

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

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We Are What We Eat: Pay The Farmer Not The Pharmacy

- January 25, 2021
- MEERA & ASHOK VASUDEVAN
- SEASON 2
- EPISODE 1

1. [Obesity: Let's not be alarmist but get the facts on the risks](#)

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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 BP, blood sugar, cholesterol. The risk of obesity related complications are further mitigated by exercise.

Join us today on a journey of some interesting factoids on food groups and how they can help deal with obesity.

Find out more at <https://umaglobalfoods.com/blog/>

Bone Health & Nutrition

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We Are What We Eat: Pay The Farmer Not The Pharmacy

- November 16, 2020
- MEERA & ASHOK VASUDEVAN
- SEASON 1
- EPISODE 36

1. Bone Health & Nutrition

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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 distribution of Calcium in the bones and is crucial for skeletal health. This process is aided by Phosphorus and Vitamin D that ensures the absorption of Calcium in our body.

Vitamin C, amino acids, zinc and Copper are required for pro-collagen, the precursor to the protein collagen.

Listen on for a bone friendly menu instead of mere supplements.

A word of caution: Excess Vitamin A is not necessarily a friend and has been known to make bones fragile. So avoid excess orange and yellow vegetables.

Allergy, asthma and nutrition

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We Are What We Eat: Pay The Farmer

Not The Pharmacy

- November 9, 2020
- MEERA & ASHOK VASUDEVAN
- SEASON 1
- EPISODE 35

1. [Allergy, asthma and nutrition](#)

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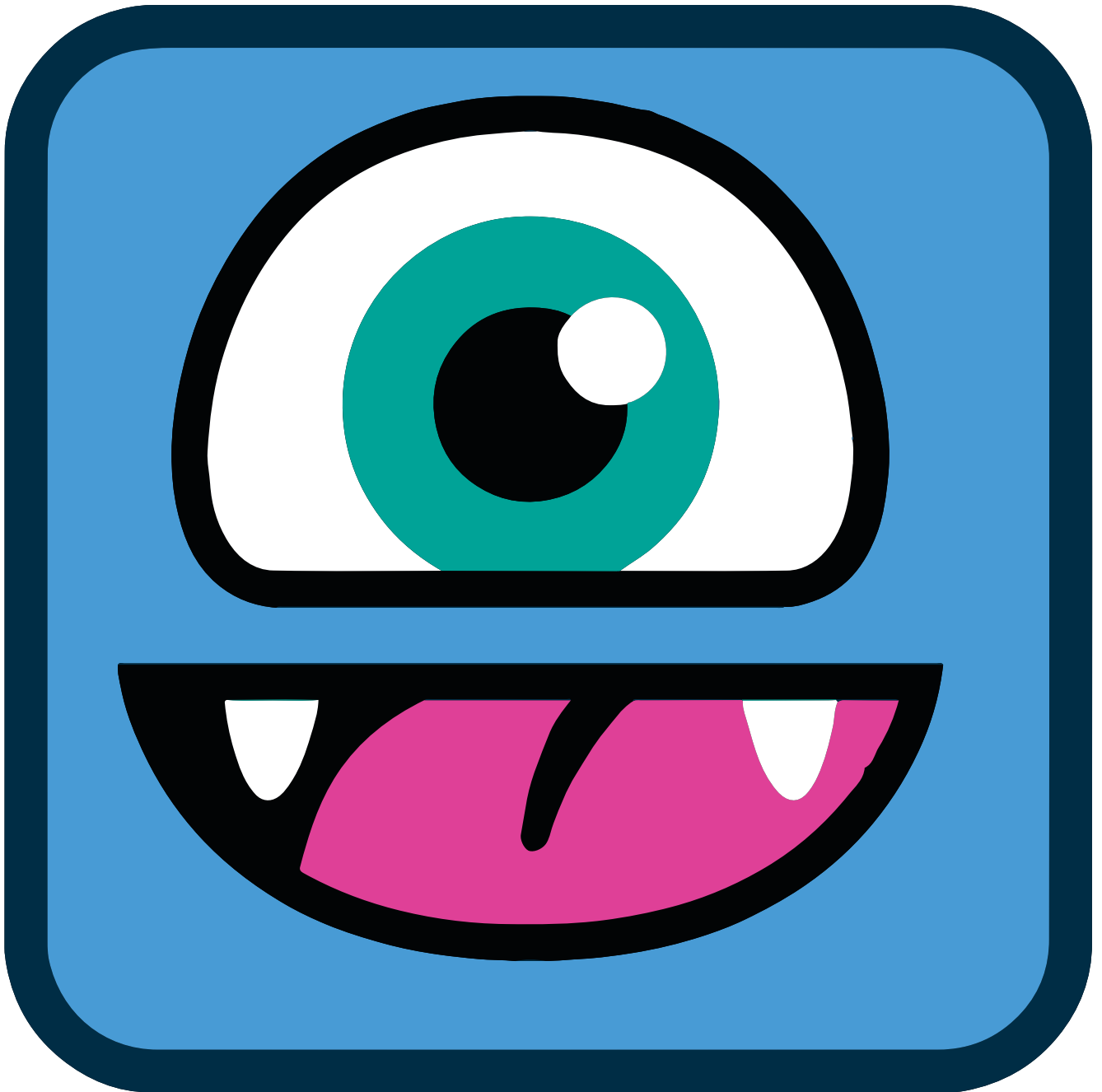


