



The Wolfe Clinic News

Acidosis and Food Combining

The Simpler The Meal The Better You Feel

ACIDOSIS is the basic foundation of all disease and we need to understand the simple process of alkalizing our body in order to restore and maintain our overall health. True health only exists when the organs in your body are strong and properly alkalized. One of the best methods of alkalizing our body is Food combining. Let's face it,

anything that prevents illness is far easier, wiser and less costly than treating disease once it occurs and this is by far the simplest way to help maintain health..

Food combining refers to the combination of foods which are



compatible with each other in terms of digestive chemistry. It is a basic component of optimal nutrition because Food combining allows the body to digest and utilize the nutrients in our foods to their full extent.

Before we go any further down this road, though, let's first have a look at the health impact of Acidosis on your body:

Heart

The heart is one of the most alkaline-dependent organs in the body. It is partly innervated by the vagus nerve which functions best in an alkaline environment. Correct heartbeat is altered by acid wastes. These wastes rob the blood of proper oxygenation and degeneration of the heart soon follows. An alkaline system creates an ideal environment for healthy heart function.

Stomach

Digestive difficulties (belching, bloating, sensitivity at the waist, intestinal gas, regurgitation, hiccups, lack or limitation of appetite, nausea, vomiting, diarrhea, constipation, colic in children) may indicate vagus nerve problems and possible hiatal hernia syndrome, which can produce acid residue throughout the system. Hiatal hernia can quickly reduce necessary hydrochloric acid in

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the stomach. Without proper hydrochloric acid breakdown of foods, the foods become too acidic.

Liver

The liver has over three hundred functions that we are aware of,

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The Wolfe Clinic
"FEAR IS THE GREATEST DISEASE"

including processing acid toxins from the blood and producing numerous alkaline enzymes for the system. It is your first line of defense against any poisons. All the nourishment obtained through the gastrointestinal tract enters the blood by way of the liver. The load on the liver is much heavier when acid waste products are constantly floating in the blood. If the liver becomes too congested with protein acid wastes, death is imminent.

Pancreas

The pancreas is highly dependent on correct alkaline diet. All aspects of pancreatic function reduce excess acidity and regulate blood sugar balance. To have proper blood sugar balance, you must maintain a primarily alkaline-forming diet.

Small Intestines

The Peyer's Patches, in the upper portion of the small intestines are crucial to life. They are essential for proper assimilation of food and producing lymphocytes for the lymphatic system's wide ranging nodal network. They also produce large amounts of the enzyme "chyle", which is a major alkalizing substance. The uninterrupted

flow of chyle into the system is crucial. Too much acid waste production from acid-forming foods is a great burden on the Peyer's Patches, which lessens the production of chyle.

Kidneys

In an adult, about 1 liter of blood per minute passes through the kidneys. By executing their primary duty, the kidneys keep the blood alkaline and extract acid. Kidneys that are overstressed with too



much acidity create kidney stones, which are composed of waste acid cells and mineral salts that have become gummed together in a waste acid substance.

Therefore, by reducing acid-forming products from entering the body, the chances are better that you can avoid this painful condition.

Colon

The colon must be kept clean of accumulated acid wastes. Poisons collect on the colon walls and in cases of diarrhea or constipation will harden and reabsorb into the bloodstream. Good bowel action

(complete elimination) must be done at least 2 times per day. For more information, read my booklets Spoiled Rotten and Reclaim your inner Terrain.

Lymphatic System

There are 600-700 lymph glands in the body. Lymph fluid carries nutrition to the cells and removes acid waste products. Lymph fluid flows best in an alkaline

environment. When the body is overly acidic, it slows, creating one of the most chronic, long-term, life-threatening situations. Gradually, the lymph dries and begins to form very tiny to very large adhesions throughout the tissues. These adhesions can interfere not only with lymph fluid but with blood flow as well.

Hindered lymph flow increases tissue acid storage. Not drinking enough purified water will also slow the lymph. Waste products from foods that are not properly digested are reabsorbed into general circulation via the lymphatic ducts of the small intestine. In addition, bowel movements that do not completely clear the body of its daily poisons are also reabsorbed.

