



Food Combining Made Easy

Herbert M. Shelton

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Food Combining Made Easy was originally published during the 1940s. It became the leading primer for almost 60 years for anyone wanting guidance on which foods should and should not be eaten at the same meal. Shelton presents information on the processes of normal digestion and examines why combinations of acids, fats, starches, sugars, and proteins disrupt these processes.

This new edition has been slightly revised to reflect Shelton's vegetarian leanings

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