



Food Combining for Health: Get Fit with Foods that Don't Fight

By Doris Grant, Jean Joice

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Over 50 years ago, Dr. William Hay concluded that the body uses acids to digest proteins and alkalis to digest starches, and that mixing the two might lead to painful indigestion and more serious problems such as ulcers, allergies, and obesity. Though criticized at the time, the Hay System has been vindicated by modern research, and provides essentially the healthy, whole-food diet of mostly alkali-forming foods such as fruits, green vegetables, and salads advocated by many leading nutritionists today.

Food Combining for Health shows how to separate incompatible foods.

Explains how the Hay System can alleviate the symptoms of chronic diseases such as arthritis and diabetes, while increasing energy and well-being in those without specific health problems.

Includes recipes and seasonal menu suggestions.

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Editorial Review

Review

"Compatible food combinations are nature's way of maintaining the body's correct chemical balance. The authors offer practical suggestions and recipes for putting the principles of food combining into practice."
(*Whole Foods*)

About the Author

Author of *Your Daily Food*, Doris Grant followed the Hay System for over 50 years following success in using it to treat her rheumatoid arthritis. Jean Joice has also been a proponent of the Hay System for many years.

Users Review

From reader reviews:

Jennifer Handler:

Now a day individuals who Living in the era wherever everything reachable by connect with the internet and the resources in it can be true or not call for people to be aware of each data they get. How many people to be smart in receiving any information nowadays? Of course the reply is reading a book. Studying a book can help men and women out of this uncertainty Information particularly this Food Combining for Health: Get Fit with Foods that Don't Fight book as this book offers you rich information and knowledge. Of course the details in this book hundred percent guarantees there is no doubt in it you probably know this.

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