

THE SECRET DIET BOOK

Acid Fruits

Orange Gooseberry Kiwi
Kumquat Passion Fruit
Lemon Pineapple Strawberry
Tamarind Lime Tangerine
Tomato Ugly Fruit Cranberry
Pomegranate Grapefruit

Good

Sweet Fruits

Banana Date Carob
Cherimoya Durian
Fig Jackfruit
Persimmon Plantain
Sapodilla Sugar Apple

Good

Sub-Acid Fruits

Apple Apricot Blackberry Blueberry Cherry Grape
Guave Mango Mulberry Nectarine Papaya Peach
Pear Plum Raspberry Tamarillo Apple

Eat Melons Alone

Cantaloupe Crenshaw Honeydew Muskmelon Watermelon

Copyright 2014

www.TheSecretDietBook.com

Teddy Grandy

Do not mix foods across this line

Only combine foods from 2 boxes per meal

Meats

Beef Lamb Duck
Eggs Chicken Fish
Seafood Turkey
Shrimp Scallops
Goose Rabbit

Good

Beans

Kidney Pinto Black
Navy Butter Beans
Northern Field Peas
Chickpeas Garbanzo
Green peas Lentil
Black-Eyed Pea Lima

Good

Protein Fat

Avocado
Cheese Milk
Olives Yogurt
Nuts Seeds

Good

Neutral Vegetables

Bell Peppers Broccoli Brussels Sprouts Cabbage Cauliflower Carrots
Celery Collards Cucumbers Green Beans Lettuce Mushrooms Okra
Parsley Snow Peas Hot Peppers Radishes Sea Vegetables Scallions
Onions Turnip Greens Spinach Watercress Alfalfa Sprouts

Good

Starches

Bread Potatoes Squash Chestnuts Grains
Pumpkin Cereals Artichokes Pasta

Oils

Oils Butter

Disclaimer:***Updated: 5-18-2015***

This book is for informational purposes only. You should review the information carefully with your professional health care provider before starting any diet and/or exercise program. Check with your medical doctor if you think you suffer from an illness. This information is in no way intended to replace medical professional's medical advice, or treatments offered by licensed physicians. You are encouraged to confirm the diet information in this book with other sources. Any underlying health conditions or medications you are currently taking may prohibit you from participating in some of the things described in this book. I cannot and will not be liable for any direct, indirect, consequential, special, exemplary, or other damages arising from the use of this information. This book offers just opinions and my interpretation from my personal experiences and is not claiming them to be fact or to work for everyone. The information given here is general in nature and is provided for informational purposes only. The information contained herein should not be considered complete or up to date. Never disregard professional medical advice or delay in seeking it, because of something you read in this book. The information given here is not a substitute for personal medical care. If you think you may have a medical emergency, call your doctor or 911 immediately. Reliance on any information provided by is solely at your own risk.

Warning: consult your physician prior to using this advice if you are pregnant, nursing, taking medication, or have a medical condition. The statements made in this book have not been evaluated by the food and drug administration. The Author does not guarantee the quality or accuracy of the information contained in this book. This information is not intended to, diagnose, treat, cure, or prevent any disease. ***Keep out of reach of children.***

*****First step of this program is to look at the charts at the end of the book. Print at least the food combining chart and put it on your refrigerator. Also email me and I will personally help you!**

All the answers

Remember: no one person knows all the answers about optimal nutrition, ***because*** there is so much conflicting information and mis-information and dis-information. It is hard to find the truth. Also your truth might be different from someone else's.

I know I might repeat myself on certain issues in this book, but I want this information to really "sink in".

Also you are unique and your unique genetics will partially determine which foods you thrive on.

This program will guide you through a systematic process that will enable you to find your own unique answers. That way you will be able to fine tune your diet to exactly what makes ***you*** feel best long term.

This program will however enable you to find your own unique answers without all the years of trial and error like I had to go through. I just didn't have the right information until about 7 years ago.

You will however need to keep a detailed food and exercise journal to document the changes you go through.

This way you can look for patterns, see what is working best, and do more of it. Make sure to take measurements, assessments, and a picture now, so you can see your progress along the way. Now let's get to work... I know I might not know you personally very well, but I want you to know that I care about you, and I am here to help....

If you want to talk, email me your phone number and I will call you. I am here to help.

Open your eyes, open your mind, open your options.

“This information is a life changer. It is worth it to feel super great all of the time. This program is the best way I have found to do it. That is why I created it. Your success will ultimately come down to creating the faith and the trust to stick to the program for at least two weeks, so you can experience feeling better physically, mentally and spiritually.

You will notice a huge difference within only 1 month. Then you will know deep down in your heart and soul that this information I am presenting to you is truly priceless.... You will get excited. You will want to continue this program, feeling better and better each day, for years to come. And then you will probably want to try and convince the ones you love to feel as great as you do. Your attitude and sense of well-being will elevate to levels you may have never experienced.

Emotion is contagious. Your friends will wonder what happened to you. They will know something has changed. My experience has been nothing less than MAGICAL. Simply have faith in God that this information is being sent to you now, now that you are ready to receive it.

Truth is worthless if we don't recognize it as so. It's time to wake up World.

Open your eyes, open your mind, open your options. Then open your heart, and open your mouth, and open the eyes and minds of the people within your circle of influence. The time is RIGHT NOW. Call a friend to do it with you. Help be there for each other. Call me, I will be there for you. Everyone in this world needs to help each other.

Be brave, and unseen forces will come to your aid. Listen to that inner voice. Since God is invisible, he does most of his work through people. We have a lot of work to do. At least it will be fun work...!!! God is on your side if you are on his side. Let God work through you as well. Now get busy...!!!”

--- Teddy Grandy

Proper fuel

Your body will thank you so much once you start eating the right foods for your unique genetics, and you will feel tons better physically, mentally, and spiritually, because your body will finally be supplied with the proper “**nutrient dense**”, “**clean burning fuel**” that we have **evolved** to thrive on.

Think about it this way.... Would you put **diesel** in a car that runs on **gas**? Well, that is kind of what we are doing to our bodies when we don't eat the proper foods that our **genetics** have adapted and evolved to survive on.

Remember: Just because you can put something in your mouth, chew it up and it tastes good, does not mean that it is healthy for us. If you put enough sugar, salt, and spices on **anything**, it will taste good.

Also, make your transition slowly over a week, if you are used to eating the Standard American Diet (SAD), then eating the high fiber foods I am recommending can cause gas at first, as it is loosening up old rotting food residues.

Start the diet by eating a carrot or two with each meal. The carrot fiber will scrape your insides clean. The filter in your intestines that absorbs the nutrients will eventually become unclogged, and you will then be able to “soak up” the nutrients more efficiently. When you are cleaned out, you will get more nutrition, from less food.

The Law of Displacement

Eventually, about a month or two of eating tons of the proper foods, you will want to gradually cut down on the total volume of food, and this will eventually result in the shrinking of the stomach and intestines. But keep the food volume up for the first month to **displace** all of the old food and residues, and to flood your body with tons of usable nutrients.

Think about a glass full of oil. If you start adding water to the glass, eventually most of the oil will overflow out of the glass and you will have only water left. Just keep eating more and more of the good stuff, and eventually all of the bad stuff will be displaced and eliminated.

Transition Exact Steps

Note: these steps can be done in order, or all at once depending on your urgency and desire for health.

1. Read this book ***and meditate on it*** every day **until** you master the knowledge. First PRINT THE CHARTS AT THE END OF THIS BOOK. Study the charts every day until they are embedded into your sub-conscious mind. Apply the knowledge daily until the application of it is an automatic, subconscious habit. This will take 2 weeks. Then you will be in **“Automatic Pilot Mode”**. Automatic pilot mode is **The Only Way** to create **lasting change**.
2. Remember your genetics are unique. You need to “test” each food for yourself to see if it agrees with you. Just think of poison ivy and poisonous death cap mushrooms. Just because it is a raw plant doesn’t mean it is good specifically for your unique genetics. Consider referring to **“The Blood Type Diet” just as a reference**, but just because the author says it is good for you doesn’t necessarily mean so. He says my blood type does well with peanuts, but they make me break out. Test each food for yourself. I have a safe list that is probably good for everyone. Use this as your starting place for testing.
3. Go to the store and buy the ***right food, RIGHT NOW!!!*** And have then readily available at ***all*** times. Carrots, lettuce, extra virgin olive oil, un-iodized sea salt, extra virgin coconut oil, raw almonds, canned vegetables (for backup if fresh is not on hand), canned beans, dried fruits, canned wild Alaskan Salmon (if you crave meat).
4. ***If possible***, throw out all cookies, cakes, pies, processed meats, cheese, milk, protein powders, soft drinks, candy, soy, and bread. **Simply eat the good stuff ONLY** and your taste buds and cravings will change to love only the good stuff, and you will feel a million times better. Trust me. I have been going on and off my diet for the last 10 years, and I would have to really be dumb at this point not to see the patterns by now. **This diet, in my opinion, is “The Optimal Human Diet”**.
5. Follow the ***food combining principles chart***. ***This is key to proper digestion!***
6. Follow ***Acid/alkaline ash charts***. Maintain the proper Ph. This is **key** to ***weight loss*** and ***overall health!***
7. Stop eating “glue foods”. (Pasta, white rice, wheat gluten, cheese, etc.)
8. Never eat meats at the same meal as starches, Example: meat and potatoes.
9. Try to eat some raw carrots and/or lettuce at most meals.
10. Only drink spring, distilled, or purified water, but never just straight tap water.
11. Eat more ***green romaine*** lettuce and frozen or canned green beans.
12. Use the ***substitution foods chart*** as best as you can.
13. Avoid eating deep-fried foods that are fried in ***hydrogenated oil*** like ***Crisco***.
14. Ideally you would want to cut way back on ***animal fats*** like lard, bacon, cheese, butter, and greasy meats. Then eliminate them all together if possible. At least periodically. Animals store toxins in their fat cells just like Humans do. We want to eliminate toxins, not eat more of them.

The Secret Diet Book 2015

15. Eliminate all cold cuts like ham, hot dogs, pepperonis, deli meats etc. Many have chemicals in them (nitrates) that can cause cancer, according to some sources, and I don't doubt it. They are full of preservatives.
16. Stop eating commercial candy bars, and start making your own if you must satisfy a sweet tooth. Raw almonds and dates are not the ideal “food combination”, but at least you will not be eating regular candy bars that are unhealthy to start with. The combination of dried fruits and nuts has a similar macro-nutrient ratio as a candy bar. Dried pineapple, cranberries, blueberries, strawberries, etc. taste like candy. Eat as much as you want. These foods contain fiber, nutrients, and if raw they also contain enzymes unlike refined sugar. **Enzymes are key to digestion and health and life!!!**
17. **Stop drinking all sodas.** If you must wean yourself off of sodas, and you are used to drinking a lot of sugary drinks, you can make your own lemonade out of lemons and honey (some people can have a mild allergy to honey). Raw fruit juices are best, but sparkling water, lime, and/or agave nectar will work.

You can also drink bottled juices instead, but it is way better to drink juices raw. I like to drink grapefruit juice, orange juice, apple juice, carrot juice, and pineapple juice. But forget about the sodas. You won't miss them after a very short time period of drinking the fresh raw juices. You will get addicted to the raw juices. Sodas make you acidic, and they leach minerals out of your bones and make them weak.

Taste buds and cravings will change and adapt

Just like any of the foods I am advising to stop, once you get sodas out of your system, ***you will forget what they taste like***, and the foods that I am recommending will be very satisfying. I promise. You simply have to keep an open mind long enough to try it, or you will never know for yourself. I know it seemed hard for me when I first started, but now it is just an automatic habit to only eat foods that are good for me, and that give me ***peak sustained energy***.

Also ***Raw Carrot Juice*** is a good substitute for milk of other sweet bad drinks. Also ***Raw Valencia Orange Juice*** is **way** tastier than any soda or Gatorade. Just make sure that it is **Raw** (not from a bottle).

All bottled juices are ***pasteurized*** (cooked) and are not as good to consume. They still have the minerals you need, however they lack the living enzymes that are needed for optimal digestion and health. If you must drink bottled juices for convenience and economy, then they will be good enough in the beginning.

18. Cut way back on dairy and wheat products, and gradually reduce them to none. Don't eat **any** cheese or bread like pizza and sandwiches. They clog the digestive system in many different ways.

19. Cut back on **all** dietary fats temporarily, so your body can flush out the greasy residue from years of eating wrong food combinations. Up your intake of good sources of fiber like carrots, lettuce, and almonds. The fiber will “scrape” your insides clean.

20. Never eat more than 35 grams of fat (at the very most) in your fatty meals that contain starches like potatoes or rice. Starchy meals **should** ideally contain at least 5 grams of fat for a moderate size meal.

21. When eating a meal that contains fruits, the meal should contain less than 10 grams of fat **if any**. 1 tablespoon of **Extra Virgin Olive Oil** contains about 14 grams of fat. You could blend in just a tiny amount of flax oil, olive oil, or soaked almonds into a smoothie to make it more filling and satisfying.

22. Try to separate different types of conflicting meals with a meal of “neutral vegetables”, like carrots, green beans, romaine lettuce, etc. This acts like a little wall in your digestive track to keep incompatible foods separate from each other.

23. Don't eat any milk, dairy, sour cream, cream, cheese, butter, butter milk, or cream cheese. NO CHEESE.

24. Reduce intake of all foods that came from animals. I went 3 years straight 98% vegan vegetarian, and did not lose any muscle. If you must eat meat, make sure to follow the food combining principles, and only choose lean cuts of meat, and organic when available or affordable. You can get great results even if you still eat meat.

One girl *I helped to lose 60 pounds in 20 weeks* did not quit eating meat. However, you truly owe it to yourself to at least try it temporarily just to feel the difference.

Try to rotate vegetarian meals and vegetarian days into your eating patterns as much as possible. When reducing meat from your diet, you ***will need to eat more fats***. Meat ***digests slow*** and keeps you satisfied longer. ***Healthy fats will do the same***, but will be a much “***cleaner***” source of energy. Make sure to include ***Extra Virgin Olive Oil*** into your diet. Coconut oil is good also. Flax oil contains omega-3 and omega-6 EFA's (Essential fatty acids).

25. Up your intake of “***Properly combined***” fruit smoothies. Eat ***properly*** combined fruit, fruit smoothies, or some type of vegetable juice, for breakfast. This really helps to jump start your energy because they are easy to digest. Fruits take 30-40 min to digest in the stomach before they leave the stomach.

Carrot juice is one of my favorites to drink alone or put in a smoothie. It contains very powerful phytochemicals, minerals, nutrients, and gives you the natural sugars you need to rev up your metabolism to get the day going. They are also loaded with Beta-Carotene (a Vitamin A precursor), which is really good for the skin and liver, aids in detoxification, and helps you to become more alkaline.

Do moderate the consumption as carrot juice contains “run-away sugars” that can lead to yeast overgrowth like athlete's foot. Drink what you crave. Just don't force feed it to yourself.

