

PAMELA DERITIS

SPEAKER INFO

Plant-based Health
and Wellness

OUR HEALTH MATTERS

Physical health is a major consideration for organizations, but how much do your members or employees know about diet and disease? I educate and inspire others to learn the many health benefits of a plant-based diet. Together with my audience, I explore topics in how disease develops over our lifetimes and offer lots of sound, scientifically-proven insights into how a plant-based diet can mitigate and even reverse these conditions.



TAKEAWAYS

My speaking engagements cover the following topics:

- The leading cause of death in the US is the Standard American Diet
- Our diet contributes to the top chronic disease killers: heart disease, stroke, diabetes, etc.
- Examining the processes that cause these diseases to develop over time
- How a plant-based diet can both improve and reverse chronic disease
- What about a plant-based diet is so powerful?
- Easy challenges get the audience engaged and thinking about healthy living

ABOUT ME

As a vegan of over 15 years, I have lots of practical experience in how to live optimally on a plant-based diet. I graduated from the Plant-Based Nutrition Certificate program at Cornell University in 2021 and model my speaking engagements after what I learned there. I emphasize evidence-based lifestyle changes that have been proven to help reverse our top killers in a fun and informative setting!

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