

Food Combining for Health



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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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