

### Antagonistic Food - Food You Shouldn't Mix

Prof. Maria Kuman, PhD

Holistic Research Institute, Knoxville, TN 37923, USA

#### Correspondence:

Prof. Maria Kuman, PhD

Holistic Research Institute, Knoxville, TN 37923, USA

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#### Editorial

Some foods are OK to eat alone, but they are toxic in combination with other foods and these combinations should be avoided at any cost. The most toxic in combination with other goods is the fresh milk and honey [1].

#### Fresh Milk:

1/ Fresh milk should never be consumed with fish – it is a toxic combination.

2/ Fresh milk should never be consumed with reddish (or turnips) – it is a toxic combination.

3/ Fresh milk should never be consumed with zucchini – it is a toxic combination.

4/ Fresh milk should never be consumed with yogurt – it is a bad combination.

5/ Fresh milk should never be consumed

with lemon – it is a bad combination.

6/ Fresh milk, yogurt, or buttermilk should never be consumed with bananas – they are toxic combinations.

#### Honey:

Always buy raw unfiltered honey (he unfiltered honey always has small pieces of wax on the top) because the left-over wax in the honey is the best lubricant for your joints and the best remedy for arthritis. To lubricate your chronically painful arthritis joints, eat raw honey with the comb inside for 40 days. If you cannot buy raw honey with the comb inside, swallow bee wax the size of garbanzo bean every morning for 40 days, and this will restore your arthritis joints and stop the arthritis pain.

1/ Honey should never be heated over 160 F

(or drunk with hot tea) because the heat not only destroy the enzymes in it, heat makes the honey toxic.

2/ Honey should never be consumed with reddish and turnips – it is a toxic combination [1].

3/ Everyone should know that both sugar and honey are sweet, but they are digested in the body in a completely different way. European studies showed that the fungus living in the guts feed with sugar, but all attempts to grow fungus on honey failed. This means that people with diabetes (high blood sugar) should not eat sugar, but they can eat honey.

#### Rules of eating to follow [1]:

1/ Never eat before sunrise or after sunset. If you must eat after sunset never eat sour (acidic) food.

2/ Have a prayer of grace before each eating to boost your energy and show appreciation.

3/ Eat or drink only when sitting down.

4/ Do not talk or laugh during eating.

5/ When to drink water rules:

a/ If you want to lose weight, drink water before meal.

b/ If you want to maintain your weight, drink water during the meal.

c/ If you want to gain weight, drink water after the meal.

6/ Drinks should never be too hot or too cold.

7/ Eat only when hungry – avoid in-between snacks.

8/ Go to sleep always more than 2 hours after meal.

9/ Always remember that laughing helps digestion, but don't laugh when you eat.

#### **References**

H. Johari, Dhanwantary, Delhi, 1992.