

Healing food systems known for centuries

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...

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,

South East Asia: Global influence and a distinct

cuisine

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, ethnici

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

Herbs & Spices – Pint Sized Powerhouses

When we think of herbs and spices, one word that jumps out is versatility. Its colorful, fragrant, medicinal, umami and finds its way in flavored and infused waters and in your balconies as more than just ornamental plants. Dyes, foods, cosmetics, pharmac

Migraine: Awareness of triggers is half the battle won.

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 food

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

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

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,

Food Feature: Broccoli

Love it or hate it, the broccoli is a nutrient superhero that has been highly prized across civilisations! Essentially a large edible flower, this cruciferous wonder can be found in most grocery aisles and in many cuisines around the world. We look at so