

FOOD COMBINING

Did you know that food combining can be advantageous to those with digestive issues?

We often forget that our body is similar to a machine, and that specific combinations of foods and nutrients are needed in order to sustain and maintain its motor. In some respects we treat our cars better than most of us treat our bodies.

Digestion is the key to health. The gut is where immunity begins. If we can't digest it we can't use it. When our digestion is at its optimum we experience higher energy levels and an increased feeling of vitality.

Food combining may be a simple answer to increasing energy levels. We have been programmed to eat a "balanced meal" which essentially means a little of every thing. The problem is that some of those combinations actually interfere with each other.

For example: meat products require a highly acidic environment, which can take quite a while to digest. Carbohydrates require more of an alkaline environment. When these two come together, the body can become somewhat confused and thus digestion does not function at an optimum level. This combination alone may produce bloating, gas, cramping, poor absorption of vitamins and minerals etc.

HERE ARE SOME BASIC RULES OF FOOD COMBINING:

Fruits are eaten alone approximately 30 min before a meal or 1-2 hours after a meal

Animal proteins and Carbohydrates are eaten separately

Vegetables do well with almost any food

Fats can be eaten with anything but proteins (fats can slow down digestion)

Try to eat when you are emotionally calm. Remember that most of us carry emotions in our stomach and this does play into our ability to digest. Eat only when you are hungry. Try to eat whole unprocessed foods. Your stomach will thank you.

This article is meant for information purposes only. It is not meant to diagnose or to treat.

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