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## Eczema Cured, Arthritis Cured /Greatly Relieved And Many Other Conditions Cured/Relieved

I suffered with eczema for almost 30 years. I still have the scars to prove it. Back of the legs, inside thighs, hands, wrists, crook of the elbows and sometimes even the face. I remember tearing it all to bleeding shreds, the itching driving me completely crazy. I remember feeling miserably self-conscious, painfully aware of how my red, weeping, crusted body must look to other people. And then, in my late 20s, I cured it in 3 weeks through diet. I also lost 10lbs that needed to go and then this diet cured my Dad's arthritis. This is the story of how it came about.

We went for dinner at the home of some Czechoslovakian friends when we were living in Calcutta (now Kolkata). The table was groaning with delicious food.

“Well,” I said, “this looks like a good couple of kilos on the hips!”.

“No, no” said Kutzi, my fit and slim hostess, “I promise that you will not gain any weight tonight”.

She was right. The next day, not only had I not put on any weight, I had lost some. Straightaway, I drove round to my friend's house (seeing as the telephones never worked!) to find out what it was all about. Kutzi lent me the book ‘Food Combining for Health’ by Doris Grant and Jean Joice and from that moment, my health started to change for the better.

In the introduction, many conditions are mentioned as responding well to this diet such as indigestion, arthritis, obesity, diabetes, allergies, skin diseases, headaches, coronary heart disease and even cancer. Other conditions that respond well are peptic ulcers, irritable bowel, colitis, Chronic Fatigue, M.E., asthma and candida. Could diet really help all these conditions?

The famous actor, Sir John Mills CBE (a much beloved Oscar winning English actor whose career spanned 8 decades from 1932 to Bright Young Things in 2003 and the Snow Prince in 2009) wrote the foreword for the book. He was invalided out of the army



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with a duodenal ulcer. After 3 months in hospital being fed a diet of rice pudding, mashed potatoes etc, he was no better and everything had seized up. His sister suggested the Hay Diet. He remembers with gratitude his first meal: a thin minute steak, a large mixed salad and a small glass of red wine. Six weeks later he was able to start work on a film.

John Mills followed this diet for the rest of his life and died at the age of 97 after a short illness. In 1984 he was still wearing a jacket that he had had made over 40 years previously. In 3 short weeks, I was to discover that it could also cure eczema.

So, what is Food Combining all about? The Hay diet, which proposes food combining to improve health, was devised by Dr Howard Hay (1866-1940) in response to his own complete breakdown in health at the age of 40 (Bright's disease – a kidney condition- and a dilated heart). He was not expected to live but to the astonishment of his doctors he recovered in 3 months.

Primarily, the Hay diet is about digestion. However, for the full benefits of Food Combining to be realised, it is also about eating whole foods and in a healthier balance i.e. a higher proportion of fruits and vegetables and a lesser amount of whole grains, rice and animal protein as well as cutting out junk food, processed food and refined sugar. Dr Hay recommends a ratio of Alkali forming foods (fruits, vegetables, almonds) to acid forming foods (meat, grains, dairy, sugar) of 4:1.

The first thing to understand is not to eat 'foods that fight'. How do foods fight? Well, protein, such as meat and cheese, and acid fruits require an acid medium in which to be digested. Carbohydrates, such as bread, cereals, potatoes, rice, ripe bananas etc, require a more alkali medium in which to be digested. Eat protein and carbohydrate together and that is where the trouble begins. Neither are correctly digested, the process takes much longer, and you don't get the right end product for the body to absorb.

Yes, I am afraid that ham and cheese sandwiches are off the menu, as are Yorkshire pudding and roast potatoes with your roast beef. However, there's nothing wrong with a salad sandwich of tomatoes, avocado and roasted vegetables and instead of those roast potatoes with your meat, have a baked potato and salad for lunch as a carbohydrate meal and then have your roast beef and vegetables for dinner along with a glass of red wine.

Most vegetables and salad are deemed neutral so you can eat them with both carbohydrate and protein meals. However, potatoes and sweet potatoes are carbohydrate etc, so cannot be eaten with protein meals.

Recently, the Hay Diet, or Food Combining Diet, has been criticised on the internet. Dieticians, health practitioners etc say that the science supporting it is incorrect. I don't believe this. Dr Hay and others conducted tests by extracting chyme (food being digested



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in the stomach) from the stomach that clearly showed how the pH of the stomach is changed when protein is in the presence of starch and vice versa and how that change in pH/acidity was sufficient to compromise the proper digestion of both protein and starch.

For a more detailed explanation (if you are interested in these things...) see below. And then there is the proof of the pudding - the sheer number of people whose health has been dramatically improved by the Hay Diet.

