

Proper Food Combining



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There are so many factors that affect our digestive system. Diet, stress, portion sizes, exercise, and supplements all play a part. Some people don't realize that proper food combination can also play a part, even if you are eating the right foods! I'm going to go through some simple rules of proper food combining that make it easy to understand and which can really impact your digestion!

First, let's start with what is proper food combining? Proper food combining is a system of eating foods that combine together efficiently to assist digestion so that your digestive tract does not have to work so hard to give you the nutrients you need for energy. Food is actually broken down in a number of different areas in the body, including in your mouth, stomach, and the first and middle sections of your small intestine, called the duodenum and jejunum respectively.

Furthermore, you have two kinds of digestion, mechanical and chemical. Food combination takes into account the area and complexity of digestion of each food, so it goes through your entire digestive system with ease.

Why is proper food combining important? Food combining is important because different foods

take different amounts of time to exit the stomach, and particularly proteins and starches require competing digestive environments.

When we choose foods that are compatible for digestion it can help the digestive system function better as a whole. Dr. Pickering is a naturopathic doctor who studies food

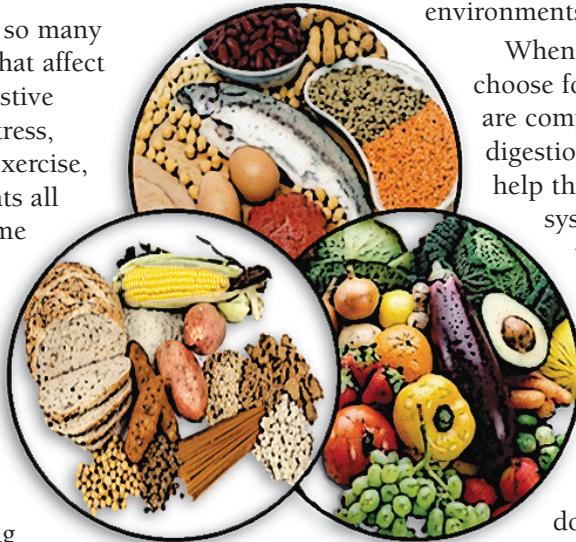
combining and its importance. He states, "Improper food combining is one of the primary factors that cause gas, flatulence, heartburn, and upset stomach. What's worse, poor digestion can also contribute to malnutrition, even if you think you're eating a decent diet."

So now we know what proper food combination is and why it's important, but how does proper food combining work? There are three very basic rules to follow:

1. Don't eat starches and proteins at the same meal. Starches and proteins neutralize each other and prevent proper digestion of either food. To ensure proper digestion of each food, wait two hours after eating a starch before eating protein. And wait three hours after eating protein before eating a starch.

- 2. Don't eat fruit and vegetables at the same meal.** Fruits are either a single or double sugar, whereas the starches are a triple sugar. Fruits mechanically break down in your stomach, but chemically, they don't break down until they reach the third and fourth stages of your digestive system, which are in your small intestine. Starches, again, are broken down in three different stages, starting in your mouth.
- 3. Eat fruits alone.** Fruit does not digest well with other foods and will frequently cause problems unless consumed by itself. ■

—Happy Eating!



Amanda Kimmel is a certified health educator and a certified colon hydrotherapist through I-Act and NBCHT. For questions or an appointment call Amanda at (406)

404-0951, or schedule online at BigSkyCleanse.com. Send email to: KimmelAmanda@gmail.com. The **Big Sky Cleansing Center** is located at 2419 W. Main Street, Ste. 1, in Bozeman. (Take the side road off Main at Perkins Restaurant; go to the rear of the office complex there.) The center offers colon hydrotherapy, ionic foot spas, and health coaching in Bozeman. Discounted packages are available.