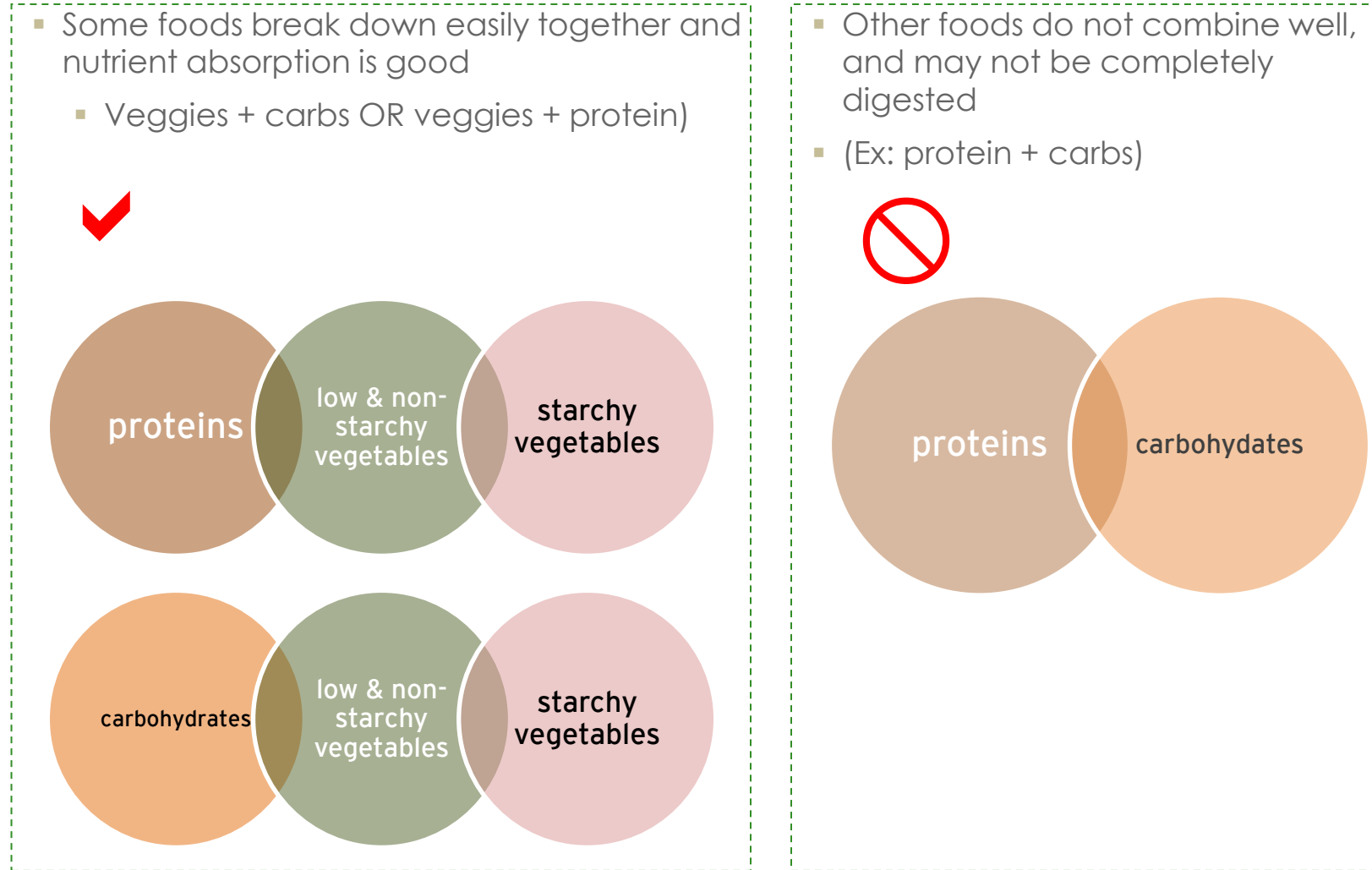


how to optimize your “*nutrient*” absorption

1 follow simple food combining rules

- The main points of food combining are to avoid eating proteins and carbs together in the same meal
- Fruits are best absorbed when eaten alone



2 rotate your food

- vary your diet to give your digestion a break
- it takes four days for food to pass completely through the gut. You can help maintain digestive health by adding something to every meal that you have NOT consumed in the last four days

3 buy local produce

- nutrition in fruits and vegetables is highest when it is closest to its source

4 avoid dead foods

- processed foods aka “dead foods” offer no nutritional benefit. The body must either remove them or store them in the least harmful site
- it is a waste of energy for your body to sort through a lot of useless junk to discard most of it. This causes intestinal imbalance

- ❑ Would you like to find out how you can strengthen your immune system?
- ❑ Do you need support dealing with your RA, Uveitis, Scleritis, Hashimoto's or MS symptoms?

