

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,

Ancient grains making a

comeback

Modern wheat is a relatively recent crop, a hybrid descendant of ancient grains like spelt, einkorn, and emmer. However, with increasing interest in home baking and growing awareness about gluten-sensitivity, ancient grains have begun to re-emerge in our

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: 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