

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

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