Schedule your **HEALTH Breakthrough consultation** with Rana today:

E-mail: rana@live-healthfully.com

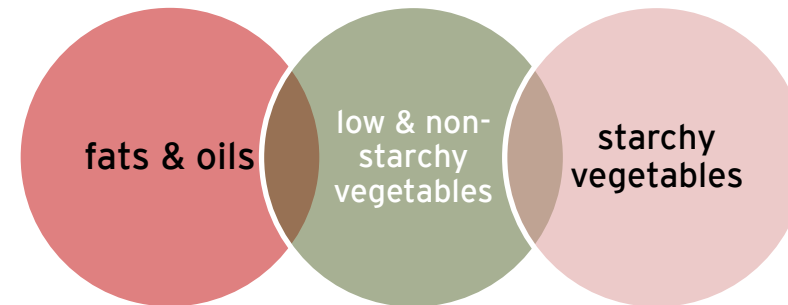
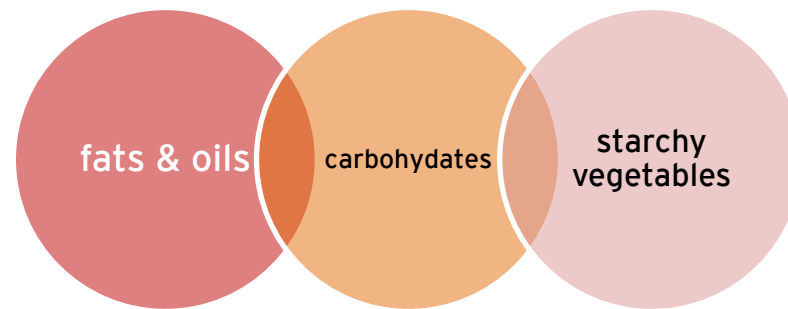
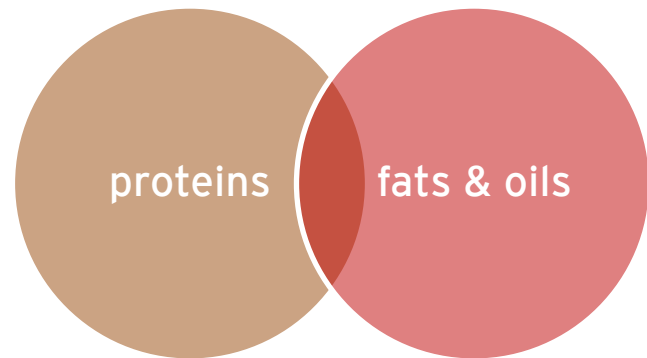
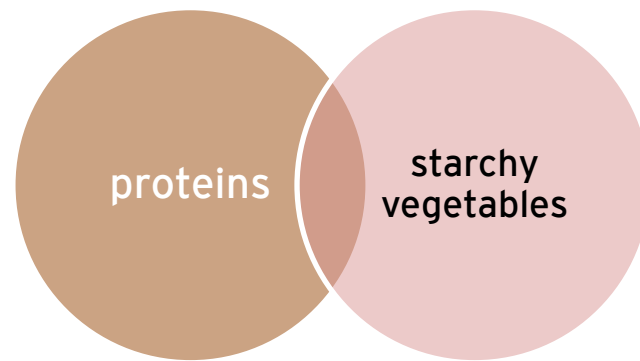
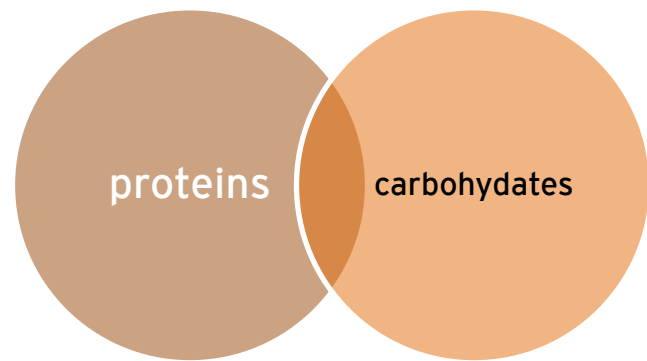
Web: www.live-healthfully.com



