



PRINCIPLES FOR GOOD HEALTH

Body Cycles

- 1 Sunup/Upon Rising to High Noon - Detox
- 2 High Noon to Sundown - Digestion/Absorption
- 3 Sundown to Sunup/Upon Rising - Fix & Repair

Tips

- Try to consume one meal per day in the open air
- Get 20 minutes of sun on at least your face, hands and arms at least twice daily
- Add digestive enzymes to enhance digestion
- Eat only during daylight hours or under full spectrum light
- Eat a variety of vegetables daily
- Eat salad at least once daily
- Lightly steam produce (breaks down protein cell wall) not ripened in the garden
- Lightly roast or sun dry nuts and seeds (not over 118°)

Food Combining Tips

- always eat protein first when it is part of the meal
- avoid eating fruits with any other foods
- avoid eating Heavy proteins with starchy foods
- do not consume fats with proteins
- do not combine dairy with meat
- eat only one heavy starch at a meal
- salads combine well with proteins or starches

Avoid

All carbonated drinks, artificial sweeteners, coffee and black tea, juice from concentrate, pasteurized dairy products, all highly processed wheat flour products, all processed salts, tap water, and spring water.

Use

Flour of Spelt, Rye, Millet, Rice, Teff, Quinoa, natural sweeteners, distilled or reverse osmosis water, juices made from the natural fruit, and digestive enzymes especially when eating processed foods.

Note: We understand that certain circumstances prohibit these rules from being kept 100% of the time. However, the closer they are kept the better the results.

Supplements: (to improve assimilation) Empty capsules/crush tablets and put in liquid (except Hydrochloric acid and other acids)

Note: Acid/Alkaline forming food values may vary depending on soil mineral content.

If You Must Combine Protein and Starch:

Protein 30%	Starch 70%
Beans	Brown Rice
Fish	Brown Rice
Fowl	Brown Rice

Note:
Eat Protein First

SUNUP - HIGH NOON FOOD COMBINING CHART

Powdered Green Drink + Essential Fatty Acids

Best taken before Breakfast

BREAKFAST

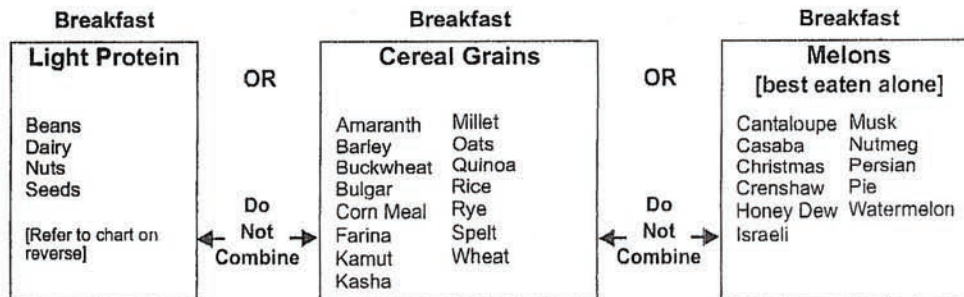
Remember that the body is detoxifying and cleansing at this time, so eating a light breakfast is advised unless doing heavy labor.

CITRUS FRUITS	SEMI SWEET FRUITS	SWEET FRUITS
Alkaline Forming	Alkaline Forming	Alkaline Forming
Avocado Citron Grapefruit Guava Lemon Lime Oranges Pineapples Apple (sour) Grapes (sour) Peach (sour) Strawberries Tangerines Tomato	Apples (Sweet) Apricots Avocados Bananas Blackberries Boysenberries Breadfruit Cactus Carob Cherimoya Cherries Citron Figs (fresh)	Gooseberry Grapes Heckle Berry Kunquats Logan Berries Loquat Mangoes Nectarine Papaya Peaches Pears Raspberries
Acid Forming	Acid Forming	Acid Forming
Sour Plum	Blue Berries Cranberries Currants	Olives Pomegranate Sweet Plums
		Cherimoya Cherries Date Fig Kiwi Mangoes Papaya Passion Fruit Persimmon Raisin Sapote Sun Dried Pears Thompsonet Muscat Grape

COMBINE ONLY

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OR



STRESS EVERYWHERE

Health Problems

More Health Problems

High Acid Body pH

Excessive Weight Gain

Body is deprived of balance
and a variety of foods

Major Stress Factors Everywhere

Increased Acid production between meals leaving very little acid for meals. Undigested food causing high acidity.

The Beginning of Researching Healthy Alternatives

Lots of health problems
Cancer, Diabetes, ADD, ADHD, etc.

Major diet programs because of obesity climbing

These singular / focused diets deprive the body of balance and variety of foods (for example; high protein, low carb) which in turn wears out body parts (i.e., organs, glands, etc.) resulting in more health problems

SUMMARY

- Chlorinated water - low thyroid function
- (Low / No Saturated Fats replace good fats (essential fats)
- Lack of water to hydrate and cleanser the body replaced with other drinks that make the body work
- Staying out of the sun slows down body functions
- High Acidity → Low Nutritional Assimilation
- Low mineral assimilation → Poor health, many health problems

The Need for a Balanced Healthy Program



Balance pH & Body Chemistry

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