Smoothies and juices are in liquid form, so your digestive system doesn't have to work as hard to digest them. You can sip on smoothies or juice the first half of the day if you wish, or ***you can only eat smoothies for a few days if you want rapid weight loss and cleansing.***

Some people are ***Fruitarian and only eat fruits.*** Why don't you give it a try for ***at least a day?*** Eat as much as you want, but they are so good, try not to over eat to the point you get sick from a full stomach.

26. Listen to what your body is craving, and try to give it to it as long as it is not craving something bad. Once you get the ***taste*** of bad foods ***out of your system*** for long enough, you will not miss the bad stuff. ***Trust me;*** you just have to commit to sticking to the diet long enough for your taste buds and cravings to shift.

27. Try to gradually cut down on the amount of sea salt (never use table salt) that you're using at each meal, but always use a tiny tiny bit. Salt is one of your major electrolytes but too much can be very unhealthy. Listen to your body's cravings and just don't over-consume salt. Also, salt can dehydrate you if you eat too much without enough liquids. The salt will absorb the moisture from your tissues into the salt, if not enough liquids are present.

The Secret Diet Book 2015

General eating guidelines

1. Make sure your stomach is empty or about to be empty before eating fruit.
2. Make sure your stomach is empty before eating a food that might possibly conflict with any food that might already be in your stomach.
3. Don't mix all types of foods together at the same meal.
4. Eat slow because it takes about 5 minutes after stopping eating for your brain to "**get the message**" that you have had enough to eat, and so that your stomach can "**get a feel**" for the **ratio** of **macronutrients** that are contained in the "**stomach batch**", so it knows how much food is required at the meal.

Do not overeat. This is another important rule. Just refrigerate the extra and eat it later. Just remember to make a smaller meal next time if you end up with too much on your plate. But if you do happen to overeat, it is not super bad if you are eating the right foods.

5. ***Don't overeat dates***, raisins, or other dried sweet fruits, even if you are eating them alone. Your body can only use a certain amount of simple sugars. If you eat more sugars than your body needs, it can lead to yeast overgrowth, and can **interfere with the digestion** of future meals that might contain other nutrients that your body might be in need of more than the sugars. It also interferes with the transport of vitamin C by your bodies systems.

6. ***Don't drink tons of fluids with your meals.*** The liquids will **dilute your stomach digestive fluids**. Drink as much as you like **between** meals and you are fine.

If you don't like a lot of fruit, here is a sample phase

There are many phases to this program explained later in the book. This is the phase I am currently in.

Romaine lettuce, Extra virgin olive oil. Raw coconut oil. Olives, sea salt, carrots, Himalayan pink salt, canned tuna, chicken, raw wheatgrass juice powder, raw almonds, dry roasted almonds. Raw pecans, raw walnuts, (no peanuts) raw honey, dried blueberries, raw almond butter, vitamin c (ascorbic acid), Yerba mate tea extract, coffee, guarana, maple water, coconut water, spring water, java tea, raw brazil nuts.

Every day I try to eat at least one pound of romaine lettuce, at least a few carrots, I make a dressing with olive oil, sea salt, and raw apple cider vinegar. Then I might eat a mixture of raw almond butter, raw honey, dried blueberries, and sea salt. This resembles a canybar, but it is raw and does not contain bad types of oils

Sometimes I mix up raw nuts in flax oil, sea salt, and drizzle with honey. I try to keep meat to a minimum and usually eat some tuna or chicken. I try to skip days that I eat meat and only eat it if I really crave it.

I do not eat any starch because it interferes with vitamin c and meat digestion. Cut out all starch and dairy is the first goal..

This is just a phase I am in but these foods I eat as much as I want and I feel fine with no digestive problems.. The thing about this program is that you have the charts and the foods lists that will enable you to figure out quickly which foods and phases of eating make you feel best for you current lifestyle.

I currently have been at a steady weight for the last 10 years, and I do not gain any fat and I overeat and It does not effect my weight. By eating clean and only eating foods that are good for us, we can eat as much as we want.

It is the toxic oils and refined sugar, wheat and dairy products, artificial chemical laden food, soft drinks and other bad foods listed in this book that will make you overweight and sick, not overeating the good stuff. Enjoy!

Examples of Bad Combinations

Protein and starch combinations = very bad combination

- Hamburger pasta
- Chicken pasta
- Meat and potatoes
- Chicken and rice
- Hamburger on a bun
- Corn dogs
- Burger and fries
- Fish sandwich
- Cheeseburgers
- Subway sandwiches

Starches and acidic foods = very bad combination

- Pasta and tomato sauce
- French fries with ketchup or mustard
- Vitamin C and starches
- Orange juice and cereal

Starches and sugars = very bad combination

- French fries and a soda
- Fries and milk shake
- Dessert after a starch containing meal
- Cookies
- Cake
- Pies
- Pasta and fruit
- Pancakes and syrup

Acid fruits and sweet fruits = not the best combination

- Oranges and banana
- Grapefruit and dates

Meats and sugars = not the best combination

- Honey barbecue wings
- Milk
- Chicken nuggets in sweet sauce

- Sweet and sour chicken
- Burger and soda or dessert
- Sausage and pancake syrup
- Eggs in cake
- Dessert after a meal containing meat

Meats and oils = poor combination if too much oil (keep oil ratio low)

- Tuna and mayonnaise
- Burger with mayo
- Steak and gravy
- Deep fried meats
- Chicken nuggets
- Steak and cheese
- Steak egg and cheese
- Chicken salad with dressing
- Meat and cheese pizza

Meats and beans = not the best combination

- Meat and bean burritos
- Hamburger chili

Beans and starches = bad combination

- Bean burritos in tortilla
- Potatoes and beans

Sugar, Protein, and Oil = bad combination

- Milk

The worst combination = very very very bad combination

- Mixing every type of food at a meal like when eating at a buffet.
- Constantly snacking on all types of foods because then our stomach never has a chance to empty.
- Most American meals and fast food

Secret Information?

Most people have never even heard of “*Food Combining Principles*”, so they have never tried it, and so then obviously they haven’t experienced the benefits of it. Unless you have studied natural health *or* someone you trust told you about it, then you would not have heard about it. It is not taught in public school that I am aware of. I wonder the reasons why not. Are you curious as well?

When you eat high-protein food like meat (animal flesh), your stomach pumps out a strong acid to dissolve the animal flesh. When you eat a starch however, your stomach pumps out an alkaline enzyme to digest the starch.

The thing is, is that the alkaline enzyme is destroyed by acid. So your stomach just keeps pumping out more and more of both types of fluids, trying to make the meal digest, but they just keep canceling each other out. So the end result is that neither one digests properly, if at all!

This includes combinations like meat and bread, meat and potatoes, meat and pasta, meat and rice, beans and rice, or any other *meal* that combines both protein and starch in the same meal.

By the way, beans are already a protein and starch, and that is why they usually produce gas. Protein and starch meals usually cause a gassy stomach in most people. Beans do however combine better with starches rather than protein, as they are more starch than protein

I know this is probably shocking to most people reading this. We have all grown up eating meat and potatoes, spaghetti and meatballs, sandwiches, pancakes and sausage, burger and fries, chicken and rice. These are all examples of a protein and starch meal. And this one fatal mistake is so easy to avoid if you follow this program.

Traditional Meals

So basically, just about every traditional meal is combined in a less than ideal fashion. When I started only eating properly combined meals, my acid reflux and heartburn disappeared within three days. Now I follow the rules of digestive chemistry most of the time.

I have tested this many many times since then just to make sure.

I have felt air bubbles forming in my stomach from eating an incompatible food combination almost instantly many many times. I have also heard it bubbling and producing gas, because I put a Stethoscope on my stomach before and after eating the incompatible food, to listen for clues.

Shortly after the incompatible food mixed in my stomach with the foods that it wouldn’t digest well with, it started bubbling and producing gas within about 15 seconds. A few hours later the gas started to come out the other end. If we always eat bad combinations, it puts a lot of stress on the digestive system.

The pressure from the gas and all the stuck food, stretches the intestines to a larger diameter over time, and eventually most people have at least 10-40 pounds of undigested, rotting food just stuck in there and not going anywhere fast.

Sugars and starch combinations = very bad combination

Anytime you eat a starch and also eat a sugar in the same meal, your body will stop digesting the starch and use the sugar for energy **first**. This is not good.

This will make the starchy food stay in your stomach and digestive tract longer than ideal, and it increases the chance that it will not digest at all and rot. *It can also cause gas pains and stomach discomforts.*

This is usually what people do when they go to a fast food restaurant and drink a sugary soda to wash down their French fries.

A hamburger on a bun is a **protein and a starch meal**, which is **already** a bad combination. And then when you add a sugary soda on top of that, it makes the combination of the meal **even worse**.

Too much sugar makes all foods not digest nearly as good as if they were eaten separately and all of them might spoil and rot before they can be digested.

This usually will result in a foul smell. It is literally a dead rotting animal carcass just rotting and becoming rancid inside of your body. Really think about it. Do you want to smell like peaches, or a dead rotting animal? Your choice... Just eat it!!!

Acidic foods and starches = very bad combination

This type of **food combination** works the **same** as the **protein-starch combination**. The acid in the acidic food destroys the enzymes needed to digest the starch. This makes the starchy food not digest properly or at all.

An example of this type of meal would be pasta with tomato sauce, or French-fries with ketchup or mustard, or bread with mustard, or a baked potato and a salad that had dressing that contained vinegar or lemon juice.

Examples of “GOOD Combinations”:

- Starches and oil (Potatoes, extra virgin olive oil, and vegetables) (Brown rice, extra virgin olive oil, and tons of neutral vegetables). (**Not Wheat**)
- Neutral vegetables and oil
- Raw salads, extra virgin olive oil
- Acid fruits and sub-acid fruits (Raw orange juice, strawberry, and apple smoothie)
- Acid fruits and Raw salads (Raw orange juice and salad)
- Sweet fruits and sub-acid fruits (Dates and apples)
- Nuts and Neutral vegetables (almonds and carrots)
- Neutral vegetables, cooked beans, and a tiny bit of oil.

Good examples of “OK Combinations”:

- Neutral vegetables and meats – (it is best to cut way down or temporarily eliminate meat) but if you do eat meat it is highly recommended that you eat sufficient neutral vegetables to make up for the meat not having any fiber in it. A little tiny bit of oil can be added depending on the fat content of the meat.

If I break the food combining rules

My acid reflux, heartburn, and gas usually will come right back, usually within a half hour after eating the improperly combined meal, and the symptoms might last up to a day or two.

Meals that contain proteins and starches at the same time will also **zap your energy compared to a properly combined meal**.

Breaking the rules in moderation won't hurt super bad, **if** you keep the size of the meal small. Also, dried fruit seems to do alright with almonds, it causes a little bubbling but not much, and it has a similar macro nutrient ratio of candy bars, which will give you good energy.

Food combining principles Summary

If we **overeate** “bad combinations of foods” our body never has a chance to **catch up** on digestion, and that's when we get **bogged down**.

The Secret Diet Book 2015

On this diet plan you will be combining your foods to where they digest efficiently. When we eat digestively in-compatible combinations of foods, it just “***binds our stomach down***”, and then our body might take ***two to three times longer*** to digest the meal combination (if it does digest), than if we were to separate the foods into compatible food combinations.

Following the rules of “Digestive Chemistry” fixed my “***acid reflux dis-ease***” in less than three days!!! This happened to me, so I know it works. You will be amazed once you try it.

This program will enable you to streamline your digestion process for optimal digestion, which will lead to continued healing and/or healthy weight loss.

Rotting food

When you are on this diet program, it will greatly reduce digestion and intestinal ***transit time*** of your meals. If you are eating mostly smoothies and light salads, the meals could leave your body in as little as 12 hours.

You want your transit time to be as fast as possible so that the food does not have a chance to start rotting in the warm environment of the inside of your body.

If we eat foods that do not move ***quickly*** through the digestive tract, this can create a dangerous situation inside the body. ***Can food really rot in my stomach? Answer: Absolutely yes most definitely!***

If the food in your stomach and/or digestive tract starts to rot before it is digested, then your body actually starts starving because of a lack of available nutrients that are usable and not rotten.

Often times people will feel constant hunger because the food in the digestive tract is rotting before ***unspoiled usable*** nutrients can be absorbed and used to build and repair their bodies. Also their intestinal filter that absorbs the nutrients is clogged from mucus forming and clogging foods like dairy and wheat products.

This starts a dangerous cycle of binge eating but still starving. Even though plenty of food is being eaten, it is all ***spoiled*** before the body can use it. You only have so much digestive capacity, and if you eat more than your body can digest, then you will ***overload the system***, and then very little of the foods you eat will ever breakdown all the way into “completely digested” “usable parts” to be absorbed.

You want your foods to digest before they have a chance to rot. The inside of your body is 98.6 degrees Fahrenheit. Animal flesh starts to rot in this temperature. Eat foods that don't rot easily.

Chewing your food into a liquid

Your stomach has no teeth. Your digestive fluid needs to reach all of the parts of the food to digest it. If we eat big solid chunks of foods, then they probably won't fully digest, and it makes your body work harder than it needs to, and it makes it very hard for your body to squeeze big chunks of foods through your small intestines.

Also ***undigested particles of food*** can “leak” into the bloodstream and cause “***food allergies***” and “***food intolerances***” if someone has “***leaky gut syndrome***”, which can be caused from eating ***wheat gluten***.

Make sure that when you eat solid foods that you chew them up until they are 97 percent liquid form. So for most people, you need to chew them about 5 to 10 times longer than you think you need to. Also this extra chewing mixes the saliva and with the food, so that it is already kind of “predigested” before it even reaches your stomach.

Just remember it can't hurt to over-chew your food, it is actually better. And this goes for all foods. Spend some time with it and fully enjoy every bite.

Blended soups and smoothies are good because all of the “**chewing**” has been done for you. It makes it easier for your body to digest them, because the **surface area** of the food particles is **maximized** in comparison to its mass. That way the digestive fluids can reach more of the food, and it will take a great strain off your digestive system.

Sharp foods

You should pay close attention when you are eating hard foods like nuts. If nuts are not chewed up good enough, they can cut and irritate the inside of your digestive track. This can be a very serious problem. It can cause “Leaky gut syndrome” and lead to food allergies.

Blood type and genetics

Each person has his or her own **unique genetics**. Each person has a **blood type**. Each blood type has its own characteristics and **certain foods** can **react negatively** with certain blood types.

Just because some people eat certain foods without any symptoms, doesn't mean you (with your **unique genetics**) can eat that same food without problems. **Genetic ancestry** will have an influence on which foods are ideal for your body to **thrive at its peak**.

Sesame oil makes me breakout on my forehead. You see, our body is trying to give us a **visual sign** to **let us know if we are eating the right foods for our genetics**. Trains, Planes, and Automobiles have “mixed up” the people, and also the **food supply**, and our genetics have not had time to adapt to these “**foreign foods**”.

We are not adapted to eat all the foods **available** to us. So you see the only way to find the **exact** foods you are evolved to eat is by **trial and error**, after a point in the right direction.

