Food Combining Strategies

PHYSIOLOGY

Proteins are digested largely in the stomach by the gastric juice; **the enzymes that are utilized to breakdown proteins are activated in an acidic environment**. There's no carbohydrate digestion happening in the stomach. In fact, if carbohydrates are present in the stomach during protein digestion, it will surely alter the pH of the stomach thereby impairing the enzymatic breakdown of proteins.

Carbohydrate digestion begins in the mouth by mixing with alkaline enzymes while chewing; alkaline is counter to acidic. Once again, there's no carbohydrate digestion happening in the stomach. Passing from the stomach, **carbohydrate digestion resumes in the small intestine with enzymes activated by alkaline secretions from the pancreas**; this section of the intestine can be considered a rudimentary second stomach, but for alkaline digestion.

Fats follow yet another course; upon entering the small intestine, signals are sent to the gall bladder that trigger a release of bile acid, these bile acids liberate fatty acids. The liberated fatty acids consequently neutralize the alkaline secretions from the pancreas. Therefore, **if fatty acids are being liberated while carbohydrates are trying to be digested, the alkaline secretions needed to breakdown carbohydrates will be neutralized**.

The incomplete breakdown of any of our foodstuff (proteins, carbohydrates and/or fats) can produce gastrointestinal stress, malabsorption and/or an immune response. In simple terms, **different organs, different enzymes, different pHs… foods fight each other, and they shouldn't be consumed in certain combinations, period!**

Why the Two Systems

Most likely, adaptive evolution (survival) triggered humans to develop multiple systems to extract nutrients from food, while other animals confined themselves to one system.

Herbivorous animals, such as the cow or sheep, eat only vegetable food, and utilize a specialized tract for extensive alkaline digestion. They utilize extensive chewing and re-chewing to break down foods, and have digestive organs that promote the fermentation of carbohydrate sources in order to optimize nutrient extraction.

Carnivorous animals, such as lions or wild dogs, eat only meat, and utilize a specialized tract that accommodates acid digestion. They tear their food in large pieces and chew it as little as possible, if at all. Their digestive tract transits food quickly, so to avoid any potential toxicity from the putrefaction of undigested proteins, or rancification of fats.

Humans are considered to be omnivorous, but when analyzing our digestive systems we should categorize ourselves primarily as carnivores, or possibly selective omnivores… very selective. The crude carbohydrate digestive processes that we possess are most likely a result of eating berries while searching for meat, but may also be attributed to an existential advantage that developed when meat sources became scarce and survival, not thriving, was the main objective.

Tenets of Consumption

Avoid Mixing Meat and Carbohydrates at Any One Meal

Consume Organic Grass-Fed Meats and Dairy
Eat Free Range Pastured Chicken and Eggs (Soy Free)
Look for Wild Caught Cold-Water Fish

Consume Animal Fats with Meat Meals & Veggies Only

Choose Grass-fed Butter, Preferably Raw
Bone up on Omega-3 Rich Food Sources and Supplements
Have No Fear of Good Fats, Do Not Use Fats w/ Carbs (No Buttered Bread)
Extra Virgin Olive Oil (No Heating) and Virgin Coconut Oil (Heating)

Salads & Veggies go with Any Meal (Neutral)

Sparingly Consume Organic, Biodynamic, Polyculture or Homegrown Sources of Vegetables and/or Salad Greens, Green Food Supplements

Eat Fruits Separate, Alone, and Seasonally

Sparingly Consume Organic, Biodynamic, Polyculture, or Homegrown Fruit
Restrict the High Glycemic Types (Research Glycemic Index)
Watch your Portion Size; Eat the Whole Fruit, Avoid Fruit Juices
Use Raw Honey and/or Pure Maple Syrup Sparingly

Utilize

Multivitamins
Digestive Enzymes
Support the Acid Digestion of the Stomach
Support the Release of Fatty Acids

Eliminate

Hydrogenated & Partially Hydrogenated Oil, Margarine, Seed/Vegetable Oil, MSG, White Sugar, Soda, Sugary Drinks, Energy Drinks, High Fructose Corn Syrup (HFCS), Corn Syrup, Artificial Sweeteners, White Rice, Glutinous Flours, Industrial Corn & Soy-Fed Animals as well as their Milk, GMO Corn and All Soy-Based Foods… also, Any Food & Drink Sources that May Contain of Have Come into Contact with Aluminum