



The Perfect Knife & Fork Meal:

Aim to keep meals between 400 to 600 calories (1674 to 2512 kilojoules).

Start every meal with an alkaline food – either raw vegetables or a small salad. Eg. Celery sticks, green salad, red pepper sticks, carrot sticks. Besides guaranteeing that we are loaded up on raw plant enzymes, we are also ensuring that we are getting alkaline, water rich foods into our body and increasing the overall percentage of these foods in our diet. Raw foods contain a high quantity of fibre, which helps slow down glucose absorption in the bloodstream, thus stabilising blood sugar levels and helping to control diabetes. Dietary fibre removes excess cholesterol and hormones, and binds to and deactivates cancer-causing substances. Fibre also helps us feel full, keeps our digestive tract functioning optimally and keeps us regular, which is crucial for ongoing cleansing. By using this principle arm in arm with taking IsaFlush, you will be able to experience the wonderful effects of fibre.

In order to increase or energy and in turn, lose weight, it is important to correctly combine foods. Eating correctly creates an easier job for our digestive system, freeing up energy which can then be used for other important processes.

* Food Combining Rule 1:

We can only properly digest one concentrated, non-water-containing food at a time. Put simply, **we can only optimally digest either protein or starches, not both**. The stomach must secrete different digestive juices when we eat different foods. It is a huge drain on our digestive system to expect our bodies to break down two different types of concentrated foods at the same time. Protein requires an acidic environment and an enzyme called pepsin to be broken down, opposed to the enzyme ptyalin required for starches, which can only effectively act in an alkaline environment. When an acid and alkaline are put together they neutralise one another. This means that neither food can easily be broken down. The glands secrete more digestive juices to break down the food, however because the opposing digestive enzymes are still present, they simply neutralise each other, again and again. This ineffective digestive process takes hours, costing us huge amounts of energy, causing lethargy after the meal. Bloating, gassiness and heartburn occur as a side effect, and after all the discomfort and huge energy strain, the food isn't even 100% digested. Worse of all, the food has a high possibility of now being toxic, as it has baked in our 37 degree body, whilst slowly moving through our digestive system. Without the help of the digestive juices, the food could take twenty to forty hours to navigate through about 9.1 metres of winding intestinal tract! The protein has become putrefied and the starches have fermented. Most of the nutrients in the food have been lost, and the protein and starches have become unusable to the body.

* Food Combining Rule 2:

Vegetables are neutral & can be combined with anything as they are simple for our bodies to digest.

* Food Combining Rule 3:

Mixing two starches is ok, as although starches are concentrated foods, they aren't as complicated to digest as protein.

* Food Combining Rule 4:

Do not mix two different types of animal protein. Each different protein has a very different character and chemical makeup and our bodies must break the protein down into amino acids in order to digest. With proteins being the most difficult food group to break down, combining different proteins each with a different complex chain of amino acids, havoc will occur in our digestive system. (Plant proteins such as nuts and seeds can be mixed as they are much more simple to breakdown.)

* Food Combining Rule 5:

Eat fats moderately with protein. Fats have somewhat of an inhibiting effect on the already difficult to digest protein. Minimal amounts is ok, however avoid pairing the food groups completely if weight-loss is your goal.

* Food Combining Rule 6: **Fruit should only be eaten on an empty stomach.** Fruit breaks down and leaves the body within 20 – 30 minutes of consumption. However, if there is a digestion backlog of other foods, in particular starches and proteins, fruit sits on top and begins to ferment, as the other foods take longer to digest. The only foods fruit can be combined with, without digestive issues, are fresh, raw greens.

* Food Combining Rule 7: **Try drinking water away from meals.** Ideally half an hour before or an hour following a meal, as the water dilutes digestive juices and delays digestion. If you need to consume water during a meal, squeeze lemon juice into the water to make up for some of the dilution which will occur.

Eat in a light to heavy order. Eat your meal in order of which foods will digest the quickest. The speed of the food groups from fastest to slowest are;

Fruit

Greens

Non-starch vegetables

Starches

Protein.

This keeps our food passing through the digestive system as fast as possible, without a backlog. Even if you need to break a food combining rule, if you stick to this rule, you are avoiding a bigger digestive disaster,