The **location** on this earth that your **great, great, great, great, great grandparents** lived and migrated from is going to be a major factor in which foods will **agree** with you **100%**

Meal timing

Try to **space out** your meals with a little **more time**, so your stomach can **empty** out better before more food is put into your stomach.

If you are constantly snacking, then your stomach never empties all the way, and the food that is in your stomach might not totally digest **because new food keeps mixing with what is already in there**, and then the whole batch in your stomach starts to rot and ferment, making gas and poisoning yourself if your digestive powers can't keep up.

Knowing how long it is going to be until your next meal, will be a good starting point for knowing **what, and how much**, should be eaten at that meal.

As a general rule the more fat and oil in the meal, the longer it will take to digest and leave your stomach. Also **fiber** has a similar effect of slowing the digestion rate of liquid meals, like raw juices and smoothies. Adding some whole fruits to a “**juice meal**” can also help to steady your blood sugar level.

Digestive capacity

Another thing to consider is that our bodies only have so much digestive capacity and digestive fluid available to digest the meal.

You see the **larger** the meal is, the **longer** it takes to digest before it **leaves** the stomach, to then go on to be **absorbed by the intestines** and used for energy. Also the **types** of foods and **combinations** of foods will affect the **amount of time** that it takes for the food to **fully** digest and leave the stomach.

If the food in your stomach doesn't ***totally digest*** before new food is eaten, it is possible for this ***new*** food to ***accidentally mix*** with the ***almost digested food*** that is in the stomach from the previous meal.

This is why it is ***very important*** to start your meal by eating very ***slow***, and eating a ***neutral food*** like carrots and lettuce, which will help to ***separate*** the new meal from the previous meal, and help to move the residue from the previous meal further down the digestive tract.

Only eat to 80 percent full. Don't clean your plate.

If you are not hungry then don't eat. If you are hungry then eat. I know this sounds too basic, but I think a lot of us sometimes ***will eat just because everybody else is eating***, ("social eating") and then if you say that you are not hungry, ***people will start trying to convince you to eat. This is not for you.***

Or your parents might have said "now you're not leaving this table until you eat your..."

This is ignorant and is part of the reason we have a "health epidemic" in this country !!!!!!!

Eating ***too much*** food can ***hinder*** the digestive process. Your body only needs a certain amount of food. ***It is always better to eat less than to eat too much.***

Also, it takes a while for your stomach to ***get the message*** that you have had enough to eat. By eating ***slow***, your body will have a chance to ***evaluate*** how much food has been taken in, and adjust its cravings for additional food.

Cycling Through Phases

You will also want to cycle through "periods of ***building*** your body" and "periods of ***cleansing*** your body".

A "***cleansing phase***" you will focus more on ***lighter*** foods (low animal protein and fat) and ***up*** your ***intake*** of raw vegetable juices (carrot juice, beet juice, and juiced leafy greens) and raw fruit juices and smoothies. You will also want to include blended vegetable soups, and up your intake of fiber from raw vegetables.

Later, while in a "***building your body phase***" you might want to ***re***-introduce some more concentrated foods like cooked starches with oil, lentils, meat occasionally, and always remember to eat raw veggies and greens with the meal when possible to keep things moving.

I go through "***phases***" of eating foods that are "***digestively compatible***" with each other. (Refer to the charts)

The reason you want to ***cycle through the phases*** is so that your digestive tract is full of ***compatible*** food combinations, so your body can digest them efficiently without conflict. You can stay in a certain phase for ***just one meal***, or maybe even ***days*** if you wish, as long as you are feeling better and better each day and improving any symptoms.

If you stay in a phase too long without changing it up, you will start to crave other types of foods. Listen to what your body is craving and give it ***healthy*** food choices to satisfy the craving.

By eating a couple or more meals consecutively from the same "phase", your body doesn't have to "***shift digestive gears***" as often. If all different types of foods are eaten at the same time, they will cause digestive problems, which can be painful. The longer you are on this diet, the easier it gets because your digestive tract will become more and more cleaned out, and it will eliminate the foods you eat faster before they rot.

Types of Digestively compatible phases of eating:

- Neutral vegetables & nuts phases
- Starch & oil phases

- Acid fruit phases
- Sweet fruit phases
- Sub acid fruit phases
- Acid & sub-acid fruit phases
- Sweet fruit & Sub-acid fruit phases
- Carrot juice & leafy green juice phases
- Vitamin C (ascorbic acid) phases (combines like lemon and lime) – It is best to get all starches and starch residue out of your digestive tract before trying this. **Vitamin C and starches do not do well at all with each other !!!**
- Bean and vegetables phases
- Liquid meal phases (properly combined blended vegetable soups and fruit smoothies) this will help

to lose weight and flush out the digestive tract in the fastest way possible without invasive colonics.

- Raw food phases (fruits, vegetables and their juices – **not meat**). **Remember**, I stayed in this phase for **9 months straight**, so you should at least try it and do it at least periodically.
- Fried in olive oil phases (in moderation) neutral veggies and/or starches.
- Low fat phases (to let the body rid itself of old greasy sludge in your intestines)
- Low carbohydrate phases to starve yeast overgrowth.
- Occasionally animal source proteins and lots of “neutral vegetables”. **Only eat meat if you are really truly craving it. It does well with Vitamin C**

Neutral meals

Certain ***incompatible*** “phases” should be separated from each other **either by time, and/ or a “neutral phase” food or meal** (neutral vegetables and oil). Your body will usually crave the phase it needs next. You might stay in a certain phase **as long as you wish, as long as you are feeling good.**

You might find that you feel best while in certain phases longer than others. Record this in your journal.

You need to be steady and consistent in improving your diet until you totally rebuild your health, and have no symptoms of disease at all. It is worth it to eat optimal nutrition.

My reasons behind “going through phases of foods”, is that there is going to be food and residue from the previous meals still in your digestive tract, so if 2 or 3 meals in a row are foods compatible with that “phase”, then your body is already “setup” and secreting similar digestive fluids.

Whenever you are ***switching*** to a “phase” that is ***in-compatible*** with the ***last***, then eat a “neutral meal” consisting of “neutral phase foods” so as to ***sweep*** the residue from the previous “phase” further into the digestive tract.

Phases of eating

What I mean by “phases of eating” is that I might go through a **phase** of eating fruit smoothies. Then I might go through a **phase** of eating fresh salads, and carrots with olive oil/lemon juice dressing. Then I might go through a **phase** of eating cooked green beans and collard greens.

Then I might go into a **phase** of eating potatoes and veggies after separating any conflicting phases by going into a neutral phase and waiting for my stomach to become empty from the previous phase.

Then I might go into a **phase** of eating lentil soup with a little olive oil blended in.

Then I might go into a **phase** of eating beans and veggies.

Then I might have a snack of almonds, pecans, walnuts, Brazil nuts, or sesame seeds. It is very important to chew nuts and seeds extremely well so they don’t slice your insides.

Then I might go through a **phase** of eating corn and okra. Okra is kind of slimy so it is good for eliminating and preventing constipation.

The Secret Diet Book 2015

Sometimes I might even binge and eat fried potatoes, fried squash, fried okra, fried mushrooms, and fried onions. These fried foods are just on occasion and I only use *extra virgin olive oil* and only use *sea salt* and *never table salt* (these two types of salt are very different). If I were to put “breeding” on them it is just almond flour.

These fried foods are not the best to eat constantly because the *heat changes and damages the structure of the oil*, but in moderation they won’t cause too much damage to your body. This type of frying is way different than “restaurant deep fried foods” because of the type of oil and type of salt used.

Carbohydrate loading phases

“*Carbohydrate loading*” is when you go through a phase of eating more carbohydrates so your body can replenish its glycogen stores in the muscle. If you have yeast overgrowth, you need to starve them, which means low going on a low carbohydrate phase.

These “*Carbohydrate loading phases*” will help you to get your carbohydrate needs met:

- Raw Fruit juice and smoothie phases
- Acid fruit phases
- Acid/sub-acid fruit phases
- Sweet fruit/Sub-acid
- Raw Carrot juice phases
- Starch/oil/vegetable phases

Liquid meal phases

If your meal is in liquid form already, then the digestive fluid can mix in with it and digest it efficiently. Remember: you only get energy and nutrients from the food *that digest and absorbs*. If the food just goes in your mouth and comes out the other end and/or it doesn’t digest before it is rotten, then you get no benefit from it, and you could be poisoning yourself.

Also if the meal is *liquid and fiber*, (like smoothies and blended soups) then the meal will not get stuck in your digestive tract, and it will come out the other end very easily. If you have constipation or want to cleanse your digestive tract in the *fastest way possible*, *eat as many liquid and fiber meals as possible*.

Raw Carrot juice phase

Carrot juice is *so powerful* it can make your sense of smell different. When I drink a lot of *raw carrot juice*, I notice that my *sense of smell* will change within about five minutes of drinking it. It clears my sinuses. Other people notice this as well.

When you drink your carrot juice make sure that you drink it *very slowly* so that your *saliva* mixes in with it, and also so your body knows exactly *how much and what* it is “taking in” at the time. Eat a couple carrots before you drink the juice, so that the mixture will absorb at a slower rate, and not run through you like diarrhea.

Drink as much as you can take. Your cravings will vary depending on your body’s needs. Some days I have drank 15 pounds of carrots (before juicing), and other days three pounds would satisfy my cravings. Then you might not crave it again for weeks once your body is healed and has been satisfied.

Wheatgrass Juice

Let me just mention that all the really big animals are “Raw Vegan”. *A cow can live on just grass !!!!* Think about “mad cow disease” (wrong diet !!!).

Once you get into the more advanced stages of the program, you can mix *barley grass powder* or *wheatgrass juice powder* in with the juice. It is easier to shake it up in a jar to mix it in with the carrot juice. It is harder to stir it because it will just clump together.

The Secret Diet Book 2015

It also mixes well in a blender, and recently I went all day, and the only meals that I had consisted of barley grass powder and water. It was enough to not be hungry. Or juice your own leafy greens like kale, spinach, romaine, etc. Or just visit a “Juice Bar” or a “Juice Truck” if you have the funds.

Since carrots have a lot of sugar in them, shortly after drinking the carrot juice you might start craving something that is salty and has a little more weight to it. You can start out with a salad made of romaine lettuce, carrots, extra virgin olive oil, almonds, and sea salt. Or you might just want some cooked or canned green beans and oil.

Later on in the day you could switch to a “different phase of eating”, but your stomach needs to be empty (or close to emptying) if you are going to switch to a phase that might conflict with the previous meal that is in your stomach.

Remember: juices can spoil slightly quicker than some foods, so you might not want to eat too much of it with your solid meals, but drink it first thing in the morning or a half hour before a meal, so that your body can quickly digest and “absorb up” the powerful nutrients and use them before they spoil. Also when choosing a juicer, the “centrifugal type” spins oxygen into the juice which makes it spoil quicker. Choose a “grinding type” juicer like a “Champion” or a “Green Star”. But just get the juice in you however you want, rather than not at all. If you have to drink it from a bottle, but the enzymes are dead. The enzymes are important to healing you.

Fruit Smoothie Phases

Some days you might want to make it a smoothie morning or day, and only eat smoothies. Smoothies are good because the blender has done all the chewing for you. It is very important to totally chew our food up into a liquid form, because your stomach has no teeth and the stomach digestive fluid only reaches the surface area of the pieces of food.

Organic Raw Orange Juice Smoothie Phase

Organic Raw orange juice and dried cherries or cranberries with an apple, all blended into a smoothie, is a good *carbohydrate loading phase* meal.

You should include some type of fiber in that meal because the fiber slows the release of sugars into your blood stream. Sub-acid fruits like apples or pears are a good source of fiber to include in this phase.

Oil also slows the release of your stomach contents but doesn't always digest super efficiently with fruits. If you put oil in a smoothie you could put 1 tbsp. of flax oil or olive oil, or one-third of an avocado to make it a longer lasting, steadier source of energy.

(Make sure any avocados are not overripe or rotten because avocados can rot fast. Some people might not tolerate avocados as well as other healthy oils and can possibly cause acne or “detox acne” in some people).

You can make a smoothie out of apples, strawberries, and a couple of oranges that have the seeds taken out. You want to chew your food into a near liquid form either with your teeth or with a blender. After your smoothie you could eat some dark green romaine lettuce with lemon and sea salt, and a tiny bit of oil. Eat the smoothie first for quick energy, and then the salad to give you sustained energy. You can even eat them together without many problems, **but will digest more efficiently eaten separate.**

Starches and oils -- phase

I rarely eat starches. But if you must eat them, it is a good idea to eat some kind of oil with the starch. The oil helps to lower the overall glycemic index of the meal, and help prevent constipation. Constipation can cause internal poisoning and toxemia. This will help to steady the release of carbohydrates, so you won't have a spike in your blood sugar levels.

The Secret Diet Book 2015

A very good “**transition phase**” meal (when getting off the bad foods) is baked, boiled or fried potatoes and extra virgin olive oil with sea salt, eaten with some green beans, romaine lettuce, and carrots. Starches and oils **digest well** with neutral vegetables.

Starches should **never** be eaten with high-protein content foods like meat.

Whenever you eat starches with proteins, it will cause you to have gas, it will overload your digestive system, it will make both of them not digest as well as if they were eaten separate, and it makes it more likely that the food will rot, and it can lead to stretching out your stomach. Look at a diagram and compare a vegan stomach with a meat eater’s stomach. ***You want to shrink your stomach, not stretch it all out.*** It also stretches your intestines out. You want to shrink them as well. Look at diagrams of “distended stomach”, “distended colon”, “bowel impaction”, and “diverticulosis”.

Starches should never be eaten with acidic foods, sugars, fruits, Meat, or beans.

Good starches:

- **Not made from Wheat.** (food allergies to gluten)
- **Not “refined”**
- Fried or boiled potatoes in extra virgin olive oil. (alkaline ash)
- Brown rice. Not white rice. (acid ash) Rice makes my stomach burn however. I get most of my carbohydrates from fruits.
- Squash (mildly starchy). You can grate it and it resembles pasta.
- Corn (fresh or frozen) Whole corn is only mildly starchy, but refined corn like chips or grits are very starchy. Some people have allergies to corn.
- Yams (Sweet Potatoes)

Acidic Foods Phase

In this phase we will want to make sure that we have not eaten a meal containing starches for **at least** 4 hours !!! We want to keep acidic foods ***away*** from the starches.

Another way to help separate the two different incompatible meals separate is to eat a totally ***neutral phase meal*** to help keep them separate. ***Starches and oils*** digest well with **neutral vegetables**, and ***acidic foods*** digest well with **neutral vegetables**. But starches and acid foods do not digest well ***together***!!

So the ***neutral phase meal*** will act kind of like a ***little wall*** **between** them.

When you eat a new meal your stomach will try and move the previous meal further down the digestive tract, and kind of like ***section off your stomach*** to keep the ***mostly digested foods*** away from the ***totally undigested foods*** being eaten next.

