

**WHY IS DRUG-LESS MEDICINE SO REMARKABLY SUCCESSFUL?**  
 Dr. Bass is one of a **long line of doctors/teachers in the best drugless tradition that started in the 1830's with Dr. Jennings in USA**. - He initiated using Natural Hygiene & Orthopathy with modern insulin theory. He was awarded [Knight of Malta](#) for skills & humanitarian service. -- Welcome to Dr. Bass website! -- [Free Downloads Here](#)  
**DISCOVER THE SECRETS OF NATURAL DRUG-FREE HEALING**



*Dr. Stanley S. Bass*  
**SUPER NUTRITION & SUPERIOR HEALTH**  
 www.drbass.com

"The greatest need of this world today is health education"

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 "To simplify this concept of sequential or layered eating, the basic rule or principle can be stated as follows: Eat the most watery food first, the next less watery food second, etc."

**Sequential eating and food combining**  
 Excerpts from "Ideal Health through Sequential Eating"

**INTRODUCTION**

..... In my opinion and experience as a nutritional consultant in Natural Hygiene (I began studying nutrition in 1936), **sequential eating represents the most advanced approach to understanding proper food combining**.  
 After testing and retesting the concept on myself thousands of times, as well as on others, including the experience of *Dr. Cursio*, his family, his patients, as well as other Hygienic doctors - *Dr. John Mega*, *Dr. Marvin Telmar*, *Dr. Anthony Panepent*, etc.  
 .....

**FOOD COMBINING**

Any quick digesting foods must wait till the slowest digesting foods leave the stomach before they can leave - a process which can take up to 6 or 8 hours. While waiting, the fruit, cooked and raw vegetables, and some of the starches undergo some decomposition and fermentation, producing gas, acid and even alcohol along with indigestion. ....

**A RADICAL NEW CONCEPT OF DIGESTION**

..... If there are 5 different types of food in the stomach at one meal, each eaten separately and in sequence, there will be 5 different kinds of digestion going on at the same time, each layer having different enzymes digesting each food, according to the needs of the food contained in that layer.

But when say 5 different foods are eaten at a meal, where each mouthful or bite is taken of a different food, then the entire stomach is filled with the same mixture. ....

**ADVANTAGES OF REARRANGING THE SEQUENCE**

One of my patients in my early days of practice absolutely refused to give up any of his accustomed, conventional, low-quality foods. In this case, feeling my hands completely tied, in desperation, I gave him all that he desired. The only change I made was to rearrange the sequence of his foods. Amazingly, all of his **digestive problems vanished** in just 3 days.

**SEQUENTIAL EATING REFERENCES**

..... Zutznager fed rats morsels of food of 3 different colors. First the black, then the white second, and third the red color. Shortly after, the animals were sacrificed, the stomach frozen and then cut in sections. The **different colored food was found to be in layers** .....

..... There was a famous case, written about by Beaumont, during the American Civil War, where a soldier received a gunshot wound which caused a large visible opening to appear in his stomach. His digestion was studied for a period of time by several doctors present, and they observed that his food digested in different layers.

**SIMPLE TEST FOR ANYONE**

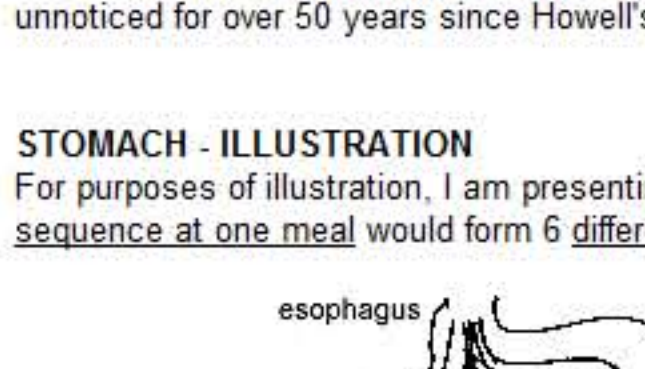
One simple test that I used on myself was to eat different foods, one variety at a time, in sequence [all at one meal], for several different meals. Then when nature called, I examined the feces and was able to see different colors in the same feces. Watermelon which was reddish in color, was first, then tossed salad which was very dark brown was next, and cheese was very light tan was last. All were joined together, exiting the body in the same order as they were eaten.  
 Anyone can try this test, but to be accurate, the different foods must be eaten one at a time, and follow each other in sequence.

**STRATA DIGESTION - A FORGOTTEN CONCEPT**

..... How such an important concept as the strata digestion of food was bypassed and almost completely unnoticed for over 50 years since Howell's book was published, is a great mystery to me. ....

