



# Food Combining Simplified: How to Get the Most From Your Food: 28 Recipes Included

*Dennis Nelson*

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How to get the most from your food. Why food combining? Improves digestion; conserves body energy; maintains normal weight; increases nutrient availability; maintains blood alkalinity; decreases acid-forming toxins; helps eliminate gas and diarrhea A small but thicker, 64-page book measuring 4 1/4 inches X 5 1/2 inches.

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