



Ann Holaday

Mahatma Gandhi University, India

Holistic healing village where food is medicine

Good Health today is a luxury rather than a right. Despite advanced technologies, research and vast expenditures to achieve it, modern society is plagued with diseases such as cancer, diabetes, heart disease, allergies, pain, addiction, mental illness and more. Chronic illness can be attributed to and certainly aggravated by the quality and suitability of industrialised food which is available to most people world-wide. It is mass produced for weight, shelf-life and uniformity, contaminated by chemicals and low in nutritional value. Modern agriculture requires fertilisers, herbicides and pesticides, there is an overuse of water, increased evaporation, erosion and is an environmental disaster. Furthermore, it doesn't create soil whereas in sustainable, natural systems of agriculture, there is diversity, complexity and positive interactions creating soil, rich in microorganisms necessary to sustain life on earth.

"Holistic Healing Village" offers the art of living in harmony with nature by combining Ayurveda principles with natural farming techniques to create a model in which health, healing and disease prevention can thrive providing pure food and

water and a simple, stress-free lifestyle. It can be a centre of health education and healing where communities can learn sustainable living and food production, composting, recycling and reusing of natural resources. It can be the driving force behind innovation for living in harmony with nature where real food is the foundation. Ayurveda says "When the diet is wrong medicine is of no use - When the diet is right medicine is of no need".

Speaker Biography

Ann Holaday BSc. Radiation Oncology from Anglia Ruskin, Cambridge University, UK. She is a Certified Ayurvedic Practitioner "National Ayurvedic Medical Association" and "Association of Ayurvedic Professionals of North America" and founder of "According to Ayurveda and Yoga." in USA. She has a practice in Washington State and is developing on-line courses in the application of Ayurveda in mental health, ageing, diet and lifestyle, pregnancy and newborns. She has presented at conferences in Lucknow, Global Ayurveda Festival, World Ayurveda Conference and at ICHM conferences at Mahatma Gandhi University, Baranas Hindu University, Williams Research Centre in India. She is published in Holistic Healthcare Vol 1 & 2.

e: jivaneesha@gmail.com

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