

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

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

Sodium & Potassium – Fraternal twins, alike yet different

Sodium and Potassium form an electrolyte partnership that regulates blood & fluid volume in our body. Where potassium helps maintain fluid content inside cell walls, sodium is necessary for fluid regulation outside cell walls. This

difference in pressure