

LEAF Seminar 10 April 2019

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Title:

A scientific stroll through
popular diets



Summary:

A scientific perspective of a one-year long journey through twelve consecutive thirty-day food and drink challenges, including gluten free, no coffee, ovo-lacto vegetarian, whole foods, no alcohol, dairy free, ketogenic, dairy and gluten free, vegan, paleolithic, intermittent fasting, and macrobiotic. The speaker explores the science of nutrition and discusses how an expedition into self-experimentation with food limits and popular diets turned out to be an incredible learning experience.