Negative emotions create acidity

Have you ever been so upset with someone or something that you get an upset stomach? All negative emotions create an acidic environment. Have you ever

heard anyone say you are letting your problems “eat away at you” or “get the best of you”?

Fear is the underlining cause of most disease. It will undermine your life and your health. Fear causes anger. Anger causes hate. Hate will consume you with continual suffering. Love and understanding cleanse and heal the body creating an alkaline environment within you.

What can be done?

Exercise

Moderate exercise is alkalizing to the body. Excessive exercise (past the point of exhaustion) can create an acidic problem due to lactic acid buildup. People who are acidic usually feel worse from exercise because their detoxification organs are not working properly due to excessive acid in the tissues.

Water

Since approximately 70% of our body weight is water and water makes up over 80% of our brain and 90% of our blood, it is an integral part of everything the body does. Water therapy (using chemical free, clean, restructured and alkalizing water) is a vital part of any health program. Following a protocol using water purification and enhancing systems that produce a high rate of hydration allows superior and faster metabolic processes to occur

within the cell, making it better able to flush toxins and move nutrients to where they are needed.

Far Infrared Therapy

Far Infrared Therapy also helps by efficiently breaking down toxin laden fats and removing them through sweat. Sweats from a FIR Sauna are commonly used to help purify the body through enhanced skin elimination. It is also



helpful for those who cannot exercise for any extended period of time and replaces regular exercise as the main mechanism to stimulate sweating. As well, it stimulates elimination and body functions and promotes relaxation. Clearing tensions, worries and other mental messes makes

for a more healthy system.

Alkalinizing Dietary Supplementation

When you purchase supplements you must ask yourself what your goal is and will these supplements actually help alkalize and remove acid from your body. Chlorophyll (green) drinks are very helpful in filtering out toxins and acidity in the body. Call The Wolfe Clinic for assistance in choosing the proper supplements. 1-800-592-9653

Alkaline Diet

Eating an alkaline diet is very powerful in making everything else work better. In general, it is important to eat a diet that contains both acidic and alkalizing foods. People vary, but for most, the ideal diet is 75 percent alkalizing and 25 percent acidifying (foods by volume). See My Acidifying and Alkalinizing Food Table for more details. <http://www.thewolfeclinic.com/foodcombining.html> And remember, a full evaluation by a health practitioner is the best way to determine what the most suitable diet is for you.

Food Combining

Again, one of the best methods of alkalizing our body is Food combining. It is a simple way to help maintain optimal weight as well as best health. Food combining refers to the combination of foods which are compatible with each other in terms of digestive chemistry. It is a basic component of optimal

nutrition because Food combining allows the body to digest and utilize the nutrients in our foods to their full extent

The discomforts of indigestion are so common in today's society that indigestion is almost considered normal. The fact that over 2 billion dollars are spent each year on antacids is proof of this. Rather than using drugs to suppress symptoms, wouldn't it be wiser to remove the causes of indigestion?

Food combining is partially based on the theory that different food groups require different digestion times. Digestion is helped the most by using foods which have roughly the same digestion time.

Correct food combinations are important for proper digestion, utilization, and assimilation of the nutrients in our diet. The principles of food combining are dictated by digestive chemistry. Different foods require different digestive enzymes to aid in the digestive process - some acid, some alkaline. As any student of chemistry will assure you, acids and bases (alkali) neutralize each other. When acid and alkaline come in contact, they neutralize each other and this retards digestion.

Protein foods require a highly acidic environment for digestion while carbohydrates (starches, fruit and sugars) and fats require a more alkaline medium. Anytime 2 or more foods are eaten at the same time, and those foods require opposite conditions for digestion, the digestive process is compromised.

