​**Simple food combinations**  
   
Simple food combinations are imperative to health and wellness. The problem with the culture in the United States is that we have access to every kind of food all year long.  We think more is better and want to make meals that include every healthy food item for each meal. We eat products like multigrain breads and mixed vegetables thinking more is better.    
   
 We should be looking at simple food combinations and getting the nutrients we need over a week or a month.   Our gut is happier and healthier NOT bombarding it with many different foods at once.  
   
Each food requires its own digestive enzymes to break it down in our gut.   When too many different foods are consumed, the body gets confused by the need for so many different enzymes which leads to unhealthy break down of the various foods present. This leads to unhealthy fermentation which is the rotting of food products in your gut.   
   
Soup contains many different foods and can be eaten as such because everything it contains is cooked at the same time.  Eventually the qualities of each food become one element.    
  
As a rule of thumb, all melon should be eaten alone and ideal only first thing in the morning before eating anything else. Melon breaks down very quickly so if it is eaten in combination with any other food all of which take longer to digest, melon ferments in the gut leading to unhealthy gases as well as bloating and discomfort and potential digestive problems.    
   
One way to think about eating is to have your nutrients spread out over a week. Do not eat mixed vegetables every day but instead eat broccoli one day, asparagus another day, carrots one day, etc.  Eat jasmine rice one day, bulgar the next, kashi one day. Mix your proteins to include tofu, beans, dark meat from a chicken,  white poultry, liver, blood sausage, marrow, goat, etc.  Vary your foods over the week or more.    
  
Varying your foods helps to eliminate cravings and fills a variety of your nutritional needs.  If you eat the same thing every day, your body will start to crave things. I have recommended variety for many patients struggling with eating disorders including anorexia and bulimia. If they have the desire to heal, they listen to what I say.  They start to eat a greater variety of foods.  Limited variety leaves one feeling depleted, hungry and craving for more. They also need to include healthy fats in the diet, something erroneously recommended against for weight loss.  Once the diet is changed to include variety and fats, their food cravings miraculously disappear.  
   
Certain complicated eating patterns create what I call a “Road Block” in your gut.  If you eat a bagel, processed foods, excess of any one food (especially cheese), you develop this "road block" in your digestive system.  These foods digest very slowly so any food eaten after this will be forced to move slowly as well.  Other foods which digest quicker will start to ferment or rot in the gut.  This causes discomfort and putrid smelling gases.  The best way to avoid this is to eat unprocessed foods and small portions.  
      
Paul Pitchford explains in detail in his book, "Healing with Whole Foods" how to combine various foods for health and wellness. This is my brief summary of what I know from research as well as from my own experience.    
  
1. Healing with Whole Foods, 3rd Edition. by Paul PItchford.  pp. 260-274.  1993.  
   
2. https://www.bbcgoodfood.com/howto/guide/health-benefits-offermenting