It all depends on how important it is to you to get better and having read the book, I couldn't wait to try it.

My basic eating plan went something like this:-

Breakfast: fresh fruit (no banana) and home made yoghurt ( watch out for sugar if you are buying it), fruit juice, tea  
(Acid fruit/protein meal)

Lunch: salad sandwich or baked potato with salad, water  
(carbohydrate meal)

Supper: meat or fish with vegetables (no potato/rice/pasta), whisky soda/wine  
(protein meal)

There are many wonderful food combining recipe books. The Hay diet does not have to be boring. Delicious, varied and nutritious meals are easy to prepare and essential for any long-term eating plan.

After 3 weeks, the eczema that I had had for almost 30 years completely disappeared and I had lost 10lb (I did also take regular exercise). I was amazed and delighted.

On holiday in UK, my Father was also impressed. I read him the chapter on arthritis. He had been in a lot of pain with arthritic knees. Now, my Father had lived overseas for many years and was an old colonial who liked his pink gin, whisky soda, beer and wine etc, so he quizzed me closely on alcohol.

After I assured him that he could drink beer with his carbohydrate meals, wine with his protein meals and whisky soda with everything, he was determined to give the Hay diet a try. Well, after 3 months the arthritis in his knees had gone and he had lost 1 ½ stone which he badly needed to do. He was thrilled and a complete convert.

I also introduced this diet to a friend when I lived in Singapore who had very bad arthritis. After a few weeks, she told me that the diet had alleviated it so much that she would continue to follow it for the rest of her life.

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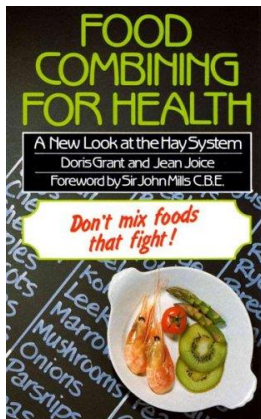
I like this diet. It is not really a diet but more a way of eating. After all, you can eat almost anything, except for junk food and processed food which is bad for us anyway. It is not faddy in that it doesn't cut out or restrict perfectly healthy food nor does it limit the amount you can eat although it does suggest not to over-eat and to be moderate in the consumption of fats and sugar which is sensible advice.

If you are wanting to lose weight, you need to manage your intake of carbohydrate, fat, sugar and alcohol. Many people I have met along the way have been helped by the Hay Diet. I hope it will help you too.

I followed this diet very strictly for about 2 years. Do I continue to follow it? Not rigidly or intentionally but I find my diet, which is very healthy, naturally tends this way. My eczema has never returned.

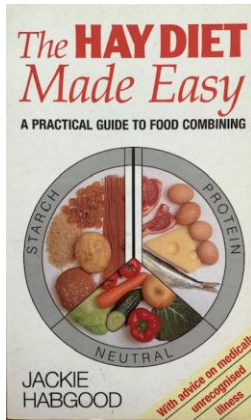
For more information on what The Hay Diet could do for you, the following books are suggested:-

Food Combining for Health by Doris Grant and Jean Joice  
Healing Arts Press ISBN 0-89281-348-2



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The Hay Diet Made Easy by Jackie Habgood  
Souvenir Press ISBN 0 285 63379 1



The Complete Book of Food Combining by Kathryn Marsden  
Piatkus ISBN 0-7499-2217-6

## The Science Bit!

Sources: Food Combining for Health by Doris Grant and Jean Joice

A New Health Era by Dr Howard Hay

In his book, A New Health Era, Dr Hay writes “*that no matter how diverse are our diseases, there is one underlying cause – wrong chemical conditions in the body. These conditions are created through the manufacture and accumulation of acid end products of digestion and metabolism in amounts greater than the body can eliminate. A state then develops called auto-intoxication, acid-autotoxicosis, toxæmia, self-poisoning, or whatever you like to call it.*” This results in a lowering of the body’s vital alkaline reserve leading in turn to a departure from health.

Dr Hay taught that there were, ” *4 main causes of acid end products of digestion: eating too much meat; over consumption of refined carbohydrates – white flour products, refined sugar and refined carbohydrates of any kind; disregard for the laws of chemistry as these apply to the digestion of foods; and constipation.*”



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He taught that although many people, especially young people, build up a tolerance to incompatible mixtures just as people build up a tolerance for increasing doses of irritant poisons, they do so at a very considerable and continuing cost in vitality. However, if compatible eating is followed long enough, it can be removed.

Dr Hay also never forgot to teach the essential benefits to health of fresh air, exercise, sunshine and rest.

Proteins require an acid medium for digestion. When animal proteins enter the stomach, this stimulates the production of hydrochloric acid which activates the enzyme pepsin, whose function is the splitting and digesting of the proteins.