So when transitioning from a ***starch phase meal*** to an ***acid phase meal***, it is best to eat a small ***neutral phase meal*** about an hour before the acidic foods phase meal. **This can easily be done by planning your daily eating routine on paper in advance.** A can of green beans or two with some sea salt and good oil can be eaten anywhere with a ***can opener*** and a ***spoon*** in no time.

Cooked “acid fruits”= bad

Raw “acid fruits” = good

Try not to eat cooked “acid fruits” such as tomatoes, oranges, or lemons. Whenever you cook an acid fruit it changes it.

Anything that comes in a bottle, can, or jar has been pasteurized, or in other words it has been cooked.

It is the law that any food in a jar, canned, or bottle has to be pasteurized, with only a few exceptions. ***Honey*** and ***Agave Nectar*** is allowed to be raw and bottled, and I am not sure of many other foods that are.

Examples of foods that are cooked “acid fruits” to avoid are:

- Orange juice in a bottle
- Grapefruit juice out of a bottle
- Tomato sauce in a jar or can
- Lemon juice in a bottle
- Tomato Juice in a bottle
- Salsa out of a jar

There is nothing wrong with eating acid fruits as long as you eat them Raw. **It's all about the live enzymes.** So that means it's fine to drink orange juice, as long as you squeeze it fresh yourself. It's OK to eat lemons as long as you squeeze the juice out yourself. It's OK to eat tomatoes as long as they are Raw and **not rotten**. Tomatoes can rot fast.

Raw grapefruit juice is also good for cleansing out your digestive tract while also maintaining your carbohydrate intake.

Raw orange juice might only temporarily make your stomach burn, but orange juice out of a bottle has been pasteurized, can make your stomach burn for a long time. If I eat orange juice that comes in a bottle it will usually make my stomach burn.

It doesn't seem like cooking the food would make that much of a difference, but it makes a major difference, especially with acid fruits. **Cooking kills all the enzymes. I know I keep repeating myself, but I want this information to “sink in”.**

Also canned tomatoes make my *stomach burn, and possibly acne*. As long as these foods are eaten Raw and with compatible foods, they give me no problems at all, and they taste way better anyway.

Beans and neutral vegetables phase

Beans are a *natural* “Protein and Starch Combination”, so they should not be *overeaten*, and they should always be eaten with a *neutral vegetable* like green beans, romaine lettuce, carrots, etc. if possible. You can add a *little bit* of oil to the meal so the oil helps the meal to stay lubricated through your digestive track.

Just *make sure* not to add *too much oil* when eating beans, because beans naturally take a long time to digest, and adding too much oil will make them take even longer to digest, and maybe not even digest at all.

Low fat meals of beans and neutral vegetables are full of fiber that helps to remove sludge and excess dietary fat that is in the digestive tract from years of improper eating.

During this phase you will want to keep your fat intake moderately low, but you can add just a little (less than 14 grams = 1 Tablespoon). You can however experiment with different ratios of beans to oil, and see how your body does with more or less oil in the meal. **Make your diet a science !!!!**

The key to this diet is to *write down* as accurate as possible the food combinations and ratios, so as to build your own collection of exact recipes that make you feel best. Refer to the ***“beans and vegetable food combining chart”*** to know how to **design** these types of meals.

Fiber

Fiber does not digest and **that's the purpose of fiber**. Fiber is what your body “*grabs onto*” to keep the food moving through your digestive track.

Think of food like a suitcase and the fiber is the handle on the suitcase. It is a lot easier to carry a suitcase that has a handle on it. Also *oil* is kind of like *wheels* on the suitcase.

You will always want a **compatible** type of *fiber containing food* at most meals. Exceptions would be if you are in a carrot juice phase, or a *raw juice only phase*.

The best fiber source is going to be raw carrots and Romaine Lettuce that has been chewed up very well. You cannot go wrong with raw carrots. You can eat unlimited amounts of carrots on this diet and they are really cleansing.

Raw carrots are great snacks in between meals, they store well in the fridge, and can be eaten anywhere. Just throw a few in your purse or backpack and snack on them whenever.

A little bit of oil

Oil helps to keep everything moving smoothly. Too much oil though, slows down digestion. Oil is one nutrient that you want to make sure to keep in the proper *ratio range* depending on the type of *food phase* you are in. *Way too much* oil will make *everything* not digest, and *too little* oil can cause constipation or low long-term energy. Some people that eat extremely low fat diets over time can develop “premature wrinkled skin”. You don't want that.

Acid alkaline ash charts

Continually eating a diet that is composed of too many “*acidic ash foods*”, and not balanced with enough “*alkaline ash foods*” will put a great strain on your bodies systems. If your body is too acidic it will start “*stealing*” calcium out of your bones to *neutralize the excess acid*. *You don't want that. Your bones are like your “Alkalinity Battery”*. “Charge it up” simply with wheatgrass juice. Anthony Robbins talks about a kid that was so fragile, that if he sneezed, he was at risk of breaking ribs. After becoming “alkaline”, and over time, he was doing pushups.

Many health experts blame an overly acidic body to the majority of health problems so common in these times! You can Google search it, but just trust me on this one.

1. Alkalizing foods chart --- eat 80% of foods from alkaline side of chart --also tomatoes and fruit juices of all types turn acidic when “bottled” (pasteurized).

When they are fresh, ripe and raw, citrus and other *acid fruits* actually result in an alkalizing effect on the pH of the body. The goal is to normalize the pH of the body to a slightly alkaline state.

Eat more raw food nutrients --- fresh, raw, vegetable and fruit juices -- especially carrots and leafy greens. They are full of usable minerals, and easily absorbed.

2. Test your Ph. and keep it where it is supposed to be. They sell test kits at the drug store to test.

Raw food nutrients

One thing to think about, is that in nature, all animals do not eat food that has been cooked or heated by fire like humans do. When we cook our food, it *destroys* some of the nutrients, and all of the enzymes.

Only eating food that has been cooked, and never eating any **Raw Food Nutrients**, is one of the major reasons why there are so many diseased humans on the planet. Some cooked foods can be good for us, but we do need **Raw Food Nutrients** to stay healthy over the long-term.

Fire

Humans are the only animals on the planet that know how to use fire, and so we are the only animals on the planet that cooks our food.

There are many many thriving life forms on the planet, and they are all (every last one of them) eating their foods 100%uncooked!! 100%of them!!! All animals on the planet are all consuming a 100% Raw Food Diet.

This is something that we need to look into and study how they do it. We also have this ability. If all off the foods we eat are cooked, then we are not getting the proper nutrition. All animals on the planet only consume Raw Foods.

Look how big a cow is. What do they eat? How many different types of foods do they eat? They have huge muscles. Look at horses. They are awesome and can run fast and they mostly just eat grass. Think about that. I want you to see through your brainwashing by Man. ***Listen to God, not Man.*** Ask, and then listen!

Phytochemicals and protective nutrients

Our body is an amazing machine. It is always trying to maintain everything in balance. Certain nutrients and foods have very powerful natural substances in them that help our body to maintain balance.

Raw foods and juices give our bodies the Raw Building Blocks that we need to heal and stay healthy. Raw food nutrients are loaded with vitamins, minerals and enzymes. It is always better to get your nutrition from natural sources and Raw when possible.

However, if you still eat meat, you need to cook it to kill parasites and parasite eggs, which are too tiny to see with the naked eye, or you will be infested with them and might not even know it.

We want to start flooding the body with living nutrients.

These nutrients are found in raw fruits and vegetables, and especially their juices. These juices give your body a concentrated “dose” of what it needs to start the healing process. This will start to reverse the health problem, because now the cells are being satisfied nutritionally.

It is also important to try to periodically participate in vigorous exercise if your body is safely capable. This will cause toxins to start moving out of the body. This also causes the body to take in higher amounts of oxygen, which also helps satisfy the cells and will help to clear the mind.

One of the most powerful foods that I have used to regain my health is raw ***carrot juice***. It is one of the best foods for your skin. The beta-carotene in them helps to protect our cells. The beta-carotene contained in the juice of the carrot is one of the safest “medicines”, and is way safer than nutritional “supplements”.

Raw carrot juice helps your liver by supplying it with a lot of Vitamin A in its natural form. Carrot juice is a great way to start the morning after drinking your water upon wake. Carrot juice contains simple sugars that helped to get your metabolism going early in the morning.

Juicers

You'll need to purchase a juicer. You can get a cheap juicer for around \$40. The cheap kinds of juicers that you can get in Wall-Mart are the ***centrifugal*** type. These are not as good as the type of juicers that grind the juice out of the fruits and vegetables.

Also I wore out two of these cheap juicers by using them so much when I was healing my acne. They are okay but they spin oxygen into the juice, and that extra oxygen makes the juice spoil faster. Remember: any foods that you eat you want them to digest before they start to rot.

I now have a “***champion juicer***”. It can also take almonds and make them into almond butter, but it is over \$200. It is however built to last a lot longer than the cheap ones. You might be able to find a good used juicer at a thrift store, yard sale, or in the classified ads in the newspaper.

Leafy green vegetable juice

The juice of leafy green vegetables is very alkalizing to the body and is a good source of ***usable*** calcium. Cows can live on grass alone, and this satisfies their bodies with all the nutrients it needs. ***Even calcium.***

Barley grass powder

Another powerful natural substance is *wheat grass* juice or *barley grass* juice. The easiest way to get the nutrition from these plants is to juice them, or to buy a powdered supplement.

It is simply the powder from the juice that has been dried out and made into a powder, and you can mix it with water or carrot juice or put it in smoothies. You can also add it to salad dressings. It mixes best with water by shaking it up in a jar or mixing it in the blender, but it stirs into oil fairly easily.

Barley grass juice does not taste very good at first, so it is best not to mix it into a large batch of food because you might not be able to eat all of it.

So it is best to simply drink it. Barley grass powder is very powerful so don't overdo it at first, or it might make you detox too quickly and to give you a headache because of the toxins going back into the bloodstream for elimination, once they are replaced by the good nutrients.

Dehydrated Foods

If you have a food dehydrator, you can dehydrate foods to change the texture and/or to preserve them. You can dehydrate most fruits and vegetables. Dehydrators can be expensive. My dehydrator was \$300. Starting out, you might not want to spend that kind of money. You don't need one at all, but if you have the money, it's fun and tasty.

It is nice because you will know that there are no preservatives in your dried fruit product. If you buy a big watermelon, then you can dehydrate it, and then put it into jars that seal tight. It taste like candy. Dehydrated fruits will last a long time in an airtight container, (mason jars) and you can take them with you anywhere, and not have to worry about refrigeration.

You can buy fruits that are already dehydrated, but you might want to watch out for preservatives that they might put in them. I am not sure the difference between the types of preservatives, so I don't know which ones are good or bad. But there are plenty of websites that will list types of preservatives and the effects of them, if you can find them in the billions of web pages out there.

Raw Salads

Raw salads are a great way to get raw food nutrients and fiber. Just make sure to follow the food combining principles when deciding what ingredients to include. The more oil you add to them, the more filling they will be.

Healthy oils

Extra virgin olive oil and *virgin coconut oil* are very good for your skin and they make meals very satisfying. Since I rarely eat meat, I need to add these oils to my diet to give me sustained energy. If you are cutting meat out of your diet, you ***must*** add more fats to your diet. ***Remember: This is the key to being a successful vegetarian.***

Part of the reason people like to eat *meat* is because it digests slowly. *Oils and other fats* digest slowly also. Oils are a ***cleaner source of energy*** for our bodies than meat. Eating too much meat is unhealthy for animals to eat unless they are carnivores or omnivores. Most Humans are not 100% true carnivores. And probably not 100% true vegan either. Some people have a few sharp teeth. Some people have all flat teeth. Research, trial, and error, will give you the answer you are seeking.

Good oils to include in your diet:

- *Extra virgin olive oil* -- eat as much as you ***crave***. You need to include Extra Virgin Olive Oil to your diet. This can be one of your main sources of fat in your diet.

Note: This is the only oil that I know for a fact does not cause acne no matter how much I eat of it. Other oils can possibly cause acne depending on the type of oil, and if you have a food allergy to it.

- Extra virgin coconut oil -- This is also a very good oil to include. It tastes like butter to me. If I eat tons of it, it seems to come out on my scalp. I can take my fingernails and scrape white residue underneath them from my scalp. It spreads out evenly and doesn't seem to get stuck under the skin, as opposed to causing bumps like acne.
- Raw almonds -- I have had good results from raw almonds. They do not cause acne. I have eaten tons of them in the past, and they are a good source of fiber also. Roasted almonds don't seem to cause problems either, but the experts say that heating the oil damages it. So eat good raw oils so your body can at least have a choice of what to assimilate.
- Raw Brazil nuts, pecans, walnuts and others are probably good as well.
- Extra virgin flax oil -- Flax oil has possibly given me acne, so watch for a reaction if you are prone to acne. They say however that it is good for acne, but you need to ***test for yourself*** to know for sure how your body reacts. The acne might have just been detox symptoms, or maybe not. Test each food for skin reactions. Soybean oil gives me acne.

If you have acne, then ***make Extra Virgin Olive Oil your main source of fat*** until you get clear skin, and then you can test other oils later, looking for a bad reaction. Remember, if something is continually causing acne, then it is probably not good for you. Acne is a sign that something is not going properly on the inside.

Eating the wrong oils for your genetics is ***one*** of the main causes of acne. ***Soybean oil gives me acne***, and also tumor like bumps under my skin. These bumps can take a couple of weeks to dissipate after discontinuing my consumption of Soybean Oil.

- Avocado – This oil can also cause acne, but is supposed to be healthy. Maybe it causes acne because it rots easily. Other oils like coconut oil and olive oil have an extremely long shelf life. So, get clear skin first, and then you can test to see if avocado is good for your genetics. Do this with all fats and oils.

“Raw Plant Food Nutrients Exclusively Eventually Periodically Phase”

Stop cooking all foods that ***can*** be eaten raw. **Then**, don't eat any foods that require cooking. (Rice, potatoes, beans, meats). This should be done temporarily and periodically for ***as long as*** you feel good and are in good health. You might feel better in the long run. I did it for 9 months straight. It is more expensive, and less convenient, but better I think.

You should keep a food and health journal, and **constantly analyze** the foods you eat, ***and the way they affect*** any disease symptoms, energy levels, mood, and your spiritual connection to **Source**. I know I keep repeating this, but it is **very very very very very important to your success.**

When you are disciplined in your note taking, **you will eventually have a recipe book that is customized to you** and **your** unique genetics. It will be well worth it. Once you are symptom free, you will be able to look at your notes, and know exactly what to eat to stay that way.

Try to include more concentrated raw food nutrients by consuming more fresh raw fruit and vegetable juices, but follow the food combining principles if eating them with other foods.

The Vegetarian lifestyle

Genesis 1:29 – then GOD said, “I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.” --- **The Holy Bible**

“**Nothing** will benefit human health and increase the chance of survival of life on earth **as much as** the evolution to a vegetarian diet.” --- **Albert Einstein**

I think Albert Einstein was smarter than the average person. Wouldn't you think?

That being said, I do eat meat, I went three years totally vegan, and I might eliminate meat again in the future.

