diet to become and stay healthy and specifically to avoid acidosis (acidic body) . . . a condition that causes many serious disorders. The same advice is useful today.

As varied as the health conditions may appear ~ the remedy is always the same . . . the de-acidification of the internal environment. In our society, the typical diet is far too high in acid-forming foods and too low in alkaline-forming foods.

To counterbalance the intake of acids ~ plenty of alkaline-forming substances are needed daily.

ACID-Forming	ALKALINE-Forming
<ul style="list-style-type: none">• Fast food and highly-processed foods• Carbonated soft drinks• Animal products (meat, eggs and dairy)• Alcohol• Tobacco• Sweets and sugar• Coffee and black tea• Cereal grains• Peanuts, pecans, walnuts	<ul style="list-style-type: none">• Green vegetables• Colored vegetables• Potatoes• Fruits• Yogurt• Whey• Almonds, chestnuts, hazelnuts• Alkalized concentrate (greens)• Aloe-vera based cleanse drink

The fundamental way to protect against an over-acidic internal environment is to maintain a healthy lifestyle and follow these basic principles . . .

- Eat plenty of fresh vegetables daily (especially green leafy vegetables).
- Ideally, we should eat fresh vegetables at a ratio of 2 to 3 above-ground to 1 below-ground. Example: broccoli, brussel sprouts or yellow beans (above-ground) ~ then choose carrots or beets (below-ground).
- Avoid the highly acid-forming foods such as carbonated sodas, red meats, sweeteners and sugars.
- Exercise moderately. Moderate exercise is alkalizing and enables your body to eliminate acid waste through sweat glands. However, avoid over-exercising as it builds up lactic acid.
- Drink plenty of water daily. Water assists with the transportation and elimination of acid.
- Supplement your diet with an alkalized concentrate to assist your body in counteracting acid waste build-up. For most people ~ it's hard to eat enough green vegetables daily to counteract all the acid-forming foods consumed.
- Along with a healthy alkaline diet . . . drink 2 to 4 oz. daily of an aloe-based herbal-mineral cleanse drink to help keep your internal environment healthy.

An Alkaline Body is a Healthy Body !

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