



# Food Combining Made Easy

By 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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## **Food Combining Made Easy By Herbert M. Shelton Bibliography**

- Sales Rank: #430917 in Books
- Published on: 2012-03-05
- Original language: English
- Number of items: 1
- Dimensions: 8.70" h x .40" w x 5.90" l, .26 pounds
- Binding: Paperback
- 64 pages

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## **Editorial Review**

### About the Author

Herbert Shelton was the founder of the natural hygiene movement and the moving spirit behind modern raw foodism. Also known as the father of food combining, he was among the first to advocate fasting and raw foods as healing therapies.

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