**STOMACH - ILLUSTRATION**

For purposes of illustration, I am presenting a diagram of the stomach and how 6 different foods eaten in sequence at one meal would form 6 different layers, during the time spent in the stomach.



In this diagram of the stomach, in layer 1, the bottom and first layer is where the first food eaten goes (the papaya). Layer 2 is where the 2nd food eaten goes (the tossed salad). Layer 3 is where the corn on the cob goes, etc. In this meal we are using 6 different foods, giving us 6 layers. ....

- With this meal, after 30 min. the papaya will leave the stomach, and layer 2 - the tossed salad, will move down to layer one's place.
- Layer 2 will shortly thereafter leave the stomach too.
- Then the corn in layer 3 moves down and 15 min. later, it will leave the stomach ....

..... As each layer leaves, the stomach size gets smaller and feels more comfortable. Each layer digests separately, without mixing and without disturbing its adjacent layers.

**BASIC RULE - WATERY FOODS FIRST**

To simplify this concept of sequential or layered eating, the basic rule or principle can be stated as follows:  
 Eat the most watery food first .....

**BAD COMBINATIONS TO AVOID**

- The following represents some examples of bad combinations to avoid
1. Mixing dried sweet fruit, honey, maple syrup or bananas with nuts or seeds
  2. Mixing starch foods with fresh or acid foods or fruits
  3. Mixing dried sweet fruits with acid fruits.
  4. Never eat dried sweet fruits with or after concentrated proteins
  5. Eating raw, fresh or dried fruits after any cooked food
  6. Avoid drinking beverages or even water during or after meals

**CHEW ALL FOOD CLOSE TO LIQUID**

For best digestion - chew all food close to a liquid before swallowing.

Also in the 14th edition of Howell's Textbook of Physiology on p.777 is some very interesting research:  
Abbe Spallanzani (1729 - 1799), one of the older observers on gastric digestion, found that cheries and grapes, when swallowed whole, even if entirely ripe, were usually passed unbroken in the stools.  
 ....  
 We can assimilate only those foods which are most liquified. ....

**EAT WITH ATTENTION**

An excellent practice is to eat with 100% attention on the taste of the food. See Self-mastery through Attentive Eating .....

**DIGESTION TIME OF VARIOUS FOODS**

- (approx. time spent in stomach before emptying). .....
- Water  
when stomach is empty, leaves immediately and goes into intestines,
  - Juices  
Fruit vegetables, vegetable broth - 15 to 20 minutes.
  - Semi-liquid  
(blended salad, vegetables or fruits) - 20 to 30 min.
  - Fruits  
Watermelon - 20 min digestion time.  
Other melons - Canteloupe, Cranshaw, Honeydew etc. - 30 min.  
Oranges, grapefruit, grapes - 30 min.  
Apples, pears, peaches, cherries etc. - digest in 40 min.
  - Vegetables  
Raw tossed salad vegetables - tomato, lettuces, cucumber, celery, red or green pepper, other succulent vegetables - 30 to 40 min. digestion. -  
Steamed or cooked vegetables  
Leafy vegetables - escarole, spinach, kale, collards etc. - 40 min. - Zucchini, broccoli, cauliflower, string beans, yellow squash, corn on cob - all 45 min. digestion time  
Root vegetables - carrots, beets, parsnips, turnips etc. - 50 min.
  - Semi-Concentrated Carbohydrates - Starches  
Jerusalem artichokes & leafy, acorn & butternut squashes, corn, potatoes, sweet potatoes, yam, chestnuts - all 60 min. digestion.
  - Concentrated Carbohydrates - Grains  
Brown rice, millet, buckwheat, cornmeal, oats (first 3 vegetables best) - 90 min.
  - Legumes & Beans - (Concentrated Carbohydrate & Protein)  
Lentils, limas, chick peas, peas, pigeon peas, kidney beans, etc. - 90 min. digestion time  
soy beans -120 min. digestion time
  - Seeds & Nuts  
Seeds - Sunflower, pumpkin, pepita, sesame - Digestive time approx. 2 hours.  
Nuts - Almonds, filberts, peanuts (raw), cashews, brazil, walnuts, pecans etc. - 2 1/2 to 3 hours to digest.
  - Dairy  
Skim milk, cottage or low fat pot cheese or ricotta - approx. 90 min. digestion time  
whole milk cottage cheese - 120 min. digestion  
whole milk hard cheese - 4 to 5 hours digestion time
  - Animal proteins  
Egg yolk - 30 min. digestion time  
Whole egg - 45 min.  
Fish - cod, scrod, flounder, sole seafood - 30 min. digestion time  
Fish - salmon, salmon trout, herring, (more fatty fish) - 45 min. to 60 digestion time  
Chicken - 1 1/2 to 2 hours digestion time (without skin)  
Turkey - 2 to 2 1/2 hours digestion time (without skin)  
Beef, lamb - 3 to 4 hours digestion time  
Pork - 4 1/2 to 5 hours digestion time

