Here is an example of a sample search question best searched by combining several search techniques.

I need websites with information no older than a year about research that is focused on foodborne diseases. I would be interested in any studies or clinical trials or grants as well.

Advanced Search

Find pages with...

- all these words: research
- this exact word or phrase: foodborne disease
- any of these words: study "clinical trial" grant
- none of these words: 
- numbers ranging from: to 

Then narrow your results by...

- language: any language
- region: any region
- last update: past year
- site or domain: .gov (run a second search using .edu instead of .gov)
- terms appearing: anywhere in the page

Notice the search string that your custom search has created -

- research study OR "clinical trials" OR grant "foodborne disease" site:.gov

What you are actually asking Google to find are pages that all have the word research in them AND (study OR "clinical trials" OR grant) AND "foodborne disease". All of these pages will be from .gov domains. If you look right above the list of web pages, you will also see that your search has been limited to pages updated within the last year. (Note: spaces are read as the AND operator.)

Once you become familiar with this syntax, you can enter it yourself in the regular Google search box.