When starches and proteins are combined their stimulation to the digestive juices generates a conflicting response and produces a medium which does not digest either food very well. This situation often leads to indigestion, bloating, gas, abdominal discomfort, and poor absorption of nutrients. Any quick digesting foods - such as fruit - must wait until the slowest digesting foods leave the stomach before they can leave - a process which can take up to 6 or 8 hours. While waiting, the fruit and some of the starches undergo some decomposition and fermentation, producing gas, acid and even alcohol along with indigestion.

General principles of food combining:

1. Eat starches and acids at separate meals. Acids neutralize the alkaline



medium required for starch digestion and the result is indigestion and fermentation.

2. Avoid eating carbohydrates with acid fruits This combination may

neutralize your enzymes causing your food to putrefy.

3. Avoid eating concentrated proteins with concentrated carbohydrates. Protein foods require an acid medium for digestion. Remember the pizza? How it made you feel? Especially when you were tired?

4. Eat only one kind of protein food at a meal. Do not consume two concentrated proteins at the same meal. Two concentrated proteins of different character and composition (such as nuts and cheese) should not be combined. Gastric acidity, type, strength and timing of secretions for various proteins is not uniform. Since concentrated protein is more difficult to digest than other food elements, incompatible combinations of two different concentrated proteins should be avoided.

5. Eat proteins and acid foods at separate meals. The acids of acid foods inhibit the secretion of the digestive acids required for protein digestion. Undigested proteins putrefy in bacterial decomposition and produce some potent poisons.

6. Do not consume fats with proteins Our need for concentrated fat is small and most protein foods already contain a good deal of fat. Fat has an inhibiting effect on digestive secretions and lessens the amount and activity of pepsin and hydrochloric acid necessary for the digestion of protein. Fat may lower the entire digestive tone more than 50%.

7. Eat proteins and sugars (fruits) at separate meals.

8. Eat starchy foods and sugars (fruits) at separate meals. Fruits undergo no digestion in the stomach and are held up if eaten with foods which require digestion in the stomach.

9. Eat melons alone. Melons combine with almost no other food.

10. Forget the desserts. Eaten on top of meals they lie heavy on the stomach and ferment. Bacteria turn them into alcohols, acetic acids and vinegars.

11. Use fats sparingly. Fats inhibit the secretion of gastric juice. Except with avocado, fats used with starch delay the passage of the starch from the stomach into the intestine. When fats such as avocados or nuts are eaten with raw green vegetables, their inhibiting effect on gastric secretion is counteracted and digestion proceeds normally.

12. Chew all food close to liquid consistency. We can assimilate only those foods which are the most liquefied.

Food combining is an area where everyone seems to have an opinion. One way to find out what is right for yourself is to experiment. Try it and see how you feel. Listen to your body. Hear what it has to say. What works for one person may not work for another person.

How does Food combining work?

It is commonly believed that the human stomach should be able to digest any number of different foods at the same time. However, digestion is governed by physiological chemistry. It is not what we eat that is crucial to our health, but what we digest and assimilate.

Digestive Enzymes

Digestive enzymes are secreted in very specific amounts and at very specific times. Different food types require different digestive secretions. Carbohydrate foods require carbohydrate-splitting enzymes, whereas protein foods

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require protein splitting enzymes, etc. It is the knowledge of the digestive process that has led many health practitioners to promote efficient food combining, the rules of which are briefly explained below:

1. Carbohydrate foods and acid foods should not be eaten at the same meal.

Do not eat bread, rice or potatoes with lemons, limes, oranges, grapefruits, pineapples, tomatoes or other sour fruits. This is because the enzyme, ptyalin, acts only in an alkaline medium; it is destroyed even by a mild acid! Fruit acids not only prevent carbohydrate digestion, but they also produce fermentation. Oxalic acid, for example, diluted to one part in 10,000 completely arrests the action of ptyalin. And, there is enough acetic acid in one teaspoon of wine vinegar to completely halt salivary digestion. Dr Percy Howe of Harvard Medical School states:

“Many people who cannot eat oranges at a meal derive great benefit from eating them fifteen to thirty minutes before the meal”.