This action in the stomach can only take place in a wholly acid medium; the presence of any high starch or sugar with its accompanying alkalis interferes with this acid medium.

The implications of this incomplete protein digestion can be serious. When proteins are incompletely broken down, imperfectly digested, they split up into intermediate or large protein molecules that are actually toxic, instead of amino acids, their proper end-products.

Some of these protein molecules constitute the substance known as histamine, well known to medical specialists as a toxic protein which can be responsible for many common allergies such as hay fever, asthma, migraine, eczema and urticaria.

Carbohydrates (starches and sugars) require a more alkaline medium for digestion. This is initiated in the mouth by the action of the enzyme, ptyalin, which splits the starches into lower forms before entrance into the small intestine where their further reduction and *main digestion* takes place.

As the whole process of starch digestion depends on its proper initiation in the mouth, all starch foods must be thoroughly chewed, otherwise, the small intestine, although alkaline in all its secretions, cannot complete what the ptyalin started high up in the tract.

To quote Dr Hay -

*“If starches are taken combined with acid fruits and if the stomach contents are withdrawn at intervals during digestion, it will be observed that the action of ptyalin has ceased and that the starches are not being split but will give the intense blue reaction of iodide of starch when iodine is applied to the chyme removed from the stomach. The same test may be performed with a combination of starches and proteins – the extraction of parts of the chyme at intervals, as they happened during our digestion, will always show this arrest of ptyalin digestion meaning that the starches then unsplit will never be properly split.”*



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For many years the teaching was that the highest levels of acidity are in the resting stomach but it is now accepted that the highest acidities of all are reached during the digestion of food, not when the stomach is empty.

This fact supports Dr Hay's contention that if no protein accompanies a starch food entering a resting stomach, the amount of hydrochloric acid is insufficient *at first* to fully neutralize or overcome the alkalinity of the saliva present.

In 1936, the work of 3 Philadelphia investigators provided interesting laboratory confirmation of the starch-protein concept. In *Man Alive, You're Half Dead!* Dr Daniel Munro gives an account of a study on 5 subjects by these investigators showing the degrees of acidity in the stomach after protein meals, after starch meals and after combined protein and starch meals.

This study revealed that, one and quarter hours after these meals were eaten, the stomach contents were most acid after the high protein meal, least acid after the high starch meal and half way between both states after the mixed meal.

Moreover, when the mixed meal was eaten it was clear that the proteins were being digested under difficulties as the acidity present was far lower than that shown as required by the all-protein meal and had actually been cut to one-third less by the presence of the starches and their accompanying alkalis.

This investigation clearly shows that when high starches and high proteins are mixed at one meal there is too much acid to permit the continued alkaline reduction of the starch part, and not enough acid to start the digestion of the protein part.

The usual teaching is that when we eat food of any kind (proteins and starches) we produce gastric juice which contains hydrochloric acid. The answer, here, is that hydrochloric acid is stimulated in the exact ratio to the amount of protein presented by the digestive task.

The protein in starches is very small (about 10%) and incomplete and hence does not stimulate sufficient hydrochloric acid to interfere, *for the first 30 to 45 minutes*, with the more alkaline medium necessary for the digestion of starches.

During this time, the saliva – which has a pH value of 6.6, as compared with the pH 0.9 of pure gastric juice – acts as a natural buffer of the gastric acid.

Some physicians disagree with Dr Hay's explanation claiming that gastric acid is necessary for the splitting of the starches: the starch is often contained in protein 'envelopes' which require the acid for digestion so that the starch can be released. This is



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true but it does not alter the fact that starches have a preliminary digestion in an *alkaline* medium which buffers the gastric acid for the first 30-40 minutes in the stomach. There is, therefore, still plenty of time for the gastric acid to work on the starches during the remaining 3 or more hours that they are in the stomach before entering the small intestine where digestion is completed in a mainly alkaline medium.

## Chemical Balance

Dr Hay recommends a ratio of Alkali forming foods (fruits, vegetables, almonds) to acid forming foods (meat, grains, dairy, sugar) of 4:1. He arrived at this figure as analysis of the 4 avenues of excretion of the body reveals that the loss in alkali is 4 times greater than acid.

Chemical balance of human blood – the normal pH of blood is about 7.4. *‘Dr Hay observed that his patients who had followed the proper alkali/acid ratio for several years had a pH blood level of 7.5 and demonstrated high functional activity, mental activity and comparable feeling of good health and physical efficiency.’*

For further information, read the book Food Combining for Health by Doris Grant and Jean Joice. This book is available on Amazon or in UK for about half the price on World of Books or ebay. It can also have a red cover.