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A very small dietary change can make a huge difference to the quality of our lives.

Pollen, pets, dust mites and foods are common triggers for skin allergies and/or asthmatic episodes. Sometimes a hyperactive immune system triggers a battle between our antibodies and some foods, creating all the familiar allergy symptoms.

Some allergies including eczema are alleviated by avoiding dairy, gluten, peanuts, eggs, honey and highly processed foods. Some of these are easy to identify through allergen tests. A dietary cure though is trickier, requiring careful monitoring & record keeping and will vary from person to person. Here are three tips.

1. Become familiar with anti-inflammatory foods.
2. Choose natural and organic foods where possible.
3. Avoid sodas, ultra-processed foods, fried foods, sugar, HFCS (high fructose corn syrup) and sulfites.

Migraine: Awareness of

triggers is half the battle won.

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We Are What We Eat: Pay The Farmer Not The Pharmacy

- November 2, 2020
- MEERA & ASHOK VASUDEVAN
- SEASON 1
- EPISODE 34

1. [Migraine: Awareness of triggers is half the battle won.](#)

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For those who suffer it, migraines are a painful, unexpected & debilitating condition. They are often genetic with no known cure. Common triggers are stress, lack of sleep, hormonal changes, alcohol, hunger etc. There is not enough evidence that some foods can cure migraines. Results widely vary from person to person. For instance, coffee is known to help some, harm others.

So, what is one to do?

Find out more at <https://umaglobalfoods.com/blog/>

Cuisines of South-East Asia | Part 2

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We Are What We Eat: Pay The Farmer Not The Pharmacy

- October 6, 2020
- MEERA & ASHOK VASUDEVAN
- SEASON 1
- EPISODE 33

1. [Cuisines of South-East Asia | Part 2](#)

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The bustling hawker centers, food carts and street stalls are a major source of the wafting aromas of South east Asian cuisine across the region. Deeply influenced by Chinese, Indian and Islamic culinary traditions, Malaysian food is both a melting pot and a distinctive mosaic with a cornucopia of colors, tastes and flavors.

In turn, Malaysia has lent its influence to the uniquely Peranakan cuisine of Singapore. Also known as Nyonya, it is a blend of Chinese, Malay and Javanese cuisine that is gravy rich, spicy and colorful.

Further east the rich tropical fruits, vegetables and coconuts blend effortlessly with the Malayo-Polynesian-Hispanic influence that comes together like the United Nations that best describes the Filipino cuisine.

