

Nutrition and spine health

The spine is made up of 33 individual bones, with a myriad of tissues, muscles, joints, roots and intervertebral discs that interplay together to help in our daily movement. While there are several types of spinal injuries, we want to focus on the issue o

Mad for garlic

The best known member of the Allium family, garlic has enjoyed a storied history across civilisations. The Egyptian and Indian cultures referred to it some 5,000 years ago, the Babylonians grew it in their hanging gardens 4,500 years ago, the Chinese docu

Fiber: A Gut Health Essential

The journey of our gut begins in our mouths through our stomach and intestines, and also involves organs like the pancreas and liver. Through it all, there are more than 100 trillions living microorganisms, and more than 500 different strains of bacterial

Food Feature: Broccoli

Love it or hate it, the broccoli is a nutrient superhero that has been highly prized across civilisations! Essentially a large edible flower, this cruciferous wonder can be found in most grocery aisles and in many cuisines around the world. We look at so

Fiber: An unsung hero, our gut bacteria loves!

Dietary Fiber is actually a complex carbohydrate and can be thought of as a macronutrient along with carbohydrates, protein, fat and water. The only big difference is, it is not absorbed by the body. Typically, our body converts 100% of the carbs from the

Know your Fats!

Fat is an essential nutrient because it is the building block of all cell membranes, muscle movement and the protective shield around the nerves and helps us absorb vitamins in our food.

Fasting and its health benefits

You've probably heard the hype; fasting is the new secret to weight loss. While there is credible science, it's not a quick fix nor guarantee. Neither is there one sure-fire method to doing it right. However, the benefits are plenty; delayed onset of Type

Maximising the goodness of fruit juices

There's no doubt that fruits are essential for overall wellness, so wouldn't it naturally mean that drinking them would be just as beneficial? And the anecdotal evidence of juice cleanses sounds compelling; glowing skin, weight loss, lowered inflammation,

Sodium & Potassium – Fraternal twins, alike yet different

Sodium and Potassium form an electrolyte partnership that regulates blood & fluid volume in our body. Where potassium helps maintain fluid content inside cell walls, sodium is

necessary for fluid regulation outside cell walls. This difference in pressure

Fruits and Vegetables: fresh, frozen or canned – what's best for you?

Named after the German word 'Koagulation' (or coagulation), Vitamin K refers to a group of three basic types of vitamins; K1, K2 and K3. Vitamin K1 is easily found in most plant foods, especially green vegetables, along with K3 which is found in most food