

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

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,

Essential Minerals in our

Food

The human body is an amazing machine with millions of biochemical reactions taking place whether we are awake or sleeping. Today we will focus on minerals and trace elements. Minerals and trace elements are chemicals required for our body's biochemical p

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

Fiber: An unsung hero, our gut bacteria loves!

Dietary Fiber is actually a complex carbohydrate and can be thought of as a macronutrient along with carbohydrates, protein, fat and water. The only big difference is, it is not absorbed by the body. Typically, our body converts 100% of the carbs from the