

PE #7c Food Combining

Some say, the modern 'balanced meal' is not a balanced diet. It is taxing to the body, and may be the cause of the many digestive tract upsets, from the stomach to the colon.

Food combining can allow us to digest and utilise foods and their inherent nutrients optimally.

This system may help older folk with low hydrochloric acid levels.

- Taking stress out digestive tract
- Healing from surgery, sensitive digestive system etc
- Different stages of tract require different alkaline/acid conditions for optimum digestion of diff foods
- Asking too much of the digestive system

Metaphysics

Simplify life.

Are there things in life that drain you when they are combined

Combine things that serve you and support you bringing ease to achieving your goal. easy to deal with

Are there dynamics in your life, that when combined cause stress for you?

Where do you really need to focus your energy. Bring some intensity?

Evaluation:

1. Mode in circuit: IM unlocks
2. Ask Literal or Lateral: 1st lock
 - LITERAL: You are literally looking at food combinations that are not serving/supporting
 - Test: do they need to follow all of the rules OR a specific combination (see lists below)? 1st IM lock
 - LATERAL: You are laterally looking at life area combinations that are not serving (see below)
3. If a **literal** combination: Identify first food by scanning list: 1st IM lock & stack into circuit:
 - Protein
 - Fat
 - Starch
 - Vegetables
 - Sweet fruits
 - Sub acid fruits
 - Acid fruit
 - Exception fruit

4. Identify second food by scanning list: 1st IM unlock:

- Protein
- Fat
- Starch
- Vegetables
- Sweet fruits
- Sub acid fruits
- Acid fruit
- Exception fruit

5. Close circuit

6. Find emotion

Balance:

1. Discuss with client benefits of modifying the way they combine foods
2. Add to home reinforcements
3. Ensure to follow up with the client to support them making the changes

Checking changes:

1. Check emotion
2. Check mode

If LATERAL

Change out foods for possible life aspects / areas the client is experiencing

1. Identify first aspect by scanning list below - 1st IM lock and stack into circuit

- Finances
- Study
- Work / career
- Relationship/s
- Spiritual
- Self care / wellbeing
- Health
- Family
- Other: Can be anything related to the goal

2. Identify second aspect by scanning same list above: 1st IM unlock

3. Close circuit

4. Find emotion

Balance:

1. ESR and discuss the lateral meaning of the combination of both aspects in relation to the goal & the emotion

Checking changes:

1. Check emotion
2. Check mode