

Reduce your **Carbon Footprint** with every bite

Seminar on how you can **make a difference** everyday for the environment

Concerned about the environment –
but wonder how you as an individual can make a difference?

Puzzled about the complex but very real connections
between environment, health and lifestyle / consumption patterns?

Its a four-hour seminar designed by Dr Nandita Shah, well known doctor, homeopath and founder of Mumbai based SHARAN (Sanctuary for Health and Reconnection to Animals and Nature) an organization dedicated to the protection of our planet and all its many rich and diverse living forms.

Dr Shah specializes in holistic treatments involving lifestyle and diet changes, and conducts her workshop Peas vs Pills worldwide to inspire people to make informed food choices.

The seminar is designed to:

- Increase awareness of the critical connection between food consumption and dietary patterns and the environment
- Clarify doubts and misconceptions with regard to food and health
- Empower you to make the transition to a healthy, plant based diet which considerably reduces your carbon footprint, thus helping save our planet at the same time as it prevents and reversed diseases.

Based on extensive research drawn from across the globe and different disciplines, Dr Shah's talk will highlight the most effective change each of us can make to reduce our carbon footprint and how to do it without suffering deprivation.



Changing our food choices has a much more significant impact on our planet than switching to a fuel efficient car, or changing a lightbulb. Yet, it is the one issue that is often avoided. This is no wonder, changing our conditioning is not so easy.

Come and learn the fundamental principles of healthy eating, factors supporting good health, uncover the truth behind many myths, and clarify all your doubts.

The talk will cover, broadly, the following topics:

- The impact our food choices have on the environment.
- How to lower our carbon footprint practically.
- Understanding our anatomy and its nutritional needs
- Protein, Calcium, Iron, Vitamin B12
- Energy input and out put
- What kind of changes to make and how to do them.
- Taking action for ourselves and our planet

Details

Date : Friday 26th March 2010

Time : 5 pm – 8 pm

Place : First Floor Training Room, Times Foundation,
The Times of India 40/1, S&B Towers,
MG Road,
Bangalore

OR

Date : Saturday 27th March 2010

Time : 4 pm – 7 pm

Place : The Green Path # 32 / 2,
New BEL Road,
Seenappa Layout,
Bangalore 560 094

No registration required. Just come.

Organised by: SHARAN & INDIAN YOUTH CLIMATE NETWORK



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