*(Editor's notes*

- Note1: raw animal proteins have much faster digestion times than the above times for cooked/steamed animal proteins.*
- Note2: The digestion times given are under an ideal situation of eating only one food, chewing well, and having efficient digestion, as is the case e.g. after a fast. They are digestion times for optimally healthy persons, with good eating habits. The digestion times are to a large part derived from Dr. Gian-Cursio's and Dr. Bass' practices.*
- Digestion times are much longer on a conventional diet, and for persons with non-optimized digestive systems, or persons lacking in energy, and for meals with many ingredients put together haphazardly = not in the optimum sequential order.)*

**EAT SMALLER AMOUNT - FEWER VARIETIES**

The smaller the amount of a particular food eaten, the less is the digestive time for that food. The greater the amount of a food eaten, the more is the digestive time prolonged.

..... Remember the less you mix and the fewer the varieties you use the easier it is to digest and the less you will be tempted to overeat. The greater the variety, the greater the tendency to overeat.

**THE IMPORTANCE OF BLENDED SALADS**

Due to the liquification of vegetables by blending:  
 1 - **Absorption and assimilation** of its vitamins, minerals proteins etc. is increased to approximately 5 times as compare to eating and chewing the salad.  
 2 - A blended salad will **digest and leave the stomach in 15 to 20 min.** compared to 30 to 60 minutes for a tossed salad eaten whole .....

Etc.  
**Conservation at energy in the digestive process is the key to all healing.** (Success in healing is measured in terms of energy available. This was known by the early masters of Natural Hygiene)  
 .....

**BASIC PURPOSE IS SAVING ENERGY**

..... Energy is the most important factor needed for recovery of health and it must be conserved at all costs and not wasted in unnecessary digestion. **Sequential eating will maximize the conservation of energy** without fail.

**Try it - feel the difference** - and you'll never go back to your old ways - I promise you that!

Also read: [Dr. Cursio's Vegetarian Diet and Food Plan](#) - that illustrates food combining in Dr. Cursio's practice, with menu examples.

More food combining examples here: [Sample 100% Raw Daily Diet Menu](#).

**Don't miss this free download** - **REMARKABLE RECOVERIES FROM SEVERE HEALTH PROBLEMS** - Dr. Bass' booklet presenting how raw foods and juices have been used clinically in medical institutions for over 100 years to help patients recover from cancer and other diseases. Even to improve intelligence.

Also read: [New Concepts in Nutrition, Health and Rapid Healing of Illness PART 2](#) - about why saving energy is important:

"... all healing and regeneration is in ratio to the amount of energy which is available - the more energy, the more detoxicating healing ..."

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This website is a good example of Natural Hygiene - a 150+ year old self-empowering healing and health philosophy that was started by medical doctors - but almost forgotten in the 20th century.  
 Learn why it is now becoming mainstream again. Learn more about why no-drugs healing methods are not only cheap, but vastly superior.  
 Visit the organization [International Natural Hygiene Society](#) - where Dr. Bass is one of the founders.



**WATCH 2009 YOUTUBE INTERVIEW WITH DR. BASS** "amazing 91-year-old raw foodist!"



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**ARTICLES SUPERIOR HEALTH**

**My First Water Fast**

I was startled by the statement that all colds, fevers and influenzas were nature's attempt to free the body of disease. I devised an experiment to test this - [click here](#)

**Fruit - Friend or Foe?**

He lived on nothing but grapes - By the 32nd day, his gum was bleeding - one of his teeth fell out. He exclaimed: *My God, I am detoxicating my teeth* - [click here](#)

**Symptoms to Expect when Improving Your Diet**

This *initial letdown* lasts about ten days, and is followed by an *increase of strength*, a feeling of diminishing stress and greater well-being - [click here](#)

**How Diseases are Cured**

Dr. Shelton - It is high time to learn about the causes of disease and of the "complications" that so frequently develop under regular care - [click here](#)

**The Time-factor in Recovery**

Dr. Shelton - Why do we expect to get well in a hurry of a condition that requires a life-time for its development? - [click here](#)

**Sequential Eating**

Any quick digesting foods must wait till the slowest digesting foods leave the stomach - a process which can take up to 6 or 8 hours. - [click here](#)