Herbert Sheldon, author of ‘The science and fine art of food and nutrition’ reports: “I have put hundreds of patients, who have told me that they could not eat oranges or grapefruit, upon a diet of these fruits and they found that they could take them. Such people are in the habit of taking these foods with a breakfast of cereal, with cream and sugar, egg on toast, stewed prunes and coffee, or some similar meal.”

Tomatoes should also never be combined with starchy food as the combination of the various acids in the tomato, which are intensified on cooking, are very much opposed to the alkaline digestion of starches. They may be eaten with leafy vegetables and fat foods.

What all this tends to mean is that people who say they cannot eat

oranges or grapefruit as it gives them gas, could be blaming the fruit, when the problem may lie with the escape of starches and the bodies release of pancreatic juice and intestinal enzymes to break them down.

In cases where there is hyperacidity of the stomach there is great difficulty digesting starches. Fermentation and poisoning of the body occurs along with much discomfort. This is because the digestion of carbohydrates (starches and sugars) and of protein is so different, that when they are mixed in the stomach they interfere with the digestion of each other. An acid process (gastric digestion) and an alkaline process (salivary digestion) can not be carried on at the same time in an ideal way in the stomach. Before long, they cannot proceed at all, as the rising acidity of the stomach soon completely stops carbohydrate digestion. The highest efficiency in digestion demands that we eat in such a way as to offer the least hindrance to the work of digestion.

2. Do not eat a concentrated protein and a concentrated carbohydrate at the same meal. This means do not eat nuts, meat, eggs, cheese or other protein foods at the same meal with bread, cereals, potatoes, sweet fruits, cakes, etc. Candy and sugar

greatly inhibit the secretion of gastric juice and markedly delay digestion and if consumed in large quantities can depress the stomach activity.

3. Do not eat two concentrated proteins at the same meal. Avoid nuts and meat or eggs and meat, cheese and nuts, cheese and eggs, meat and milk or eggs and milk or nuts at milk at the same meal. Milk, if taken at all, is best taken alone. The reason for avoiding eating these combinations is because each protein requires a specific character and strength of digestive juice to be secreted. Eggs require different timing in stomach secretions than do either meat or milk.

4. Do not eat fats with proteins. This means do not use cream, butter, oil, etc with meat, eggs, cheese, nuts, etc. Fat

cent.

5. Do not eat acid fruits with proteins. This is to say, oranges, tomatoes, lemons, pineapples, etc., should not be eaten with meat, eggs, cheese or nuts. Acid fruits seriously hamper protein digestion and results in putrefaction. Milk and orange juice, while by no means an indigestible combination, is far from a good combination. Orange juice and eggs form an even worse combination.

6. Do not combine sweet fruits with proteins, starches, or acid fruits The sugars in sweet fruit should be free to leave the stomach within twenty minutes,



depresses the action of the gastric glands by delaying the development of appetite juices and inhibiting the pouring out of the proper gastric juices for meats, nuts, eggs or other protein. Fats may lower the entire gastric tone more than fifty per

and are apt to ferment if digestion is delayed by mixing with other foods. Sugar-starch combinations cause additional problems. When sugar is taken the mouth quickly fills with saliva, but no ptyalin

is present. Ptyalin is essential for starch digestion. If starch is disguised by sugar, honey, molasses, or sweet fruit, digestion is impaired. Fermentation is inevitable if sugars of any kind are delayed in the stomach by the digestion of starch, protein or acid fruit.

7. Acid fruits may be used with subacid fruits This combination is best made with less sweet subacid fruits. Never use acid fruits with sweet fruits.

Tomatoes should not be combined with subacid fruit nor with any other kind of fruit. They are best combined with a salad meal at which no starches are served.

8. Subacid fruits may be used with sweet fruits It is best to use the sweeter varieties of subacid fruits when making this combination. For people with poor digestion, bananas are best eaten alone. For others, bananas combine fairly well with dates, raisins, grapes, and other sweet fruit, and with green leafy vegetables such as lettuce and celery. Dried sweet fruits should be used sparingly, because the sugar concentration is naturally greater. It is best to have these fruits at a fruit meal combined with a salad of lettuce and celery.