The Secret is to stay in balance and feeling well. Keep a journal and be very careful to find out what makes you feel best.

If you feel pain, discomfort, or dis-ease, go back to the strictest part of this diet. That would be the Raw Vegan properly combined with lots of wheatgrass juice powder . Keep sugars in moderation.

Psyllium husks have no calories and help to flush out toxins and rotting food residues. Low fat, low carb, high fiber, and superfoods phase to help cleanse and heal.

Continue research and study people that have had success.

This book is in no way complete or has all the answers, but it is in my opinion one of the greatest plans to turn your health around fast.

Also I apologize for any typos. I choose not to have the book edited by anyone professionally. So excuse my grammar.

Good Luck. Email me A phone request and I will call you at no charge!

Continued education AFTER you read and apply this book

Note: Not sure if all the links work.

1. Refer to the movies “Fat Sick and Nearly Dead” (juicing losing over a pound a day!), “Forks Over Knives” (the case against overeating meat) (*Netflix*)
2. “The Gerson Miracle” (juicing and its effects on Cancer.) (*Free on YouTube*)
http://www.youtube.com/watch?v=sbIixJI_oa4&feature=watch-now-button&wide=1
3. Movie “*The Secret*”. The Law of Attraction. Your thoughts can manifest into reality, so be careful what you think about with emotion. This law can make you or break you. (*Library*)
4. Books “Your Life is a Gift”, “Prescription for Happiness”, “How to Make my Life Work”, by Ken Keys Jr.
5. Audiobooks by Brian Tracy, Anthony Robbins, Steven Covey, Deepak Chopra, and Wayne Dyer.
(Library) (YouTube)

Tony Robbins: Why we do what we do, and how we can do it better
<http://www.youtube.com/watch?v=Cpc-t-Uwv1I>

Brian Tracy: Personal Time Management
<http://www.youtube.com/watch?v=hhaOFCj-tvQ>
6. Refer to “Who Moved my Cheese” (Motivation) by Spenser Johnson M.D. Audiobook or book. Short read. (*Library*)
7. Refer to “The Raw Food Detox Diet”, “Raw Food Real World” (Raw food recipes), “Fit for Life”, “Fit for Life II” (food combining principles, and the case against dairy products)
8. Refer to “Survival into the 21st century” by Victorius Kulvinskus.
9. Refer to books written by David Wolfe. “Naked Chocolate” (raw food desserts), “Eating for Beauty”, “Sunfood Success System”, and others. He has YouTube videos as well.
10. Refer to “The Essene Gospel of Peace”. <http://www.essene.com/GospelOfPeace/peace1.html> Part of the “Dead Sea Scrolls. It is the story of **Jesus** healing people with natural healing methods including Sunshine, Water, Earth, Fasting, getting rid of parasites, not cooking our food with fire, eating only similar types of food at one meal, enemas, and other techniques. A very good read, free on the internet.
11. **Rev. George H. Malkmus**, author of “*The Hallelujah Diet*” states he reversed colon cancer with carrot juice. (*Internet*)
<http://www.hacres.com/hallelujah-diet/foods-to-avoid>
<http://www.hacres.com/pdf/documents/HA-Remove-and-Replace-Chart.pdf>
12. Robert F. Cathcart III, M.D. (Bowel tolerance doses of Vitamin C to eliminate free radicals)

Finally: Learn about the “**Super-conscious Mind**” and “**Universal Intelligence**”

Contact Information:

Feel free to ask me any Questions any time. I am here to help you. My Mission is to save the earth from it's improper dietary habits.

It really is priceless the way we feel when we eat the way God has designed us to eat.

Every animal on the planet is designed to eat a certain "species specific diet."

You are not a tiger, you shouldn't only be eating tons of meat only. You need more raw food plant nutrients in your diet. We also have to stop eating foods that are clogging our system and poisoning us.

Most humans are severely on the wrong dietary path. This is the cause of most disease.

Let me help you get on the right path so you can achieve balance in your dietary habits.

Let me be your friend in Faith in God. Don't believe in God? Let's be friends anyway.

I want you to keep in contact with me to let me know how it is working for you. Call anytime. Want me to speak to your group? I want to help as many people as possible in this short time I have on this planet.

Peace and Love,

Teddy Grandy

Contact: TheSecretDietBook@gmail.com

If you would like to talk on the phone, email me your number and I will give you a call. I am here to help.

General Types of Foods Chart and Grocery List

Note: just because a food is on this list doesn't mean it is good for you specifically. Refer to the rest of the book.

Acid Fruits	Sub-Acid Fruits	Sweet Fruits	Melons	Neutral Vegetables
<ul style="list-style-type: none"> <input type="checkbox"/> Cherry <input type="checkbox"/> Blackberry <input type="checkbox"/> Fresh Currents <input type="checkbox"/> Grapefruit <input type="checkbox"/> Kiwi <input type="checkbox"/> Lemon/Lime <input type="checkbox"/> Orange <input type="checkbox"/> Passion Fruit <input type="checkbox"/> Pineapple <input type="checkbox"/> Strawberry <input type="checkbox"/> Tamarind <input type="checkbox"/> Tangerine <input type="checkbox"/> Tomato <input type="checkbox"/> Ugly Fruit <input type="checkbox"/> Gooseberry <input type="checkbox"/> Kumquat <input type="checkbox"/> Pommelo 	<ul style="list-style-type: none"> <input type="checkbox"/> Apple <input type="checkbox"/> Apricot <input type="checkbox"/> Blackberry <input type="checkbox"/> Blueberry <input type="checkbox"/> Cherry <input type="checkbox"/> Grape <input type="checkbox"/> Guave <input type="checkbox"/> Loquat <input type="checkbox"/> Mango <input type="checkbox"/> Mulberry <input type="checkbox"/> Nectarine <input type="checkbox"/> Papaya <input type="checkbox"/> Peach <input type="checkbox"/> Pear <input type="checkbox"/> Plum <input type="checkbox"/> Raspberry <input type="checkbox"/> Tamarillo <input type="checkbox"/> Gala Apple 	<ul style="list-style-type: none"> <input type="checkbox"/> Dried Fruits <input type="checkbox"/> Banana <input type="checkbox"/> Carob <input type="checkbox"/> Cherimoya <input type="checkbox"/> Date <input type="checkbox"/> Durian <input type="checkbox"/> Fig <input type="checkbox"/> Jackfruit <input type="checkbox"/> Persimmon <input type="checkbox"/> Plantain <input type="checkbox"/> Sugar Apple <input type="checkbox"/> Raisins <input type="checkbox"/> Dried apples <input type="checkbox"/> Dried blueberries <input type="checkbox"/> Dried cranberries 	<ul style="list-style-type: none"> <input type="checkbox"/> Canary <input type="checkbox"/> Cantaloupe <input type="checkbox"/> Casaba <input type="checkbox"/> Christmas <input type="checkbox"/> Crenshaw <input type="checkbox"/> Honeydew <input type="checkbox"/> Orange <input type="checkbox"/> Muskmelon <input type="checkbox"/> Watermelon 	<ul style="list-style-type: none"> <input type="checkbox"/> Bell Peppers <input type="checkbox"/> Broccoli <input type="checkbox"/> Brussels <input type="checkbox"/> Sprouts <input type="checkbox"/> Cabbage <input type="checkbox"/> Cauliflower <input type="checkbox"/> Carrots <input type="checkbox"/> Celery <input type="checkbox"/> Collards <input type="checkbox"/> Cucumbers <input type="checkbox"/> Green Beans <input type="checkbox"/> Romaine <input type="checkbox"/> Lettuce <input type="checkbox"/> Mushrooms <input type="checkbox"/> Okra <input type="checkbox"/> Parsley <input type="checkbox"/> Snow Peas <input type="checkbox"/> Hot Peppers <input type="checkbox"/> Radishes <input type="checkbox"/> Sea <input type="checkbox"/> Vegetables <input type="checkbox"/> Scallions <input type="checkbox"/> Onions <input type="checkbox"/> Turnip <input type="checkbox"/> Greens <input type="checkbox"/> Spinach <input type="checkbox"/> Watercress <input type="checkbox"/> Alfalfa <input type="checkbox"/> Sprouts
<p>Meats</p> <p>Note: avoid cold cuts and deli meats.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fish <input type="checkbox"/> Chicken <input type="checkbox"/> Beef <input type="checkbox"/> Pork <input type="checkbox"/> Duck <input type="checkbox"/> Lamb <input type="checkbox"/> Seafood <input type="checkbox"/> Shrimps <input type="checkbox"/> Scallops <input type="checkbox"/> Crab 	<p>Super foods</p> <ul style="list-style-type: none"> <input type="checkbox"/> Barley <input type="checkbox"/> Grass Powder <input type="checkbox"/> Hemp Protein Powder <input type="checkbox"/> Beet Juice Powder <input type="checkbox"/> Carrot Juice Powder <input type="checkbox"/> Raw Chocolate 	<p>Beans</p> <ul style="list-style-type: none"> <input type="checkbox"/> Kidney <input type="checkbox"/> Pinto <input type="checkbox"/> Black <input type="checkbox"/> Navy <input type="checkbox"/> Lima <input type="checkbox"/> Butter <input type="checkbox"/> Northern <input type="checkbox"/> Field Peas <input type="checkbox"/> Chickpeas <input type="checkbox"/> Garbanzo <input type="checkbox"/> Lentil <input type="checkbox"/> Adzuki <input type="checkbox"/> Mung <input type="checkbox"/> Black-Eyed Pea <input type="checkbox"/> White 	<p>Nuts And Seeds</p> <ul style="list-style-type: none"> <input type="checkbox"/> Almond <input type="checkbox"/> Brazil Nut <input type="checkbox"/> Cashew <input type="checkbox"/> Chestnuts, <input type="checkbox"/> Pecan <input type="checkbox"/> Macadamia <input type="checkbox"/> Walnut <input type="checkbox"/> Pine Nuts <input type="checkbox"/> Sunflower Seeds <input type="checkbox"/> Ground Flax Seed <input type="checkbox"/> Ground Hemp Seed <p>Starches</p> <ul style="list-style-type: none"> <input type="checkbox"/> Potatoes <input type="checkbox"/> Rice <input type="checkbox"/> Bread <input type="checkbox"/> Corn 	<p>Extra Virgin Oils</p> <ul style="list-style-type: none"> <input type="checkbox"/> Olive Oil <input type="checkbox"/> Flax Seed Oil <input type="checkbox"/> Coconut Oil

The Secret Diet Book 2015
Substitution Food Chart

Eliminate	Substitute
Donuts	Majool dates
Fast food French fries	Fresh cut potatoes pan fried in extra virgin olive oil with sea salt
Restaurant deep fried breaded okra	Okra fried in extra virgin olive oil with sea salt
Fig Newtons	Organic Turkish figs
Store bought salad dressing	Olive oil, avocado, lemon juice, sea salt, herbs and spices
Iodized table salt	Un-iodized sea salt
Cookies	Raw oatmeal, raisins, raw honey (soaked then dehydrated)
Roasted peanuts	Raw almonds, lightly coated in olive oil and sea salt.
Peanut butter	Home-made raw almond butter with sea salt
Refined Sugar	Raw honey or Agave nectar
Mayonnaise	Blended avocado, lemon juice and sea salt
Ranch dressing	Add dill weed, garlic, and spices to mayo substitute above
Crisco, butter, grease	Extra virgin coconut oil
White flour	Almond flour
Soybean oil	Extra virgin olive oil
Sodas	Raw lemonade – Lemons, honey, water
Milk	Raw carrot juice
Corn chips	Organic sea salted chips
Eggs	Raw nut butters
Potato chips	Organic sea salted chips
Deep fried foods	Pan fried in extra virgin oils
Pasta	Rice pasta and plenty of neutral veggies and olive oil
Cup cakes	Dehydrated raw food desserts
Hot dogs, chili dogs, corn dogs	Dehydrated raw nut butters with Herbs and spices
Chocolate bars	Raw coconut oil, raw dates, raw almond butter, raw chocolate powder
Candy	Dates, dried cranberries, dried fruits
Cold cuts	Dehydrated raw nut butters with Herbs and spices
Peanut butter cups	Raw almond butter, raw chocolate, honey, sea salt

The Secret Diet Book 2015
BAD Types of Foods Chart

Eliminate constipation causing glue foods:	Eliminate addictive foods:	Possible heartburn causing meals	Other things to phase out
<input type="checkbox"/> Refined Sugar <input type="checkbox"/> Flour <input type="checkbox"/> Cheese <input type="checkbox"/> Bread <input type="checkbox"/> Pasta <input type="checkbox"/> Crackers <input type="checkbox"/> Pizza <input type="checkbox"/> Biscuits <input type="checkbox"/> White bread <input type="checkbox"/> Tortillas <input type="checkbox"/> Anything else that is made predominately of white flour Eliminate these Meats <input type="checkbox"/> Deli meats <input type="checkbox"/> Pepperonis <input type="checkbox"/> Cold cuts <input type="checkbox"/> Fatty meats <input type="checkbox"/> Hot dogs <input type="checkbox"/> Chili Dogs <input type="checkbox"/> Corn Dogs <input type="checkbox"/> Bacon <input type="checkbox"/> Sausage <input type="checkbox"/> Deep fried meats	<input type="checkbox"/> Fast Food <input type="checkbox"/> Cup Cakes <input type="checkbox"/> Chocolate Bars <input type="checkbox"/> Potato Chips <input type="checkbox"/> Corn Chips <input type="checkbox"/> Wheat Products <input type="checkbox"/> Milk And Dairy Refined sugars: <input type="checkbox"/> Sodas <input type="checkbox"/> Cookies <input type="checkbox"/> Peanut Butter Cups Reduce consumption <input type="checkbox"/> Meat <input type="checkbox"/> Eggs	<input type="checkbox"/> Cheese and crackers and ham <input type="checkbox"/> Pizza <input type="checkbox"/> Chicken, barbecue ribs, and rice, eaten at the same meal <input type="checkbox"/> Fast food chicken sandwiches, cheese burgers <input type="checkbox"/> Mexi-melts from Taco Bell <input type="checkbox"/> Subway sandwiches <input type="checkbox"/> Chicken pasta from Pizza Hut <input type="checkbox"/> Turkey, ham and cheese wraps Refined grains <input type="checkbox"/> Breakfast Cereals <input type="checkbox"/> Corn chips <input type="checkbox"/> Corn bread <input type="checkbox"/> Bread	<input type="checkbox"/> MSG <input type="checkbox"/> Table Salt <input type="checkbox"/> Artificial flavorings <input type="checkbox"/> Artificial colorings <input type="checkbox"/> Cigarettes <input type="checkbox"/> Liquor <input type="checkbox"/> Cheap wine <input type="checkbox"/> Cheap beer <input type="checkbox"/> White sugar <input type="checkbox"/> Synthetic Caffeine <input type="checkbox"/> Table Salt <input type="checkbox"/> Pain pills <input type="checkbox"/> Pharmaceuticals drugs <input type="checkbox"/> Antidepressant drugs Possibly toxic oils: <input type="checkbox"/> Mayonnaise <input type="checkbox"/> Crisco <input type="checkbox"/> Bacon grease <input type="checkbox"/> Lard <input type="checkbox"/> Animal fats <input type="checkbox"/> Peanut Butter <input type="checkbox"/> Soybean Oil <input type="checkbox"/> Deep Fried Foods

