

Nutrition and spine health

The spine is made up of 33 individual bones, with a myriad of tissues, muscles, joints, roots and intervertebral discs that interplay together to help in our daily movement. While there are several types of spinal injuries, we want to focus on the issue o

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