

Food Combining for Health

Foods for Health

Organic foods are the best option, as they promote your health as well as the health of our planet. It might be a good idea to have a look at buying a healthy cook book, and get into some healthy cookery of whole foods!

Over two thousand years ago, Hippocrates, the ancient Greek physician, stressed how important foods are for our health. Today, medical science continues to corroborate this wise proverb.

Studies have shown that people, whose diets include larger amounts of certain foods, have a much lower risk of developing a wide range of chronic degenerative diseases, e.g. cancer, rheumatoid, arthritis, depression, cardiovascular disease, etc. Research has proven time and time again that the way we eat determines the way we live. This is also true the other way around. By eating health foods and learning to cook healthy whole nutritious meals, we can lead longer, healthier lives.

Another important factor is food combining for health. It is amazing what a difference this will make! Many a time we have heard the say "you are what you eat", well it's true. Different people eat different things, and this may be due to culture or just lifestyle. But for some people this can mean negative effects, such as digestive disorders. Sometimes we really do need to take the time out and listen to our bodies. This may seem ridiculous, but if you really listen your body will let you know just what it needs.

Here are some tips on food combining: Fruits: eat lots of fruit! But do not combine fruit with other foods. Fruits are easy to digest, but once eaten with other food, fruit tends to remain and ferment in the stomach acid.

Protein and starch: it is a BAD idea to combine these! Each of these two has a different way of digesting. Once they are combined, neither of them can be digested properly! This will result in things like flatulence, bloating and gas, which is not very comfortable.

Veggies: Vegetables will also aid in good digestion. Add vegetables to any meal to aid in the digestive process.

Food combining can seem difficult at first, but it definitely shows results. You will feel better right away, especially if you have been experiencing digestive tracts or intestinal problems.

The natural way is the best way to go. Stick to healthy, whole foods and you will see results!

About the Author

Digestion is the process by which food is changed into substances that can be absorbed and used by the body. So in other words, it is what your body does.

Source: <http://www.productsherbal.com>