

Allergy, Asthma And Nutrition

A very small dietary change can make a huge difference to the quality of our lives. Let's pay the farmer, not the pharmacy. Pollen, pets, dust mites and foods are common triggers for skin allergies and/or asthmatic episodes. Sometimes a hyperactive immun

Bone Health & Nutrition

Collagen, Calcium, Phosphorus, and Vitamin D are each crucial for bone health as we age. Collagen is the most abundant protein in our body that forms the scaffolding that gives our body its structure and strength. Calcium homeostasis is an even distribu

Obesity: Let's not be alarmist but get the facts right

There is too much alarmist surround sound on obesity. Yes, it can be problematic but before we jump to "cure" here's some good news. Recent research shows there is no increased risk of mortality from obesity if other metabolic factors are in check, like B

Sprouts: Wannabe plants that are delicious and nutritional powerpacks

Medicinally and nutritionally, sprouts have a long history. Ancient Chinese & Indian physicians recognized and prescribed sprouts for curing many disorders over 5,000 years ago. They are specifically known for their high density of vitamins and nutrients,

UAS Foundation Day 2020 – Chief Guest Address, Ashok Vasudevan

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Protein back-to-basics

Proteins have become synonymous in our consciousness with meat, strength and muscle. When we say the word “Protein” in America, we don’t mean a chemical, macronutrient let alone an amino acid. We instantly mean meat. Consumption in some

societies is way i

Ancient grains making a comeback

Modern wheat is a relatively recent crop, a hybrid descendant of ancient grains like spelt, einkorn, and emmer. However, with increasing interest in home baking and growing awareness about gluten-sensitivity, ancient grains have begun to re-emerge in our

The microgreen revolution

Microgreens are the seedlings of plants, This is typically early in the life cycle of the plant, some time after the first leaves emerge. They are usually used to add flavour and color to dishes, and have been making waves as a nutrient-dense superfood.

Antioxidants: Cupid to the

rescue of love-lost free radicals

Antioxidants in foods are not just desirable but critical to our very survival. But what are they? To understand antioxidants we need to learn another term: “free radical”. When we eat or when we are exposed to cigarette smoke, pollution, or radiation our

Essential Minerals in our Food

The human body is an amazing machine with millions of biochemical reactions taking place whether we are awake or sleeping. Today we will focus on minerals and trace elements. Minerals and trace elements are chemicals required for our body's biochemical p