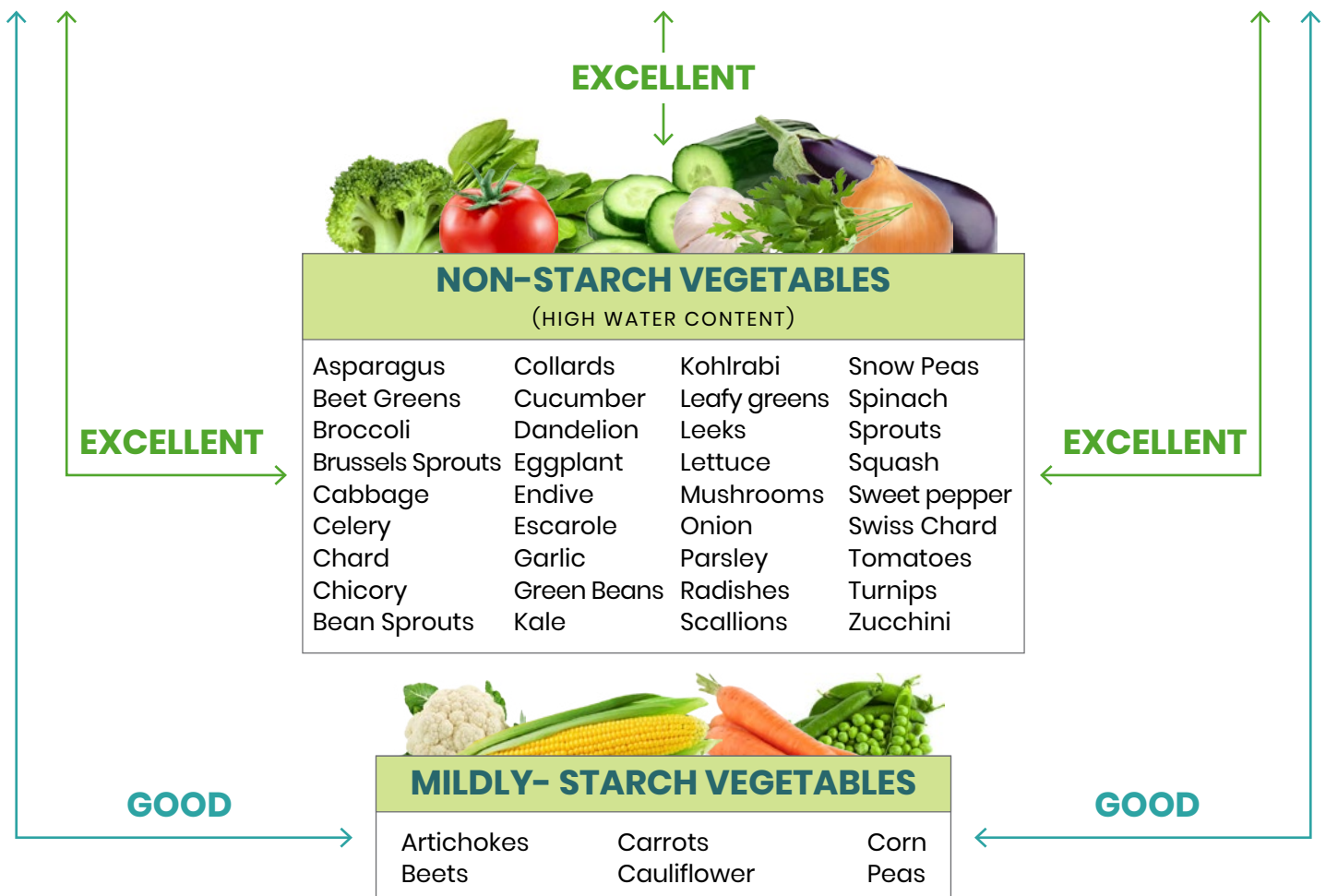
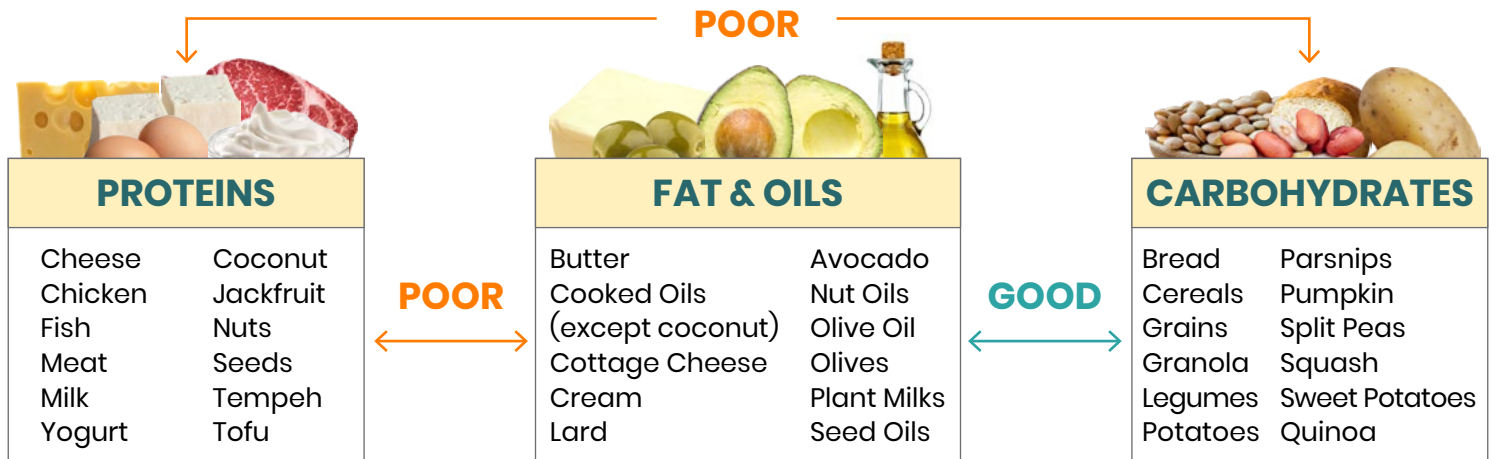


FOOD COMBINING



Ready to take your health to another level? Had enough gas, burping & farting? Properly food combine to make your belly flat, as an antidote to constipation, and so your food will better BAAE: Break down, Assimilate, Absorb, and Eliminate.



- eat fruit alone
- eat melons alone
- after eating fruit, wait 20 min before consuming anything else
- avoid mixing sweet & acid fruits
- don't drink while eating to avoid washing out digestive enzymes
- watch out for poor combinations: granola, berries/nuts, meat/potatoes