

# **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,

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## **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

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## **Cruciferous Superheroes**

While this newsletter focuses on holistic diets covering a range of plant-based food groups, we want to call out a superstar food group – the cruciferous vegetables! Native to temperate East Asia, these vegetables can be found around the

world; Broccoli,

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## **Mushrooms: a humble culinary wonder**

The humble mushroom has been prized for centuries; the Greeks believed it imbued strength in warriors, the Chinese treasured mushrooms as a source of vitality and the Romans believed it to be the “food of the gods”. There are over 2,000 species of mushroom

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## **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 of

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## **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

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## **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

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## **Fruits and Vegetables: fresh, frozen or canned – what's best for you?**

Named after the German word 'Koagulation' (or coagulation), Vitamin K refers to a group of three basic types of vitamins; K1, K2 and K3. Vitamin K1 is easily found in most plant foods, especially green vegetables, along with K3 which is found in most food