

Can planned nutrition + exercise reverse diabetes? Experts say YES!

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,

Food Feature: Sweet Potatoes

Contrary to what their name might suggest, sweet potatoes are actually an edible root in the morning glory family, and unrelated to true potato tubers. Immediately recognisable by their vibrant orange flesh, sweet potatoes come in a dazzling array of col