

# **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,

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## **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

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## **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

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# **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

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# **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,

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# A Refresher on Protein Basics

Protein has become synonymous in our consciousness with meat, strength and muscle. In America, the term 'Protein' is typically used interchangeably with meats. In China, the translated words for protein actually refer to egg whites, recalling images of bo

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## 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

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## Boosting Our Immune System

Global stats on COVID are on the rise again with some countries being hit particularly hard. We wanted to revisit the topic of keeping our immune system up as the environment around us changes. We need to eat right for our immune system to function right