Best sources of fiber list

- | | |
|--|---|
| <input type="checkbox"/> Raw carrots | <input type="checkbox"/> Raw neutral vegetables |
| <input type="checkbox"/> Romaine lettuce | <input type="checkbox"/> Romaine lettuce |
| <input type="checkbox"/> Corn | <input type="checkbox"/> Green beans |
| <input type="checkbox"/> Apples | <input type="checkbox"/> Psyllium Husks |
| <input type="checkbox"/> Raw fruits | |

Acid/Sub acid Fruit Smoothie Phase

Acid Fruits	Sub-Acid Fruits	Optional Ingredients to Add to a Smoothie			
<p>Add as many Acid Fruits as you like. Must be fresh, ripe, not rotten, and eaten RAW.</p> <ul style="list-style-type: none"><input type="checkbox"/> Valencia<input type="checkbox"/> Orange<input type="checkbox"/> Grapefruit<input type="checkbox"/> Lemon<input type="checkbox"/> Lime<input type="checkbox"/> Strawberry<input type="checkbox"/> Tomato<input type="checkbox"/> Tangerine<input type="checkbox"/> Kiwi<input type="checkbox"/> Cherry<input type="checkbox"/> Blackberry<input type="checkbox"/> Passion Fruit<input type="checkbox"/> Pineapple<input type="checkbox"/> Tamarind<input type="checkbox"/> Ugly Fruit<input type="checkbox"/> Gooseberry<input type="checkbox"/> Kumquat<input type="checkbox"/> Pommelo	<p>Add as many Sub-Acid Fruits as you like: Must be fresh, ripe, not rotten, and eaten RAW.</p> <ul style="list-style-type: none"><input type="checkbox"/> Apple<input type="checkbox"/> Apricot<input type="checkbox"/> Blackberry<input type="checkbox"/> Blueberry<input type="checkbox"/> Cherry<input type="checkbox"/> Grape<input type="checkbox"/> Guava<input type="checkbox"/> Mango<input type="checkbox"/> Mulberry<input type="checkbox"/> Nectarine<input type="checkbox"/> Papaya<input type="checkbox"/> Peach<input type="checkbox"/> Pear<input type="checkbox"/> Plum<input type="checkbox"/> Raspberry<input type="checkbox"/> Tamarillo<input type="checkbox"/> Gala apple – my favorite kind of apple. They usually last a long time in the fridge.	<p>Small amount RAW Blended nuts</p> <p>The reason: to make more satisfying but if you are trying to lose weight you might want to omit nuts.</p> <p>Note: make sure nuts are blended very well so as to not be sharp. Up to 4 tablespoons or less only.</p> <table><tr><td><ul style="list-style-type: none"><input type="checkbox"/> Almond<input type="checkbox"/> Pecan<input type="checkbox"/> Walnut<input type="checkbox"/> Brazil nut<input type="checkbox"/> Ground hemp seed<input type="checkbox"/> Cashew<input type="checkbox"/> Macadamia</td><td><ul style="list-style-type: none"><input type="checkbox"/> Chestnuts<input type="checkbox"/> Ground flax seed<input type="checkbox"/> Almond flour<input type="checkbox"/> Soaked sunflower seeds – can be very sharp if not soaked or blended well</td></tr></table>		<ul style="list-style-type: none"><input type="checkbox"/> Almond<input type="checkbox"/> Pecan<input type="checkbox"/> Walnut<input type="checkbox"/> Brazil nut<input type="checkbox"/> Ground hemp seed<input type="checkbox"/> Cashew<input type="checkbox"/> Macadamia	<ul style="list-style-type: none"><input type="checkbox"/> Chestnuts<input type="checkbox"/> Ground flax seed<input type="checkbox"/> Almond flour<input type="checkbox"/> Soaked sunflower seeds – can be very sharp if not soaked or blended well
<ul style="list-style-type: none"><input type="checkbox"/> Almond<input type="checkbox"/> Pecan<input type="checkbox"/> Walnut<input type="checkbox"/> Brazil nut<input type="checkbox"/> Ground hemp seed<input type="checkbox"/> Cashew<input type="checkbox"/> Macadamia	<ul style="list-style-type: none"><input type="checkbox"/> Chestnuts<input type="checkbox"/> Ground flax seed<input type="checkbox"/> Almond flour<input type="checkbox"/> Soaked sunflower seeds – can be very sharp if not soaked or blended well				
		<p>Oils</p> <p>Note: nuts contain fat also, so keep the over-all fat content of the meal should be less than 30 grams total or totally omit nuts or oils</p> <ul style="list-style-type: none"><input type="checkbox"/> Flax seed oil<input type="checkbox"/> Virgin olive oil<input type="checkbox"/> Coconut oil			
		<p>Natural caffeine</p> <p>The reason: increased awareness and metabolism. Take into consideration the total caffeine dose if adding more than one type. Too much is not good. Start out with small amounts until you are experienced using these.</p> <ul style="list-style-type: none"><input type="checkbox"/> Yerba Mate – This is my number one choice. I eat the extract capsules throughout the day.<input type="checkbox"/> Raw chocolate – make into a powder with a cheap type coffee grinder first then add to smoothie<input type="checkbox"/> Guarana extract – take out of capsule<input type="checkbox"/> Green tea extract – take out of capsule. Too much Green tea will make you feel sick.			
		<p>RAW Super Foods</p> <p>The reason: increased nutrition</p> <ul style="list-style-type: none"><input type="checkbox"/> Barley grass powder<input type="checkbox"/> Beet juice powder<input type="checkbox"/> Carrot juice powder<input type="checkbox"/> Other herbal extracts			
		<p>Vegetable juice</p> <p>The reason: increased nutrition. Make sure these are eaten raw.</p> <ul style="list-style-type: none"><input type="checkbox"/> Carrot juice<input type="checkbox"/> Celery juice<input type="checkbox"/> Juiced leafy green vegetables<input type="checkbox"/> Beet juice			
<p>Optional</p> <ul style="list-style-type: none"><input type="checkbox"/> Vitamin C (Ascorbic Acid) – 1-3 grams added to the smoothie. You might want to eat it separate. It tastes like lemon juice. It combines with other foods like lemon juice does, so this is a good meal to take it with.	<p>Other herbal supplements</p> <ul style="list-style-type: none"><input type="checkbox"/> Ginkgo Biloba – increased oxygen flow to the brain. Helps memory				

Sub-Acid/Sweet Fruit Combining Chart

Sub-Acid Fruits	sweet Fruits	Optional Ingredients to Add to a Smoothie
<p>Add as many <i>Sub-Acid Fruits</i> as you like: Must be fresh, ripe, not rotten, and eaten <i>RAW</i>.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Apple <input type="checkbox"/> Apricot <input type="checkbox"/> Blackberry <input type="checkbox"/> Blueberry <input type="checkbox"/> Cherry <input type="checkbox"/> Grape <input type="checkbox"/> Guava <input type="checkbox"/> Mango <input type="checkbox"/> Mulberry <input type="checkbox"/> Nectarine <input type="checkbox"/> Papaya <input type="checkbox"/> Peach <input type="checkbox"/> Pear <input type="checkbox"/> Plum <input type="checkbox"/> Raspberry <input type="checkbox"/> Tamarillo <input type="checkbox"/> Gala apple – my favorite kind of apple. They usually last a long time in the fridge. 	<p>Do not overdo sweet fruits</p> <ul style="list-style-type: none"> <input type="checkbox"/> Dried Fruits <input type="checkbox"/> Banana <input type="checkbox"/> Carob <input type="checkbox"/> Cherimoya <input type="checkbox"/> Date <input type="checkbox"/> Durian <input type="checkbox"/> Fig <input type="checkbox"/> Jackfruit <input type="checkbox"/> Persimmon <input type="checkbox"/> Plantain <input type="checkbox"/> Sugar Apple <input type="checkbox"/> Raisins <input type="checkbox"/> Dried apples <input type="checkbox"/> Dried blueberries <input type="checkbox"/> Dried cranberries <p>Small amount RAW Blended nuts and oils</p> <p>Also Refer to other fruit combining chart for more nuts and oils to blend into a smoothie</p> <ul style="list-style-type: none"> <input type="checkbox"/> Almonds <input type="checkbox"/> Pecans <input type="checkbox"/> Walnuts <input type="checkbox"/> Brazil nuts <input type="checkbox"/> Flax oil <input type="checkbox"/> Coconut oil <input type="checkbox"/> Olive oil 	<p>Natural caffeine</p> <p>The reason: increased awareness and metabolism. Take into consideration the total caffeine dose if adding more than one type. Too much is not good. Start out with small amounts until you are experienced using these.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Raw chocolate – make into a powder with a cheap type coffee grinder first then add to smoothie <input type="checkbox"/> Guarana extract – take out of capsule – 1-2 capsules <input type="checkbox"/> Green tea extract – take out of capsule – 1 capsule. Too much Green tea will make you feel sick. <p>RAW Super Foods</p> <p>The reason: increased nutrition</p> <ul style="list-style-type: none"> <input type="checkbox"/> Barley grass powder <input type="checkbox"/> Beet juice powder <input type="checkbox"/> Carrot juice powder <input type="checkbox"/> Other herbal extracts <p>Vegetable juice</p> <p>The reason: increased nutrition. Make sure these are eaten raw.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Carrot juice <input type="checkbox"/> Celery juice <input type="checkbox"/> Juiced leafy green vegetables <input type="checkbox"/> Beet juice
<p>Other herbal supplements</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ginkgo Biloba – increased oxygen flow to the brain. Helps memory 		

If You Must Eat Meat Food Combining Chart

Meats:	Neutral Vegetables:	Beans	Non Sweet Acid Fruits
Lean cuts are the best.	You must add as many of these as possible to add fiber to the meal. Meat has no fiber content. These should be eaten raw if possible but it won't hurt to include a few cooked veggies.	Beans should not be eaten with meats, but just a few might digest alright if quantity is kept very minimal .	<input type="checkbox"/> Lemon <input type="checkbox"/> Lime <input type="checkbox"/> Tomato <input type="checkbox"/> Cucumber
<input type="checkbox"/> Fish <input type="checkbox"/> Chicken <input type="checkbox"/> Beef <input type="checkbox"/> Pork <input type="checkbox"/> Duck <input type="checkbox"/> Lamb <input type="checkbox"/> Seafood <input type="checkbox"/> Shrimps <input type="checkbox"/> Scallops <input type="checkbox"/> Crab <input type="checkbox"/> Eggs	<input type="checkbox"/> Carrots <input type="checkbox"/> Celery <input type="checkbox"/> Green Beans <input type="checkbox"/> Bell Peppers <input type="checkbox"/> Onions <input type="checkbox"/> Collards <input type="checkbox"/> Brussels <input type="checkbox"/> Sprouts <input type="checkbox"/> Cabbage <input type="checkbox"/> Okra <input type="checkbox"/> Cauliflower <input type="checkbox"/> Cucumbers <input type="checkbox"/> Romaine <input type="checkbox"/> Lettuce <input type="checkbox"/> Mushrooms <input type="checkbox"/> Broccoli <input type="checkbox"/> Parsley <input type="checkbox"/> Snow Peas <input type="checkbox"/> Raw Hot Peppers <input type="checkbox"/> Radishes <input type="checkbox"/> Sea Vegetables <input type="checkbox"/> Scallions <input type="checkbox"/> Turnip Greens <input type="checkbox"/> Spinach <input type="checkbox"/> Watercress <input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Kidney <input type="checkbox"/> Pinto <input type="checkbox"/> Black <input type="checkbox"/> Navy <input type="checkbox"/> Lima <input type="checkbox"/> Butter <input type="checkbox"/> Northern <input type="checkbox"/> Chickpeas <input type="checkbox"/> Garbanzo <input type="checkbox"/> Lentil <input type="checkbox"/> Adzuki <input type="checkbox"/> Mung <input type="checkbox"/> Black-Eyed Pea <input type="checkbox"/> Green peas <input type="checkbox"/> Field Peas	<input type="checkbox"/> Lemon <input type="checkbox"/> Lime <input type="checkbox"/> Tomato <input type="checkbox"/> Cucumber
Avoid			Extra Virgin Oils
Note: avoid cold cuts and deli meats because they contain poisonous preservatives.			The amount of oil you add to a meal containing meat, depends on the fat content of the meat.
<input type="checkbox"/> Deli meat <input type="checkbox"/> Cold cuts <input type="checkbox"/> Hot dogs <input type="checkbox"/> Fatty meats <input type="checkbox"/> Fried foods in hydrogenated oil that most restaurants use for deep frying			<input type="checkbox"/> Olive Oil <input type="checkbox"/> Flax Seed Oil <input type="checkbox"/> Coconut Oil Not recommended but if you must: <input type="checkbox"/> Butter <input type="checkbox"/> Tiny amount of cheese <input type="checkbox"/> Mayonnaise
			Super foods:
			<input type="checkbox"/> Barley Grass Powder
			If you must:
			<input type="checkbox"/> Ketchup (can cause heartburn and acne) <input type="checkbox"/> Mustard <input type="checkbox"/> Tiny bit of barbeque sauce
			Totally avoid eating meat with a meal containing these foods
			Note: eating these foods will cause a digestive conflict if eaten with meats.
			<input type="checkbox"/> Starches <input type="checkbox"/> Potatoes <input type="checkbox"/> Bread <input type="checkbox"/> Milk and dairy <input type="checkbox"/> Nuts and seeds <input type="checkbox"/> Sugars and sweets <input type="checkbox"/> Desserts <input type="checkbox"/> All fruits except lemon, lime, cucumber, tomato.
			Exceptions
			<input type="checkbox"/> A little whole corn might not cause really bad problems. <input type="checkbox"/> Do not eat refined corn like chips, grits, or cornbread with meats , because they are very starchy
	If you must:		
	<input type="checkbox"/> Dill pickles		