All these areas represent ancient cultures and wisdom that effortlessly correlated food with wellness

Find out more at <https://umaglobalfoods.com/blog/>

Cuisines of South-East Asia |

Part 1

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We Are What We Eat: Pay The Farmer Not The Pharmacy

- September 22, 2020
- MEERA & ASHOK VASUDEVAN
- SEASON 1
- EPISODE 32

1. [Cuisines of South-East Asia | Part 1](#)

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S.E Asia's 11 countries with 650 million people and \$10 trillion in GDP is a rich confluence of cultures. Despite colonization by the British, French, Dutch and the Spanish; it is the Chinese and Indian heritage that runs deep in its art, culture, ethnicity cuisine and traditions. Yet each country has retained a distinct cuisine that brings to the surface the richness of local flavors with the influence of Buddhist, Muslim and Hindu culinary traditions.

Join us today on a partial tour of SE Asia as we explore rice and lentil rich Myanmar, galangal, kaffir lime & lemongrass flavors of Thailand, the peanut top note of Indonesia and the aromatic herbs of the Vietnamese Pho.

Incidentally, galangal, kaffir lime & lemongrass taken together has proven to correct Cholesterol, LDL, HDL, triglycerides at levels of effectiveness similar to statins and is known to significantly boost immunity. Here's to great taste contributing to good health

Healing food systems known for centuries

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We Are What We Eat: Pay The Farmer Not The Pharmacy

- October 11, 2023
- MEERA & ASHOK VASUDEVAN
- SEASON 1
- EPISODE 31

1. [Healing food systems known for centuries](#)

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The Incas, Mayans, ancient Chinese, Indians, Mediterraneans had long ago figured out that “we are what we eat”, and correspondingly built up a staggering knowledge of plants, nutrition and their impact on our wellness. In many ways scientists today are still playing catch up as they point out goodness of chemicals & molecules in foods through “analysis”, “evidence-based science” and “observation”.

This newsletter is committed to providing you evidence-based tips that will uncover the magical pharmacy in our kitchens. We love meta studies and peer reviewed articles, but we also hear the voices of our elders speaking to us through the centuries, gently guiding us to be aware that we are what we eat.

Today, we explore 2 ancient but powerful systems, still being practiced, though a mere shadow of their former selves, Traditional Chinese Medicine (TCM) and Ayurveda. There is much to learn. Superfoods are different for different people. There’s logic to seasonal foods, occupation-based diets, stage of life foods, importance of color in foods, personality-based diets etc.

The Mediterranean Miracle: Hiding in plain sight

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We Are What We Eat: Pay The Farmer Not The Pharmacy

- September 9, 2020
- MEERA & ASHOK VASUDEVAN
- SEASON 1
- EPISODE 30

1. [The Mediterranean Miracle: Hiding in plain sight](#)