9. Combine fruit only with lettuce and celery. These uncooked vegetables with a fruit meal may even enhance digestion of the fruit.

10. Salads combine very well with proteins or starches Non starchy vegetables may be combined with proteins or starch. The green leafy vegetables combine very well with most other foods, and should form the major part of one's daily diet. Through the week, use as wide a variety of vegetables as possible. Lettuce and other green and non-starchy

vegetables leave the stomach with little change. They pass through the stomach rapidly unless delayed by oily dressing or foods that require a more thorough gastric digestion.

11. Avoid over ripe fruit, this may cause digestive disturbances.

12. Sprouts. The best way to eat grains is as sprouts. When grains are sprouted, they come alive with enzymes and oxygen. They become a pre-digested food. Other seeds and legumes may be sprouted as well.

13. Water You should drink alkaline water throughout the day. Do not allow your thirst to build up. Do not allow dehydration to occur. Do not drink a large amount at one time. It is better to have a smaller but continual flow of water for proper assimilation and detoxification. Water is important; make it the best quality you can. Avoid distilled and chlorinated for health sake. Use only a chemical free, clean, restructured and alkalizing water

14. Do not consume starch and sugars together. Jellies, jams, fruit, butter, sugar, honey, syrups, molasses, etc., on bread, cake or at the same meal with cereals, potatoes, etc., or sugar with cereal, will produce fermentation. The practice of eating starches that have been disguised by sweets is also a bad

way to eat carbohydrates. If sugar is taken into the mouth it quickly fills with saliva but no ptyalin is present which we know is essential for starch digestion.

15. Eat but one concentrated starch food at a meal. This rule is more important as a means of overeating than as a means of avoiding a bad combination. While overeating of starches may lead to fermentation, there is no certainty that the combination of two starches will do so.

16. Do not consume melons with any other foods. Watermelon, muskmelon, honeydew melon, cantaloupe and other melons should always be eaten alone. This is possibly due to the ease and speed in which melons

conflict with its digestion.

18. AVOCADOS: Though not a high protein food, avocados contain more protein than milk. They are high in fat and the small percentage of protein they contain is of high biological value. They



decompose. Melons are more than 90% liquid and leave the stomach quickly if not delayed and fermented by combining with other foods.

17. Milk is best taken alone or let alone. Milk is the natural food of the mammalian young; each species producing milk peculiarly and precisely adapted to the needs of its young. It is the rule that the young take the milk alone, not in combination with other foods. Milk does not digest in the stomach, but in the duodenum, hence in the presence of milk the stomach does not respond with its secretion. The use of acid fruits with milk does not cause any trouble and apparently does not

are best used with a salad meal. Eating avocados with salad enhances their digestibility.

The next best combination for avocado is to take it with sub acid or acid fruit. It is even better when lettuce leaves and celery are eaten with the fruit and the avocado. Since the avocado is low in protein, it may also be used with potatoes or other starch foods, provided a green salad is included in the meal. Avocados should never be used with nuts, which are also high in fat. Fats other than nuts and avocados are not recommended for regular use.

Types of Food

Proteins

Protein foods are those that contain a

high percentage of protein in their makeup. Protein foods require an ACID DIGESTIVE ENVIRONMENT. Chief among these are the following:

Nuts, Seeds All flesh foods* (except fat)

Dry Beans Dry Peas (combined as starches)

Eggs* Cheese* and other dairy products* Soy Beans Peanuts

Margarine* Chicken/Fish/Red Meat - AVOID PORK

Olives Avocados

* These substances are not recommended, but included for clarity.

Carbohydrates

The carbohydrates are the starches and sugars. These we break up into three distinct classifications: Starches, Sugars, and Sweet Fruits . . . all require an ALKALINE DIGESTIVE ENVIRONMENT.

Starches:

All Cereals

Dry Beans (except soy beans)

Dry Peas Potatoes Pumpkin Yams

Chestnuts Squash Corn

Coconut (Coconuts are a starch/protein combination and also a saturated fat.)