The Secret Diet Book 2015

Starch, Vegetable, and Oil Food Combining Chart

<p>Cooked starches</p> <p>Best choices:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Potatoes (boiled or steamed) <input type="checkbox"/> Brown Rice <input type="checkbox"/> Squash <p>If not allergic:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Corn (some people can have a mild corn allergy so watch for symptoms) <p>Eaten in moderation on occasion:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fried potatoes in virgin olive oil <input type="checkbox"/> Plain Organic potato chips <input type="checkbox"/> Plain Organic corn chips <input type="checkbox"/> Note: (always eat chips with neutral vegetables to make up for the low fiber content of the chips. Also chew very well because they are sharp.) <p>If not allergic:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Whole grain bread, cereals, and pastas, that have not had the natural fiber removed. <input type="checkbox"/> Note: (many people have wheat allergies that can cause headaches and other problems) <p>Avoid Refined foods if possible:</p> <ul style="list-style-type: none"> <input type="checkbox"/> White bread <input type="checkbox"/> White rice <input type="checkbox"/> Pastas 	<p>Fats and oils</p> <p>Best choices:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Raw olive oil (extra virgin) <input type="checkbox"/> Raw extra virgin coconut oil <input type="checkbox"/> Avocado (soft ones are already spoiled) <p>Second best choice:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Cooked “best choice oils” listed above <input type="checkbox"/> Non-“extra virgin oils” listed above <p>If not allergic:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Other types of oils---watch for symptoms <p>Not the best type oil:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Types of oil in corn chips <input type="checkbox"/> Types of oil in potato chips <input type="checkbox"/> Soybean oil <input type="checkbox"/> Note: (many people have hidden food allergies that can cause many health problems) <p>Avoid:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Cheese <input type="checkbox"/> Dairy products <input type="checkbox"/> Cream <input type="checkbox"/> Butter <input type="checkbox"/> Yogurt <p>Note:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Nuts do not mix well with starches well because they digest at different rates and can be sharp. Raw nuts chewed to a liquid and in very small quantities will sometimes digest ok 	<p>All Neutral Vegetables</p> <p>Best choices are Raw vegetables:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Romaine lettuce <input type="checkbox"/> Leafy green lettuce <input type="checkbox"/> Carrots <input type="checkbox"/> Okra <input type="checkbox"/> Sprouts <input type="checkbox"/> Spinach <p>Ok cooked foods:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Green beans <input type="checkbox"/> Carrots <input type="checkbox"/> Collard greens <input type="checkbox"/> Okra -- (fried or boiled) <p>If not allergic:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Cauliflower <input type="checkbox"/> Broccoli (can be hard to digest and cause acne and gas) <input type="checkbox"/> Mushrooms (can cause acne and stinky feet) <p>Note:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Most salty snacks and chips have many ingredients and most contain MSG and Table salt. They are however starting to make chips that are labeled natural, and they use sea salt, organic ingredients, and they don't contain the really bad types of oil and chemicals as most crunchy chips and snacks. 	<p>Flavorings</p> <p>Best choices:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sea salt <input type="checkbox"/> Barley grass powder <p>Note: (strong flavor)</p> <p>If desired:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Raw onion <p>If not allergic:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Raw herbs <input type="checkbox"/> Raw spices <input type="checkbox"/> Dried Oregano <p>Cilantro</p> <ul style="list-style-type: none"> <input type="checkbox"/> Note: (may cause itchy skin) <p>Raw Hot peppers and/or garlic</p> <p>Note: (may cause redness of face and nose-especially if cooked)</p> <p>Try to Avoid using:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Cooked garlic <input type="checkbox"/> Cooked hot peppers <input type="checkbox"/> Irradiated spices <p>Note: (a lot of packaged commercial “brand name” spices can possibly be irradiated. There is no law requiring them to say if they have been irradiated.)</p> <p>Totally Avoid using if possible:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Artificial flavorings <input type="checkbox"/> MSG -- listed under various names such as: <input type="checkbox"/> -(Monosodium glutamate) <input type="checkbox"/> -(Autolyzed yeast) <input type="checkbox"/> Table salt =“salt” <input type="checkbox"/> Note: (or any foods containing table salt. --P.S. Most packaged and restaurant foods contain table salt—labeled as “salt”) <p>Note:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Many spices can cause acne, itchy skin, or other symptoms <input type="checkbox"/> Body odor is partially caused strong foods like onions, garlic, peppers, and any other strong odorous foods. You will smell like the foods you are eating. Also rotting food residues stuck inside your body. <input type="checkbox"/> Eliminating all herbs and spices will not kill you and your taste buds will adapt and you will taste the true flavor of the foods. 	<p>Avoid mixing with starches</p> <p>Acidic foods:</p> <p>The reason: (acids destroy enzymes needed to digest starches)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Tomatoes <input type="checkbox"/> Lemon juice <input type="checkbox"/> Orange juice <input type="checkbox"/> Grapefruit <input type="checkbox"/> Bottled juices <input type="checkbox"/> Vitamin c <input type="checkbox"/> Vinegar <input type="checkbox"/> Sodas <p>Sugary foods:</p> <p>The reason: (stomach will use sugar first and not start starch digestion properly or at all)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Candy and sweets <input type="checkbox"/> Fruits of any kind <input type="checkbox"/> Sodas <input type="checkbox"/> Note: (if you are addicted to sodas in the beginning, diet soda is toxic but will probably be better than sugary sodas, but the artificial sweeteners can be very toxic) <ul style="list-style-type: none"> <input type="checkbox"/> Cookies <input type="checkbox"/> Sugars in desserts <p>Meats:</p> <p>The reason: (stomach will pump out acidic digestive fluid to digest meats which neutralizes alkaline enzymes needed to digest the starchy food. This will result in gas, indigestion, rotting stomach contents, and other health issues.)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Meats and Dairy products <input type="checkbox"/> Eggs <input type="checkbox"/> Cold cuts <input type="checkbox"/> Fish <p>Beans:</p> <p>The reason: (beans are a natural “protein/starch combination” so they are already difficult to digest.)</p> <p>Vinegar:</p> <p>The reason: (interferes with digestion and can cause acne and gas.)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Found in: commercial salad dressings, ketchup, mayo, mustard, and many other sauces. <p>Nuts:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Almonds <input type="checkbox"/> Pecans <input type="checkbox"/> Peanuts <input type="checkbox"/> Walnuts
--	--	--	--	---

Bean and Veggies Phase Food Combining Chart

Beans	Neutral Vegetables:	Meats:	Extra Virgin Oils
Beans are a very concentrated food source so the quantity of beans in a meal should be kept low. If you eat too much at a meal they might not digest properly.	Add as many of these as you wish.	Note: it is best not to eat meat in a meal containing beans, if you do, the quantity should be kept <u>very</u> minimal.	<input type="checkbox"/> Olive Oil <input type="checkbox"/> Flax Seed Oil <input type="checkbox"/> Coconut Oil If you must but not recommended: <input type="checkbox"/> Butter <input type="checkbox"/> Cheese Acid Fruits <input type="checkbox"/> Lemon <input type="checkbox"/> Lime <input type="checkbox"/> Tomato <i>Totally avoid</i> eating with a meal containing these foods Note: eating these foods will cause a digestive conflict if eaten with meals containing beans.
<input type="checkbox"/> Kidney <input type="checkbox"/> Pinto <input type="checkbox"/> Black <input type="checkbox"/> Navy <input type="checkbox"/> Lima <input type="checkbox"/> Butter <input type="checkbox"/> Northern <input type="checkbox"/> Field Peas <input type="checkbox"/> Chickpeas <input type="checkbox"/> Garbanzo <input type="checkbox"/> Adzuki <input type="checkbox"/> Mung <input type="checkbox"/> Green peas <input type="checkbox"/> Black-Eyed Pea <input type="checkbox"/> Lentil <input type="checkbox"/> Split peas	<input type="checkbox"/> Bell Peppers <input type="checkbox"/> Broccoli <input type="checkbox"/> Brussels Sprouts <input type="checkbox"/> Cabbage <input type="checkbox"/> Cauliflower <input type="checkbox"/> Carrots <input type="checkbox"/> Celery <input type="checkbox"/> Collards <input type="checkbox"/> Cucumbers <input type="checkbox"/> Green Beans <input type="checkbox"/> Romaine Lettuce <input type="checkbox"/> Mushrooms <input type="checkbox"/> Okra <input type="checkbox"/> Parsley <input type="checkbox"/> Snow Peas <input type="checkbox"/> Hot Peppers <input type="checkbox"/> Radishes <input type="checkbox"/> Sea Vegetables <input type="checkbox"/> Scallions <input type="checkbox"/> Onions <input type="checkbox"/> Turnip Greens <input type="checkbox"/> Spinach <input type="checkbox"/> Watercress <input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Fish <input type="checkbox"/> Chicken <input type="checkbox"/> Beef <input type="checkbox"/> Pork <input type="checkbox"/> Duck <input type="checkbox"/> Lamb <input type="checkbox"/> Seafood <input type="checkbox"/> Shrimps <input type="checkbox"/> Scallops <input type="checkbox"/> Crab	<input type="checkbox"/> Starches <input type="checkbox"/> Potatoes <input type="checkbox"/> Bread <input type="checkbox"/> Milk and dairy <input type="checkbox"/> Nuts and seeds <input type="checkbox"/> Sugars and sweets <input type="checkbox"/> Desserts <input type="checkbox"/> All fruits except lemon, lime, cucumber, or tomato.

Note: beans should be soaked and the soaking water discarded before cooking. Also beans need to be cooked well so as to neutralize natural toxins in beans.

You might also drain the cooking water to further discard the natural toxins before eating. You can add back fresh water to the beans after cooking if you are making a soup or mashing them.

Exceptions: you do not need to soak lentils or split peas.

Neutral vegetables and oil -- Food Combining Chart

Neutral Vegetables:	Extra Virgin Oils
<p>Add as many of these as you wish.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bell Peppers <input type="checkbox"/> Broccoli <input type="checkbox"/> Brussels Sprouts <input type="checkbox"/> Cabbage <input type="checkbox"/> Cauliflower <input type="checkbox"/> Carrots <input type="checkbox"/> Celery <input type="checkbox"/> Collards <input type="checkbox"/> Cucumbers <input type="checkbox"/> Green Beans <input type="checkbox"/> Romaine Lettuce <input type="checkbox"/> Mushrooms <input type="checkbox"/> Okra <input type="checkbox"/> Parsley <input type="checkbox"/> Snow Peas <input type="checkbox"/> Hot Peppers <input type="checkbox"/> Radishes <input type="checkbox"/> Sea Vegetables <input type="checkbox"/> Scallions <input type="checkbox"/> Onions <input type="checkbox"/> Turnip Greens <input type="checkbox"/> Spinach <input type="checkbox"/> Watercress <input type="checkbox"/> Alfalfa Sprouts 	<ul style="list-style-type: none"> <input type="checkbox"/> Olive Oil <input type="checkbox"/> Flax Seed Oil <input type="checkbox"/> Coconut Oil <input type="checkbox"/> Avocado-make sure not over-ripe <p>If you must but not recommended:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Butter <input type="checkbox"/> Cheese <p>Optional:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Whole corn (only slightly starchy) <input type="checkbox"/> Hemp protein powder <input type="checkbox"/> Nuts and seeds <p>More digestible if soaked for 6 hours, blended into dressing, or put through a champion type juicer and made into a “peanut butter like” consistency</p> <p>Acid Fruits</p> <ul style="list-style-type: none"> <input type="checkbox"/> Lemon <input type="checkbox"/> Lime <input type="checkbox"/> Tomato <p>Note:</p> <p>If acid fruits or meats are added to the meal, do not include any starches</p>

The Secret Diet Book 2015

Fruits and Vegetables Ash Ph. Chart

VERY ALKALINE VEGETABLES	MODERATELY ALKALINE FRUITS	SLIGHTLY ALKALINE FRUITS	SLIGHTLY ACIDIC FRUITS	MODERATELY ACIDIC FRUITS
<input type="checkbox"/> Wheat Grass juice <input type="checkbox"/> Sprouted Seeds <input type="checkbox"/> Straw Grass <input type="checkbox"/> Soy Sprouts <input type="checkbox"/> Alfalfa Grass powder <input type="checkbox"/> Barley Grass powder <input type="checkbox"/> Cucumber Fresh <input type="checkbox"/> Dandelion <input type="checkbox"/> Jicama <input type="checkbox"/> Kale <input type="checkbox"/> Kamut Grass	<input type="checkbox"/> Avocado <input type="checkbox"/> Tomato VEGETABLES <input type="checkbox"/> Garlic <input type="checkbox"/> Cabbage <input type="checkbox"/> Lettuce, Fresh <input type="checkbox"/> Ginger <input type="checkbox"/> Oregano <input type="checkbox"/> Sorrel <input type="checkbox"/> Spinach <input type="checkbox"/> Endive <input type="checkbox"/> Green Beans <input type="checkbox"/> Cayenne Pepper <input type="checkbox"/> Celery <input type="checkbox"/> Cilantro <input type="checkbox"/> Alfalfa	<input type="checkbox"/> Figs <input type="checkbox"/> Raw Lemon <input type="checkbox"/> Raw Limes <input type="checkbox"/> Sour Cherry <input type="checkbox"/> Coconut <input type="checkbox"/> Raw Tomatoes VEGETABLES <input type="checkbox"/> Pumpkins <input type="checkbox"/> Raw Onions <input type="checkbox"/> Red Cabbage <input type="checkbox"/> Rhubarb Stalks <input type="checkbox"/> Savoy Cabbage <input type="checkbox"/> Sea Vegetables <input type="checkbox"/> Seaweed <input type="checkbox"/> Dulse <input type="checkbox"/> Kelp <input type="checkbox"/> Laver <input type="checkbox"/> Ginseng <input type="checkbox"/> Mustard Greens <input type="checkbox"/> Onion <input type="checkbox"/> Lamb's Lettuce <input type="checkbox"/> Leeks <input type="checkbox"/> Lettuce <input type="checkbox"/> Parsnips <input type="checkbox"/> Peas <input type="checkbox"/> Peppers <input type="checkbox"/> Green Cabbage <input type="checkbox"/> Horse Radish <input type="checkbox"/> Zucchini <input type="checkbox"/> Spinach <input type="checkbox"/> White Cabbage <input type="checkbox"/> Squash <input type="checkbox"/> Watercress <input type="checkbox"/> Comfrey <input type="checkbox"/> Artichokes <input type="checkbox"/> Asparagus <input type="checkbox"/> Egg Plant <input type="checkbox"/> Basil <input type="checkbox"/> Bell Peppers <input type="checkbox"/> Brussels Sprouts <input type="checkbox"/> Bok Choy <input type="checkbox"/> Cauliflower <input type="checkbox"/> Thyme <input type="checkbox"/> Chives	<input type="checkbox"/> Acai Berry <input type="checkbox"/> Apples <input type="checkbox"/> Apricots <input type="checkbox"/> Black Currant <input type="checkbox"/> Blackberries <input type="checkbox"/> Blueberry <input type="checkbox"/> Cantaloupe <input type="checkbox"/> Cherry Sweet <input type="checkbox"/> Clementines <input type="checkbox"/> Cranberry <input type="checkbox"/> Currant <input type="checkbox"/> Dates <input type="checkbox"/> Fig Juice Powder <input type="checkbox"/> Goji Berries <input type="checkbox"/> Gooseberry <input type="checkbox"/> Grapefruit <input type="checkbox"/> Grapes <input type="checkbox"/> Italian Plum <input type="checkbox"/> Mango <input type="checkbox"/> Nectarine <input type="checkbox"/> Orange <input type="checkbox"/> Papaya <input type="checkbox"/> Peach <input type="checkbox"/> Pear <input type="checkbox"/> Strawberries <input type="checkbox"/> Strawberry <input type="checkbox"/> Tangerine <input type="checkbox"/> Watermelon <input type="checkbox"/> Yellow Plum <input type="checkbox"/> Red Currant <input type="checkbox"/> Blue-Green Algae	<input type="checkbox"/> Pineapple <input type="checkbox"/> Pomegranate <input type="checkbox"/> Raspberry <input type="checkbox"/> Banana (Ripe) <input type="checkbox"/> Rose Hips <input type="checkbox"/> Mandarin <input type="checkbox"/> Bottled Orange juice <input type="checkbox"/> Cooked or canned Tomatoes <input type="checkbox"/> Bottled lemon juice <input type="checkbox"/> Bottled juices VEGETABLES <input type="checkbox"/> Sauerkraut <input type="checkbox"/> Canned Vegetables <input type="checkbox"/> Frozen Vegetables <input type="checkbox"/> Mushrooms
NOTE: <input type="checkbox"/> Your goal is to eat 80% alkaline ash foods, and 20 acid ash foods. <input type="checkbox"/> Raw juices have more concentrated nutrients than the whole foods <input type="checkbox"/> To alkalize your body as quickly as possible, drink a lot of raw green juices . You can juice them yourself, or buy powdered juice.	NOTE: <input type="checkbox"/> It is best to only eat organic foods if possible <input type="checkbox"/> This chart is to be used with the food combining charts. They need to be used together. <input type="checkbox"/> We need to alkalize the body if we are going to heal and stay healthy <input type="checkbox"/> Raw Wheatgrass juice is supposed to be very very healing, and some sources report people have used it in cancer healing. <input type="checkbox"/> Some sources list foods in slightly different categories. Also it will depend on if the food is raw or cooked. Cooking will make the foods more acidic and it destroys all the enzymes that help them to digest.		NOTE: <input type="checkbox"/> Do not confuse "acid fruits" with "acid ash foods". <input type="checkbox"/> "Raw acid fruits " actually leave an "alkaline ash" <input type="checkbox"/> Do not eat cooked fruits. <input type="checkbox"/> Refer to the food combining principles chart to know which foods fall into each classification	NOTE: <input type="checkbox"/> When you cook acid fruits it changes them. Cooked or pasteurized acid fruits will leave an acid ash . <input type="checkbox"/> Raw acid fruits will leave an alkaline ash . <input type="checkbox"/> Alkaline ash is good, Acid ash is bad. <u>Stay in balance</u> <input type="checkbox"/> 80% alkaline ash <input type="checkbox"/> 20% acid ash