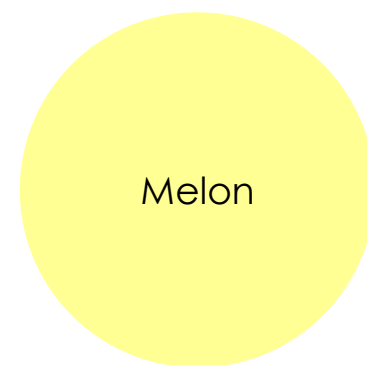
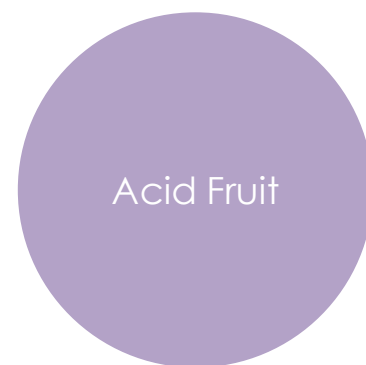
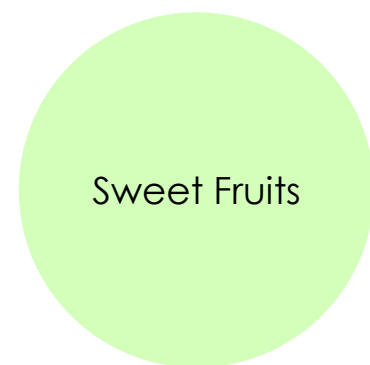
Rana has lived with Rheumatoid Arthritis for 23 years. As a certified holistic health coach, Rana works with young adults diagnosed with arthritis or multiple sclerosis and their parents, to help guide and support them in integrating a healthy diet and lifestyle into their existing medical regimen, so they may have a more fulfilling, pain-free life.



how to optimize your “*nutrient*” absorption – food combining chart



Fruits are best absorbed when eaten alone. Each fruit group should be eaten separately from other fruit groups



- ❑ Would you like to find out how you can strengthen your immune system?
- ❑ Do you need support dealing with your RA, Uveitis, Scleritis, Hashimoto's or MS symptoms?

Schedule your **HEALTH Breakthrough consultation with Rana today:**

E-mail: rana@live-healthfully.com

Web: www.live-healthfully.com



Rana has lived with Rheumatoid Arthritis for 23 years. As a certified holistic health coach, Rana works with young adults diagnosed with arthritis or multiple sclerosis and their parents, to help guide and support them in integrating a healthy diet and lifestyle into their existing medical regimen, so they may have a more fulfilling, pain-free life.



how to optimize your “*nutrient*” absorption – food groups explained

- ❑ Would you like to find out how you can strengthen your immune system?
- ❑ Do you need support dealing with your RA, Uveitis, Scleritis, Hashimoto's or MS symptoms?

Schedule your HEALTH Breakthrough consultation with Rana today:

E-mail: rana@live-healthfully.com

Web: www.live-healthfully.com



Rana has lived with Rheumatoid Arthritis for 23 years. As a certified holistic health coach, Rana works with young adults diagnosed with arthritis or multiple sclerosis and their parents, to help guide and support them in integrating a healthy diet and lifestyle into their existing medical regimen, so they may have a more fulfilling, pain-free life.



proteins	fats & oils	carbohydrates	starchy vegetables	low & non-starchy vegetables
<ul style="list-style-type: none"> ▪ Avocado ▪ Coconut ▪ Dairy (Cheese, Cottage Cheese, Ice Cream, Milk, Yogurt) ▪ Eggs ▪ Meat (Chicken Turkey, Fish, Beef, Venison, Pork, etc.) ▪ Nuts ▪ Olives ▪ Seeds 	<ul style="list-style-type: none"> ▪ Avocado Oil ▪ Butter ▪ Coconut Oil ▪ Nut Oils ▪ Olive Oil ▪ Sesame Oil 	<ul style="list-style-type: none"> ▪ Beans ▪ Bread ▪ Brown Rice / White Rice ▪ Grains ▪ Lentils ▪ Pasta ▪ Potatoes ▪ Pumpkin ▪ Squash ▪ Wheat 	<ul style="list-style-type: none"> ▪ Artichokes ▪ Beets ▪ Carrots ▪ Cauliflower ▪ Corn ▪ Peas 	<ul style="list-style-type: none"> ▪ Asparagus ▪ Broccoli ▪ Brussels Sprouts ▪ Cabbage ▪ Celery ▪ Chard ▪ Collards ▪ Cucumber ▪ Dandelion ▪ Garlic ▪ Kale ▪ Lettuce ▪ Onions ▪ Parsley ▪ Radishes ▪ Sprouts ▪ Summer Squash ▪ Turnips ▪ Watercress ▪ Zucchini

fruit	sweet fruits	sub-acid Fruit	acid fruit	melon
	<ul style="list-style-type: none"> ▪ Bananas ▪ Dates ▪ Currants ▪ Figs ▪ Grapes ▪ Papaya ▪ Persimmon ▪ Prunes ▪ Raisins 	<ul style="list-style-type: none"> ▪ Apple ▪ Apricot ▪ Blueberry ▪ Cherry ▪ Kiwi ▪ Mango ▪ Peach ▪ Pear ▪ Plum (sweet) 	<ul style="list-style-type: none"> ▪ Blackberry ▪ Grapefruit ▪ Lemon/Lime ▪ Orange ▪ Pineapple ▪ Plum (sour) ▪ Pomegranate ▪ Raspberry ▪ Sour Apple ▪ Strawberry 	<ul style="list-style-type: none"> ▪ Cantaloupe ▪ Casaba ▪ Crenshaw ▪ Honeydew ▪ Persian ▪ Watermelon