

Seminar

# Diet and Emotion

*The profundity of the body-mind connection*

**Saturday, December 19**

**11 am to 1 pm**

**The Green Path Organic State**

**Bangalore**

It is well-known that the body and mind are somehow connected, but the profundity of the connection is less understood. Dr. Aditya explains with research evidence what physical factors influence our emotions, how what we eat can determine how we feel and behave, and how we can change our emotional state with simple changes in our dietary habits.

Venue: The Green Path Organic State, Rajiv Gandhi Circle (Opp. Metro station, next to Mantri Hall), Sampige Road, Sheshadripuram, Bangalore 560 020.

The seminar is FREE. Following the talk an organic buffet lunch (Optional) is available *by prior order online*. There is a charge of Rs. 450 per person for the buffet.

For details about the event you can write to [naturalhealthinfo@gmail.com](mailto:naturalhealthinfo@gmail.com) or contact **91-95972 45440**. For registration for buffet lunch call Green Path @ **080 2356 9777**

## **About the Speaker**



Ram Aditya, Ph.D., CCHT, is a naturalist, researcher, educator and consultant in Integral Health from the United States with over 25 years of experience in scientific research and higher education. Currently based in Spain, he travels across the globe giving talks, consultations and coaching for clients across several continents. More information on his philosophy and work may be found on his website [www.gracefulhealing.org](http://www.gracefulhealing.org).

**ADMISSION FREE**