The Secret Diet Book 2015

Non Fruits and Veggies Ash Ph. Chart

ALKALINE	SLIGHTLY ALKALINE	SLIGHTLY ACIDIC	SLIGHTLY ACIDIC	ACIDIC	VERY ACIDIC
<input type="checkbox"/> Fresh Red Beet	<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Rye Bread	<input type="checkbox"/> Cream	<input type="checkbox"/> Corn Tortillas	<input type="checkbox"/> Artificial Sweeteners
<input type="checkbox"/> Red Radish	<input type="checkbox"/> Borage Oil	<input type="checkbox"/> White Biscuit	<input type="checkbox"/> Raw Milk	<input type="checkbox"/> Sourdough Bread	
<input type="checkbox"/> Baking Soda	<input type="checkbox"/> Coconut Oil (Raw)	<input type="checkbox"/> Whole-Grain Bread	<input type="checkbox"/> Plain Yogurt	<input type="checkbox"/> White Bread	<input type="checkbox"/> Pork
<input type="checkbox"/> Granulated Soy	<input type="checkbox"/> Evening Primrose Oil	<input type="checkbox"/> Whole-Meal Bread	<input type="checkbox"/> Butter	<input type="checkbox"/> Wheat Kernel	<input type="checkbox"/> Beef
<input type="checkbox"/> Lima Beans	<input type="checkbox"/> Flax Seed Oil	<input type="checkbox"/> Barley Malt Syrup	<input type="checkbox"/> Cod Liver Oil	<input type="checkbox"/> Ketchup	<input type="checkbox"/> Canned Sardines
<input type="checkbox"/> Fresh Soybeans	<input type="checkbox"/> Marine Lipids	<input type="checkbox"/> Honey	<input type="checkbox"/> Corn Oil	<input type="checkbox"/> Mayonnaise	<input type="checkbox"/> Canned Tuna
<input type="checkbox"/> Navy Beans	<input type="checkbox"/> Olive Oil	<input type="checkbox"/> Maple Syrup	<input type="checkbox"/> Sunflower Oil	<input type="checkbox"/> Miso	<input type="checkbox"/> Veal
VERY ALKALINE	<input type="checkbox"/> Sesame Oil	<input type="checkbox"/> Milk Sugar		<input type="checkbox"/> Mustard	
<input type="checkbox"/> Summer Black Radish	<input type="checkbox"/> Carrot	<input type="checkbox"/> Turbinado Sugar	<input type="checkbox"/> Brazil Nuts	<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> Beer
<input type="checkbox"/> Soy Lecithin	<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Barley Malt Sweetener	<input type="checkbox"/> Walnuts	<input type="checkbox"/> Cheese	<input type="checkbox"/> Coffee
<input type="checkbox"/> Soy Nuts	<input type="checkbox"/> Potatoes	<input type="checkbox"/> Dried Sugar Cane Juice	<input type="checkbox"/> Cashews	<input type="checkbox"/> Egg Whites	<input type="checkbox"/> Sweetened Fruit Juice
<input type="checkbox"/> Soaked Soy Beans	<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Fructose	<input type="checkbox"/> Filberts	<input type="checkbox"/> Whole Eggs	<input type="checkbox"/> Liquor
	<input type="checkbox"/> Turnip	<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Hazelnut	<input type="checkbox"/> Pasteurize Milk	<input type="checkbox"/> Black Tea
	<input type="checkbox"/> White Radish (Spring)	<input type="checkbox"/> Brown Rice Syrup	<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Sweetened Yogurt	
	<input type="checkbox"/> Yams	<input type="checkbox"/> Bulgar Wheat	<input type="checkbox"/> Liver	<input type="checkbox"/> Beet Sugar	
	<input type="checkbox"/> Almond	<input type="checkbox"/> Couscous	<input type="checkbox"/> Organ Meats	<input type="checkbox"/> Alcohol	
	<input type="checkbox"/> Almond Butter (Raw)	<input type="checkbox"/> Oats	<input type="checkbox"/> Oysters	<input type="checkbox"/> Chocolates	
	<input type="checkbox"/> Pine Nuts (Raw)	<input type="checkbox"/> Rye Bread	<input type="checkbox"/> Popcorn	<input type="checkbox"/> Ground Sesame Seed	
	<input type="checkbox"/> Kamut	<input type="checkbox"/> Basmati Rice	<input type="checkbox"/> Hummus	<input type="checkbox"/> Sweet Molasses	
	<input type="checkbox"/> Lentils	<input type="checkbox"/> Flax Seeds	<input type="checkbox"/> Rice Milk	<input type="checkbox"/> Sugar (White)	
	<input type="checkbox"/> Soy Flour	<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Soy Protein Powder	<input type="checkbox"/> Sugarcane	
	<input type="checkbox"/> Tofu	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Tempeh	<input type="checkbox"/> Bottled Fruit Juice	
	<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Barley	<input type="checkbox"/> Whey Protein Powder	<input type="checkbox"/> Peanut Butter (Raw, Organic)	
	<input type="checkbox"/> Spelt	<input type="checkbox"/> Sweet Potatoes	<input type="checkbox"/> Apple Cider Vinegar	<input type="checkbox"/> Peanuts	
	<input type="checkbox"/> Bee Pollen	<input type="checkbox"/> Spring Water		<input type="checkbox"/> Pistachios	
	<input type="checkbox"/> Royal Jelly			<input type="checkbox"/> Wheat	
	<input type="checkbox"/> Caraway Seeds			<input type="checkbox"/> Brown Rice	
	<input type="checkbox"/> Cumin Seeds			<input type="checkbox"/> Canned Foods	
	<input type="checkbox"/> Fennel Seeds			<input type="checkbox"/> Breakfast Cereals	
	<input type="checkbox"/> Sesame Seeds			<input type="checkbox"/> Buffalo	
	<input type="checkbox"/> Herbal Tea			<input type="checkbox"/> Chicken	
	<input type="checkbox"/> Green Tea			<input type="checkbox"/> Duck	
	<input type="checkbox"/> Evian Water			<input type="checkbox"/> Fresh Water Fish	
	<input type="checkbox"/> Fiji Water			<input type="checkbox"/> Ocean Fish	
				<input type="checkbox"/> Wild Salmon,	
				<input type="checkbox"/> Soda/Pop	
				<input type="checkbox"/> Water (Sparkling)	
				<input type="checkbox"/> Wine	
				<input type="checkbox"/> Yeast	

The Secret Diet Book 2015

How Foods Affect the Skin Chart

SAFE LIST	PROBABLY O.K.	Good chance it can cause breakouts	<u>HIGH BREAKOUT PROBABILITY</u>																				
Extra healing: <ul style="list-style-type: none">• Extra virgin olive oil• Raw Juices• Raw carrot juice• Psyllium husks• Vitamin C• Orange• Lemon• Carrots Raw Fruits and Raw juices <ul style="list-style-type: none">• Dates -in moderation• Fresh raw orange juice• Raw Apple juice• Fresh raw grape juice• Raw Tomatoes• Raw Grapefruits Vegetables: <ul style="list-style-type: none">• Green pole beans• Boiled Potatoes<ul style="list-style-type: none">• Green peppers• Romaine lettuce• Green beans• Yellow squash• Okra• Celery Oils fats and nuts: <ul style="list-style-type: none">• Extra virgin olive oil• Extra virgin coconut oil• Raw Almonds• Almond flour• Raw Brazil nuts Liquids: <ul style="list-style-type: none">• Guinness• Spring water Other: <ul style="list-style-type: none">• Non iodized sea salt	Snacks in small amounts <ul style="list-style-type: none">• Organic sea salted potato chips Vegetables: <ul style="list-style-type: none">• Whole Corn Eaten in moderation on occasion: <ul style="list-style-type: none">• Fresh cut potatoes pan fried in extra virgin olive oil with sea salt• Pinto beans• Garbanzo beans• Other beans If you must eat meat: <ul style="list-style-type: none">• Low sodium tuna fish• Sea Fish• Organic chicken• Lean organic beef Oils fats and nuts: <ul style="list-style-type: none">• Pecans• Walnuts• Flax seed oil• Avocado-make sure it is not rotten- they can spoil fast Other: <ul style="list-style-type: none">• Small amounts of white sugar	Oils: <ul style="list-style-type: none">• Over ripe avocado• Sesame oil• Corn oil• Most cheap Vegetable oils Highly probable acne forming <ul style="list-style-type: none">• Red pepper• Black pepper• Cayenne pepper• Ground Cumin• Ground Ginger• Garlic powder• Licorice• Creatine• Any Herb or spice can potentially cause acne if you are allergic to it Other highly probable causes: <ul style="list-style-type: none">• Constipation• Wheat products• Excess hormones in the blood• Eating foods that rot before they are digested and eliminated• Eating combinations of foods that do not digest completely• Dirty colon• Food allergies• Food intolerance• Leaky Gut Syndrome	Types of foods: <ul style="list-style-type: none">• Whole wheat products• Refined foods Vegetables: <ul style="list-style-type: none">• Mushrooms• Broccoli Oils and fats: <table><tr><td>• Pepperonis</td><td>• Bacon</td></tr><tr><td>• Shrimp</td><td>• Peanuts</td></tr><tr><td>• Soybean oil</td><td>• Eggs</td></tr><tr><td>• Soy products</td><td>• Cheese</td></tr><tr><td>• Soy protein</td><td>• Soy beans</td></tr><tr><td>• Mayonnaise</td><td>• Peanut butter</td></tr><tr><td>• Crisco</td><td>• Grease</td></tr><tr><td>• Butter</td><td>• Cream</td></tr><tr><td>• Milk</td><td>• Peanuts</td></tr><tr><td>• Roasted cashews</td><td>• Chocolate bars</td></tr></table> <ul style="list-style-type: none">• Dairy products• Cheeses are very clogging to your digestive track• Sausage and gristle fats• Store bought salad dressing• Deep fried foods• Peanut butter cups• Fried chicken in Crisco Other foods and substances: <ul style="list-style-type: none">• Iodized salt• Ketchup• Mustard• Cooked or canned tomatoes• Vinegar• Artificial food colorings• Candy• Burnt food• Anything in excess in the body can become toxic• Poison Ivey	• Pepperonis	• Bacon	• Shrimp	• Peanuts	• Soybean oil	• Eggs	• Soy products	• Cheese	• Soy protein	• Soy beans	• Mayonnaise	• Peanut butter	• Crisco	• Grease	• Butter	• Cream	• Milk	• Peanuts	• Roasted cashews	• Chocolate bars
• Pepperonis	• Bacon																						
• Shrimp	• Peanuts																						
• Soybean oil	• Eggs																						
• Soy products	• Cheese																						
• Soy protein	• Soy beans																						
• Mayonnaise	• Peanut butter																						
• Crisco	• Grease																						
• Butter	• Cream																						
• Milk	• Peanuts																						
• Roasted cashews	• Chocolate bars																						

Acid Fruits

Orange Gooseberry Kiwi
Kumquat Passion Fruit
Lemon Pineapple Strawberry
Tamarind Lime Tangerine
Tomato Ugly Fruit Cranberry
Pomegranate Grapefruit

Good

Sweet Fruits

Banana Date Carob
Cherimoya Durian
Fig Jackfruit
Persimmon Plantain
Sapodilla Sugar Apple

Good

Bad
Mix

Sub-Acid Fruits

Apple Apricot Blackberry Blueberry Cherry Grape
Guave Mango Mulberry Nectarine Papaya Peach
Pear Plum Raspberry Tamarillo Apple

Eat Melons Alone

Cantaloupe Crenshaw Honeydew Muskmelon Watermelon

Copyright 2014

www.TheSecretDietBook.com

Teddy Grandy

Do not mix foods across this line

Only combine foods from 2 boxes per meal

Meats

Beef Lamb Duck
Eggs Chicken Fish
Seafood Turkey
Shrimp Scallops
Goose Rabbit

Good

Beans

Kidney Pinto Black
Navy Butter Beans
Northern Field Peas
Chickpeas Garbanzo
Green peas Lentil
Black-Eyed Pea Lima

Good

Bad
Mix

Protein Fat

Avocado
Cheese Milk
Olives Yogurt
Nuts Seeds

Good

Bad
Mix

Neutral Vegetables

Bell Peppers Broccoli Brussels Sprouts Cabbage Cauliflower Carrots
Celery Collards Cucumbers Green Beans Lettuce Mushrooms Okra
Parsley Snow Peas Hot Peppers Radishes Sea Vegetables Scallions
Onions Turnip Greens Spinach Watercress Alfalfa Sprouts

Good

Starches

Bread Potatoes Squash Chestnuts Grains
Pumpkin Cereals Artichokes Pasta

Oils

Oils Butter

Note: Never mix Meats, Beans, or Protein Fats with large amounts of Starch or Oil.