



Complex or elaborate food combining can lead to digestive problems such as decreased nutrient assimilation, intestinal gas, abdominal pain, swelling, constipation, contaminated blood, and mental fog.

There are many rules regarding food combining, but the cardinal rule at The Whole Journey and within Gut Thrive is the following:



Cardinal Rule:

NEVER combine fruit with complex carbohydrates (starches/grains)

Why is this important?

Fruit and complex carbohydrates have a similar digestion rate, so they compete with one another. The complex carbohydrate (e.g., butternut squash, sweet potato, oats, etc.) wins the competition, and the fruit putrefies and ferments while it waits its turn to be digested.

By avoiding the combination of fruits and starches, you will minimize bloating and gas. This is your one anti-cancer rule of food combining for life! **(This is especially true if you have candida/fungal issues or SIBO.)**

What Are Complex Carbohydrates?

Examples include: bread potatoes, grains, and legumes.

What should I eat fruit with?

For those with well-functioning digestion, you can enjoy fruit with nuts. Since nuts take so long to digest, the fruit will digest first and not end up creating gas. Keep in mind you will be soaking your nuts and seeds throughout most of the Gut Thrive program.

When should I eat fruit?

A good rule of thumb to follow is to eat fruit at least 30 minutes before a meal or 1 hour after.



Rule #2:

Eat melon alone
Or leave it alone.

Why is this important?

Due to its quick fermentation process, melon will create bloating and gas if eaten with any other foods.

What if It's Too Late?

When you overeat, or improperly combine foods resulting in intestinal discomfort, try one of the following, instead of an over-the-counter remedy:

- Raw apple cider vinegar in water (1 tablespoon in 4 ounces water)
- Digestive enzymes (1-2 capsules 20 minutes before a meal or 2 capsules after a meal that has caused bloating)
- Ginger tea before or after a meal
- One pinch of baking soda in 4-6 ounces warm water to neutralize acid

Since we will be focusing on issues like blood sugar stability, thyroid and adrenal function, we won't be adhering to other food combining rules during Gut Thrive. This will help provide adequate macronutrient combinations (fat, protein, carbs) with meals to feed the cells, so they can provide energy during the healing process.