

Fruits & Vegetables: Eat the colors of the rainbow

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 an

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

Gut Health: We are only as good as our gut

When we use the term Gut Health, we refer to the wellness of the entire digestive system aka the GI (gastrointestinal) tract that comprises several organs including the mouth, oesophagus, stomach, small & large intestines and the rectum and organs like th

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