PETER & DONNA THOMSON

COMPLETE COMBINING ALL YOU NEED TO KNOW ABOUT THE HAY DIET



FULLY EXPLAINS THE SCIENCE OF FOOD COMBINING AND THE REASONS WHY IT WORKS

PACKED WITH MOUTH-WATERING RECIPES FOR ECONOMICAL EATING AND EXCITING ENTERTAINING



Food Combining

Peter and Donna Thomson

BLOOMSBURY

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Food Combining

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PART 1 Food Combining Will Work for You

The Good News about Food Combining

The Golden Rule

There is only one basic rule: *Don't mix starch meals with protein meals*.

Food combining is the healthy diet for the 21st century.

The Feel-Good Factor

Food combining assumes that people are mentally alert, physically fit, able to cope with stress and resistant to disease. It expects this to be the natural state, without the intervention of the doctor or of medicines.

Food combining is a diet based on the observations and experience of people in the real world, not an attempt to force people into the straitjacket of untested theory. A long-term study of diet-related disease coordinated by the Institute of Nutrition in Rome identified the people of the village of Celso, on its hilltop, as those least likely to die of diet-related disease. Most of their meals are based on home-made pasta, bread, soup, fruit, vegetables and olive oil, and include a glass of red wine. Protein is not normally eaten with their starch- and vegetable-based meals.