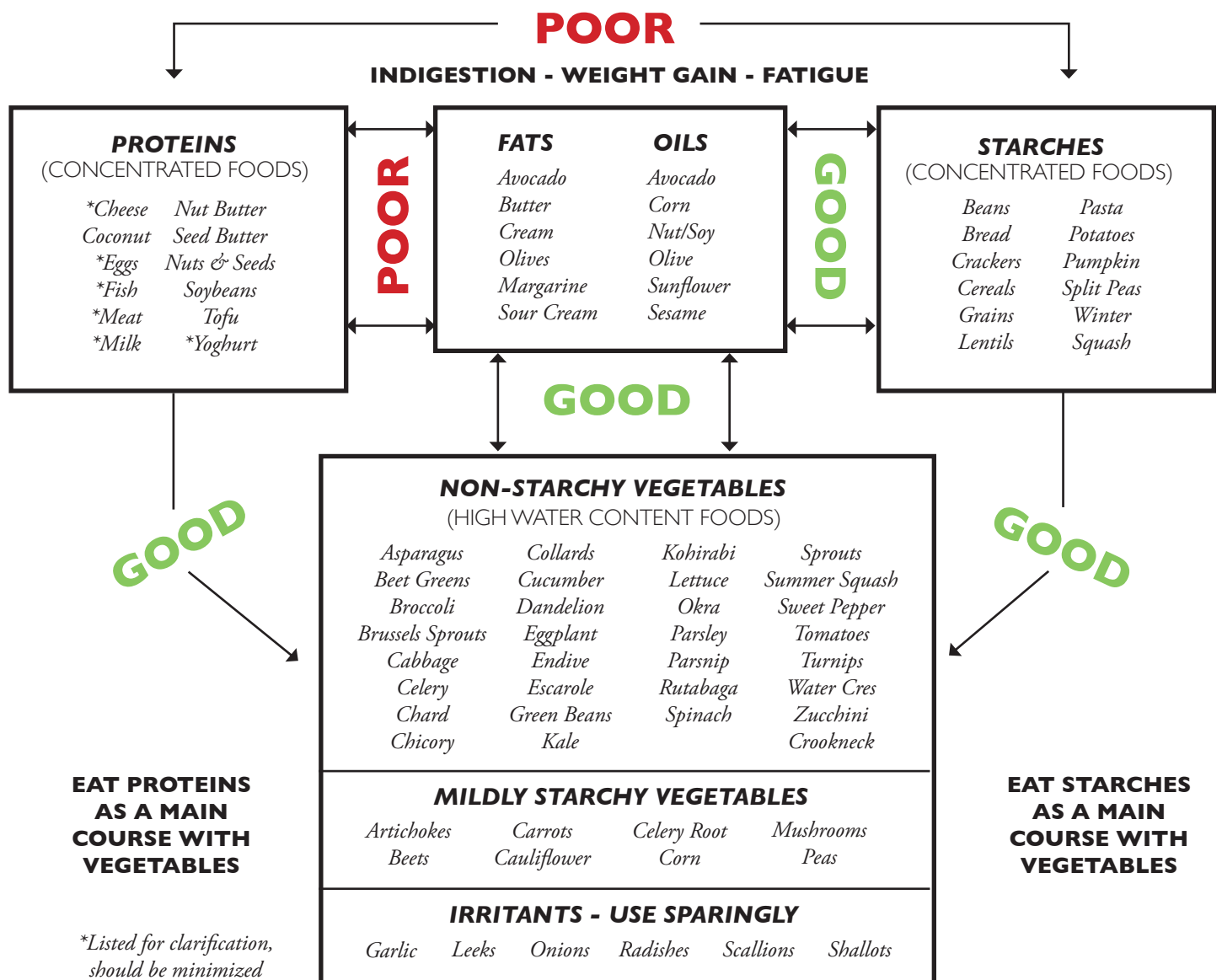


FIT FOR LIFE

Food combining chart for complete & efficient digestion

FOODS PROPERLY COMBINED STREAMLINE DIGESTION, PROMOTE WEIGHTLOSS, & ENERGIZE & STRENGTHEN YOUR ENTIRE BODY.

PROTEINS AND STARCHES EATEN TOGETHER WILL SPOIL IN THE STOMACH



**EAT FRUIT BY ITSELF ON AN EMPTY STOMACH
LET 20 -30 MINUTES PASS AFTER EATING FRUIT BEFORE EATING OTHER FOODS**

Adapted from the book 'Fit For Life' by Harvey and Marylin Diamond
Eden Publishing 1985