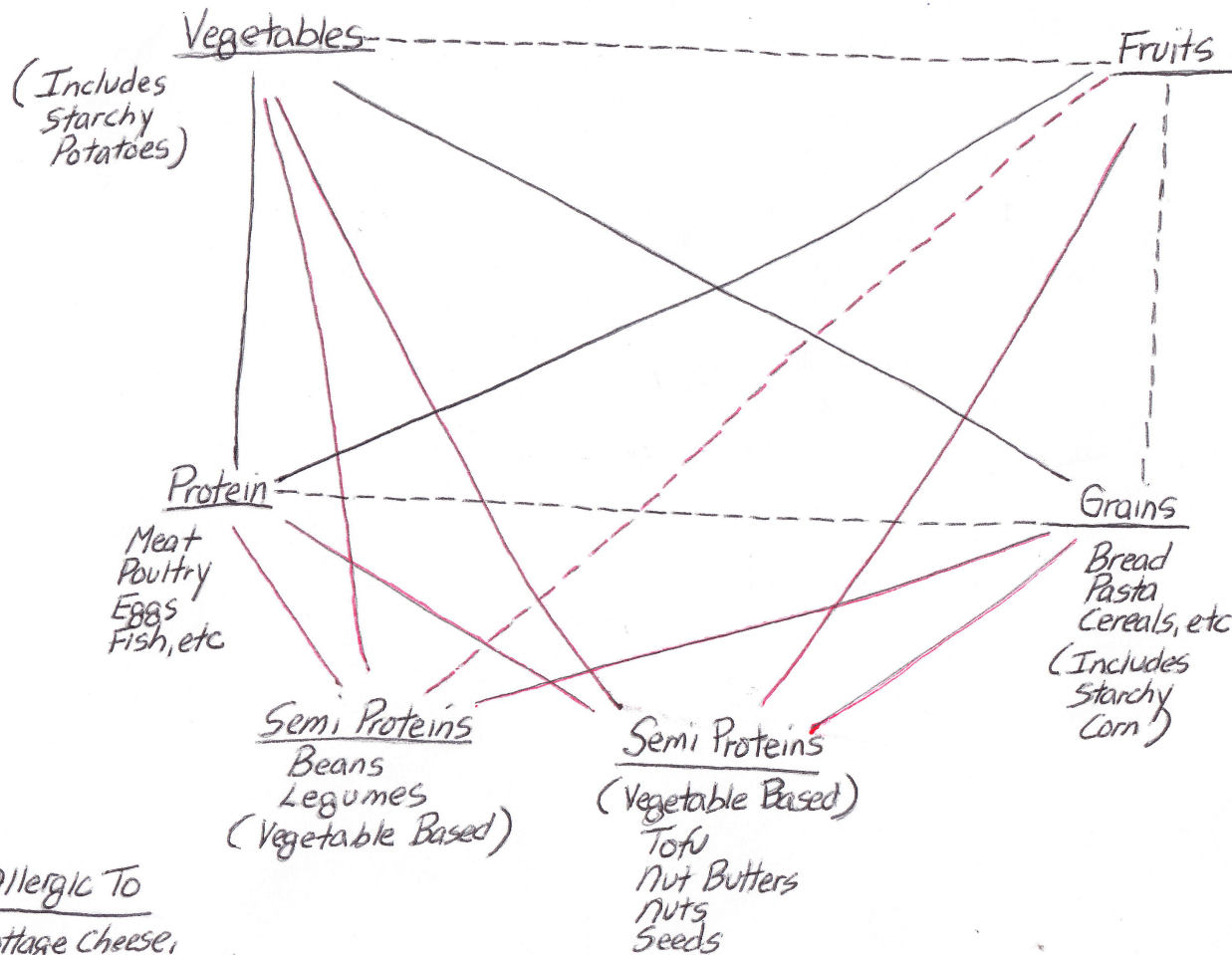


THE HYGIENE DIET CHART

FOOD Combining

Digestion

- ① Bad Combination -----
- ② Good Combination =====



Liquids

Water
Fruit & Veggie Juices
(Drink one hour before
or three hours after meals)

Avoid Foods Allergic To

Milk, Cream, Cottage Cheese,
Cream Cheese, Cheese, Yogurt, etc
Spices, Pepper, Herbs, Salt,
Yeast

Avoid Junk Foods

Caffeine - Coffee, Tea, Chocolate, Soda, etc
Alcohol - Wine, Beer, etc
Refined Sugars, Grains
Processed Oils