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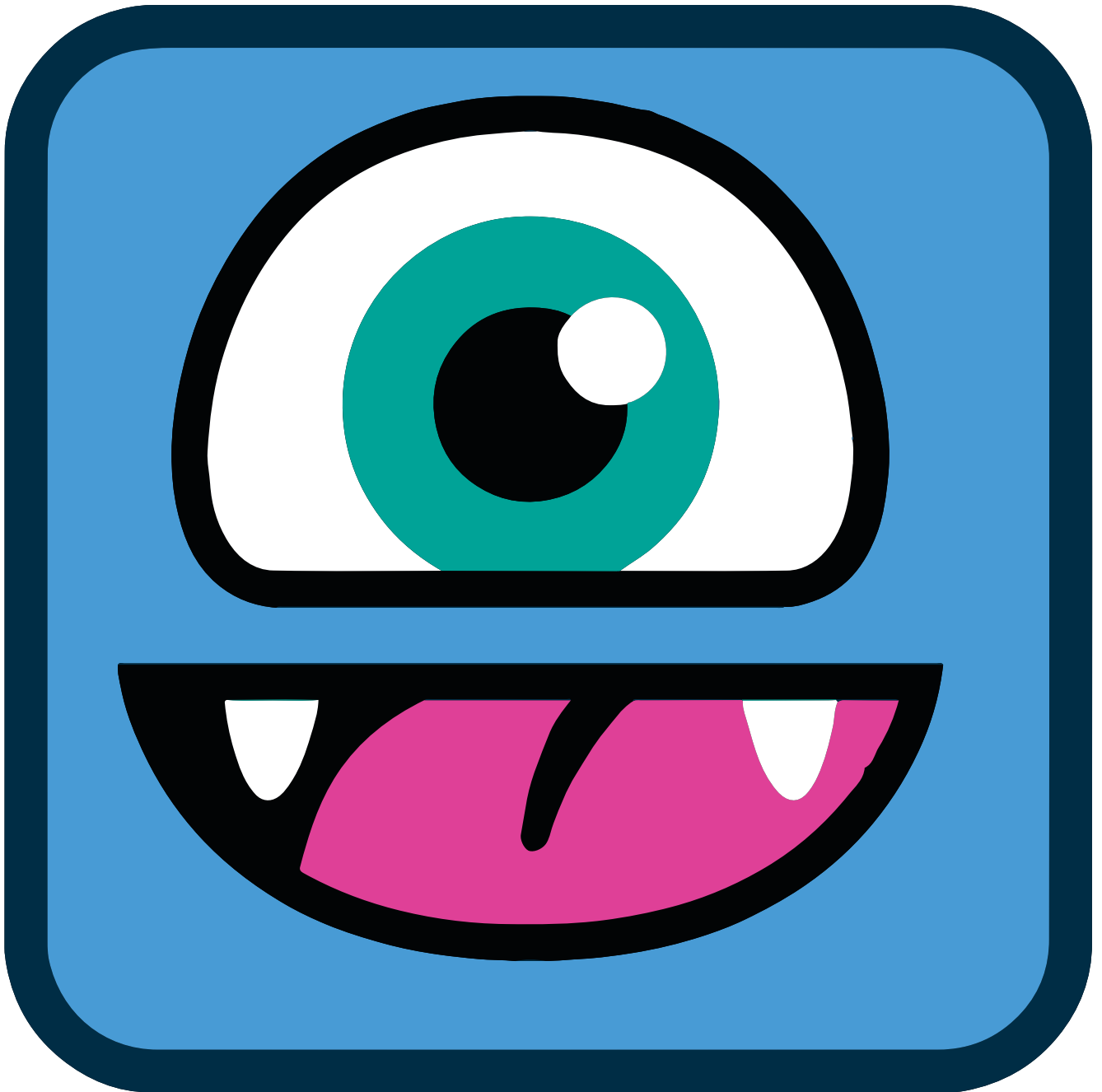


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Studies have proven beyond doubt that the Mediterranean diet reduces risks of Alzheimer's, Parkinson's, diabetes, cancer and even lowers the risk of death from cardiovascular disease and stroke. Wow! When we think of the expression "Kitchen Pharmacy" it is difficult to find a better example. The Mediterranean Diet though, is more than just about food. It's a way of life. People there eat better and live healthier lives than almost anywhere on the planet.

Let's look at both today- their food and the lifestyle. They are simple and pleasurable.

Find out more at <https://umaglobalfoods.com/blog/>

Reversing diabetes through nutrition

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We Are What We Eat: Pay The Farmer Not The Pharmacy

- August 24, 2020
- MEERA & ASHOK VASUDEVAN

- SEASON 1

1. [Reversing diabetes through nutrition](#)

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It is impractical to count the daily calories we eat. So, the recommended daily allowance (RDA) of 2000 to 2500 calories/day is largely anecdotal. Also, it is crucial where these calories come from: simple carbs or complex carbs, plant or animal proteins, saturated or unsaturated fats. And computing this is equally hard.

So, the effective regimen is to start from our everyday baseline and make incremental changes to both quantity and quality of calories in our food. Even if we start our new regimen 10 years after the onset, research shows, we can reverse Type 2 diabetes. The 3-point mantra is eat less, eat right & workout more.