Sweet Fruits:

Prunes Persimmons Dried Fruits Bananas Dates Figs Raisins

Sugars:

Pure Honey (not recommended)

Pure Maple Syrup (not recommended)

Mildly starchy:

Carrots Artichokes Rutabaga
Parsnips Beets

THE REASON FOR PROPER FOOD COMBINING?

Simply to make digestion easier and more efficient! Weight control and better health are the consequences.

Again, ACIDOSIS is the basic foundation of all disease and we need to understand the simple process of alkalizing our body in order to restore and maintain our overall health.

If I were asked, "What is the first major cause of ACIDOSIS?", I would have to say incomplete digestion. If your food does not break down through the enzymes provided by fresh and raw food in your body, then putrefaction (rotting and decay) will take place. The result? Your body absorbs its own toxic waste before it can be eliminated.

Have you ever tried doing two things at once? I know I have, and still do, and if you are anything like me these tasks are usually rushed and incomplete. The same applies to your digestive process. If you combine the wrong foods together in a single meal, your body is required to process incompatible food substances at the same time. This results in "incomplete digestion", discomfort, and putrefaction. Eating your meals as if they were a smorgasbord can only lead to disaster.

Food breaks down in the body with the aid of enzymes or bacteria. Enzyme breakdown is the natural course, while bacterial breakdown is quite destructive. Bacterial breakdown creates toxic gases which manifest in the body as bloating, burping, flatulence, candida, fatigue, headaches, constipation, diarrhea, low back pain and so on. Your digestive tract will either be your highway to vital health or to pain and suffering. You choose the road you want to take.

We have been educated via media advertising to compromise our health for the heavenly tastes in the mouth with no concern for the following thirty feet of discomfort and/or pain that follows in our intestinal tract.

If you are going to eat more than one food at a meal: you can greatly improve digestion (and avoid indigestion) by eating foods that require the same gastric juices for digestion and are compatible.

Proper combining leads to good digestion and to vital health. It is not enough to have the essential elements in the food we eat--they must actually be utilized by our bodies. Food combining is by far the simplest way to help maintain optimal weight as well as best health.

THE SIMPLER THE MEAL THE BETTER YOU FEEL!

Anything that prevents illness is far easier, wiser and less costly than treating disease once it occurs.

A fit body and sound mind are your most important assets and a healthy lifestyle is the only way to attain and sustain that goal. You have to make the changes necessary to live a longer, happier and healthier life. Those changes are not hard; simply educate yourself and follow some easy strategies for lasting health. In other words, give your body what it needs;

healthy water, clean air, good food, proper supplementation, moderate exercise and sufficient rest. When a normal acid/alkaline Ph equilibrium is maintained, most diseases cannot exist. Be proactive and focus on maintaining your good health.

If you need assistance, the Wolfe Clinic's Natural Health Practitioners and knowledgeable product specialists are there to help you make the right choices. Your questions or concerns are promptly answered via email or phone.

The Wolfe Clinic has over 28 years of successful practice and experience in creating successful health programs.

Make sure to visit our web sites at:

www.TheWolfeClinic.com or
www.ShopTheWolfeClinic.com

As well, be sure to read the "Spoiled Rotten" and the "Reclaim Your Inner Terrain" booklets and look at the Food Combining and Acid Alkaline Charts.

It is never too late to start living a healthy life.

Call The Wolfe Clinic today!

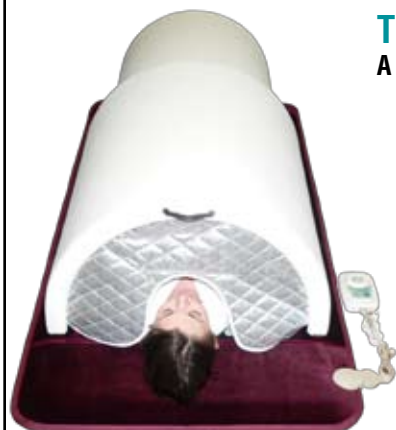
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