

Proper Food Combining

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There is a rhythm to the digestive system.

1. We take in food (appropriation)
2. We absorb and use the food we eat (assimilation)
3. We get rid of what we do not use (elimination)

1. Noon – 8 PM—appropriation (eating and digesting)
2. 8 PM—4 AM—assimilation (we absorb and use what we eat)
3. 4 AM—Noon – *elimination (this is the most important time, as the elimination of wastes and food debris insures that toxins do not build up in the body.*

Digestion Timing Guide

- 1- **Fruit (takes 20 to 45 minutes to process)**
- 2- **Vegetables (takes 2 hours to process – whether raw, steamed, or cooked in any fashion)**
- 3- **Carbohydrates (takes 3 hours to process – pastas are here, as well as, Baked Potato's)**
- 4- **Meat – (takes 4 hours) only if taken in combination with vegetables or salad – do not eat bread or carbohydrates with meat**

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