Find out more at <https://umaglobalfoods.com/blog/>

Fruits & Vegetables: Eat the colors of the rainbow

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We Are What We Eat: Pay The Farmer Not The Pharmacy

- August 20, 2020
- MEERA & ASHOK VASUDEVAN

1. Fruits & Vegetables: Eat the colors of the rainbow

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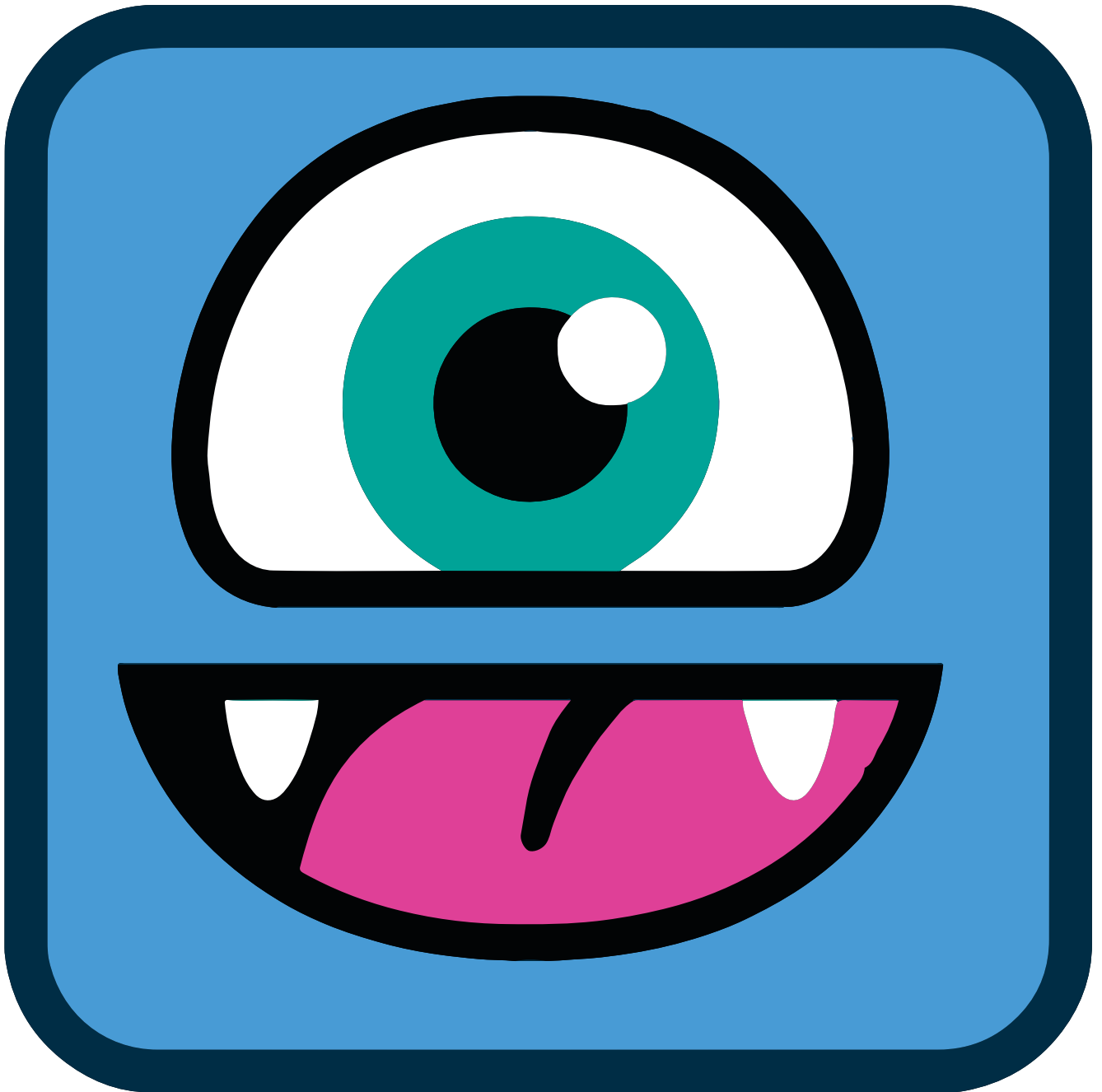


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While the rainbow may not be the technically accurate description, fruits & vegetables broadly fall into five color groups. Each color is a carrier of specific phytochemicals that perform some unique functions including cell development, immune support and fighting specific diseases. How well do you know each color?

Find out more at <https://umaglobalfoods.com/blog/>