



# Stomach Will Get Tired Easily With These Wrong Food Combinations



*Let's take a vital step for  
achieving a holistic health ==>*

## 1 Curd and Kerala

- As karela has **oily nutrients** it can make you feel lazy throughout the day if you involve the bitter curd
- Digestion process will get slowed down and chances of cold/cough will increase
- Severe **skin problems** in different body parts may arise (when spices & bitterness gets mixed up)

## 2 Cucumber and Tomatoes

- Completely different way of digestion will **confuse the stomach** which nutrients to absorb first
- Acid formation & bloating causes gases further when watery cucumber mixed up with bitter tomatoe



*When to **drink water** ==>*



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## Fish and Milk

- Gas, bloating, stomach pain and heartburn can be seen when non -veg & veg item gets combined
- Fish itself causes **inflammation** in the body and milk causes more body heat making the situation worse
- Any liquid consumed after the meal **slows down the ability of stomach** for digestion

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## Water After Chana or Peanuts

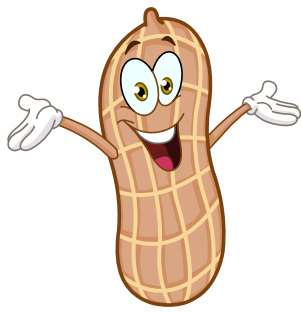
- Bhuna chana raises the body temperature by releasing the vital nutrients and drinking water cools down the stomach temperature causing **half digested food**



*Essential practices to follow ==>*

- Gastric issues mostly in kids and may cause **peanut allergy**

- **Irritation to the throat** and the oils in peanut won't get easily digested because of high water intake



## Essential Practices:

- Try to avoid non-veg items as it is ok to consume when there're no veg foods available in your region
- To control the cravings, try to find **alternative foods** to eat at different timing