**How Important is Diagnosis?**

Once the truth of how to live is understood, the process of illness can be reversed more or less painlessly by intelligent living - [click here](#)

**How to Live 100 Years**

If you follow a minimal diet you can achieve super nutrition. Let's look at Luigi Comaro, who at age 35 was weak, sick, and dying - [click here](#)

**EMOTIONS & ENERGY**

**How to Solve Problems**

The following method, ancient in its origin, has been practiced by several civilizations dating back for thousands of years. - [click here](#)

**Causes of Addiction to Habits**

The key which unlocks the mystery of why most habits are difficult to break lies in the understanding of the stimulation and depression mechanism. - [click here](#)

**How to Overcome Temptations**

The very moment an undesirable craving has entered your consciousness, DON'T struggle with it. Absolutely REFUSE to consider its existence - [click here](#)

**Attentive Eating**

A subject which can radically change a person's life in all of its aspects - physically, mentally, emotionally and spiritually. - Attentive eating - [click here](#)

**Energy in the Body**

The lift we get from drinking coffee, or the expression of strong emotions - is the expenditure of energy, not its accumulation - [click here](#)

**Energy, Feeling and Thought**

The person who feels depressed or negative most of the time is low on the energy level scale and needs to increase rest and sleep - [click here](#)

**The Energy Principle in Healing - New Concepts**

All healing and regeneration is in ratio to the amount of energy which is available - the more energy, the more detoxicating healing - [click here](#)

**SUPER NUTRITION**

**Three Generations of Hygienists**

These children, the skeletal development wasn't right, the dental arches were not well-formed, teeth came in crowded - [click here](#)

**In Search of the Ultimate Diet**

I put a group of mice on a frutitarian diet. But they didn't seem to be eating very much fruit, and they certainly weren't crazy about it - [click here](#)

**The Ideal 100% Raw Diet**

My aim here was to try to find a diet of 100% raw foods that mice and equally humans could live on, with all the factors needed for excellent health - [click here](#)

**Vegetarian Diet & Food Plan**

Dr. Cursio - it represents more than 55 years of this brilliant nutritionist's experience as one of the greatest teachers in the field of Natural Hygiene - [click here](#)

**Vegan rats die early & have low energy**

When the vegetarian male died it was 22.8 months old. The omnivorous male had accomplished the same amount of work when it was but 6.9 months old. [click here](#)

**SUPER NUTRITION - NON-VEGETARIAN**

**Primitive Man - His Diet and Health**

The duration of life is long, the people being yet strong and vigorous as they pass the three score and ten mark, and living in many cases beyond a century. [click here](#)

**Aajonus: Primitive Diet Example**

After 12 years eating raw meat and never having had any more than a little diarrhea, I learned to relax and not fear raw foodborne bacteria and parasites. [click here](#)

**Wilhelmur Stefansson: Adventures in Diet**

**NEW!** I tried the rotten fish one day, and liked it better than my first taste of Camembert. During the next weeks I became fond of rotten fish. [click here](#)

**Dr. Shelton: How Much Protein?**

There is a delicate balance between carbohydrates and proteins, to which we have to conform - disease and degeneration resulting from failure to conform. [click here](#)

**Dr. Fades: High-Carbohydrate Problems**

An anthropologist examining skeletal remains of early man can tell immediately whether the bones and teeth belonged to a hunter-gatherer (mainly protein eater) or a farmer (mainly carbohydrate eater) - [click here](#)

**Dr. Rosedale: Insulin's Metabolic Effects**

The actual rate of aging can be modulated by insulin... We should be living to be 130, 140 years old routinely. [click here](#)

**Cancer & The Warburg Effect**

**NEW!** The theory is simple: If most aggressive cancers rely on the fermentation of sugar for growing and dividing, then take away the sugar and they should stop spreading. [click here](#)

**Swami Narayanandanda: Food And Drink**

**NEW!** Many sects and people have very crude ideas about food and drink. In India, some narrow-minded and bigoted people have much hatred for non-vegetarian diet. [click here](#)

**SPIRITUALITY**

**The Ten Health Commandments**

Thou shalt lift thyself up through obedience to all of Nature's laws, and help thy brother to attain the same. [click here](#)

**The Truth Behind All Religion**

God is not punishing us with illness and disease. Our suffering is due to our ignorance of food's relation to health and happiness. [click here](#)

**Practicing with Certainty**

People who are told they have emotional problems are suffering from thinking problems. Their emotions are working fine. [click here](#)

**Vivekananda: Man's True Spiritual Nature**

Let positive, strong, helpful thought enter into their brains from very childhood. Lay yourselves open to these thoughts, and not to weakening and paralysing ones. [click here](#)

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