



## Can A Plant-Based Diet Save Modern Civilisation?

30<sup>th</sup> June 2019

King's College London,  
16-20 Windsor Walk  
London  
SE5 8BB

### ***Timetable:***

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|---------------|--|
| 3.00pm        | Doors Open   |
| 3.30pm        | Dr Shireen Kassam, Founder of plant-based health professionals UK:<br>Welcome and introduction   |
| 3.40 – 4.30pm | Controversies in Nutrition in 2019: Fat, Sugar and Animal Protein –<br>What's the Harm? Dr Kim Williams, former President of the<br>American College of Cardiology   |
| 4.30 – 5pm    | Happy Hearts: Bringing a low fat, whole food plant-based diet to a<br>mass audience. Steven & David Flynn of The Happy Pear  |
| 5.00-5.30pm   | Panel discussion: Can a plant-based diet save modern civilisation?<br><br>In 1973 Dr Denis Burkitt's landmark paper in the British Medical<br>Journal described how western dietary patterns had contributed to<br>the rise of obesity, heart disease, and other chronic diseases in the<br>20 <sup>th</sup> century. Almost 50 years later as a healthier, plant-based<br>approach enters the mainstream, we ask our panel of experts if a<br>plant-based diet can save modern civilisation?<br><br>Panel: Dr Kim Williams, former President of the American College of<br>Cardiology, Steven & David Flynn (The Happy Pear), Henry Firth & Ian<br>Theasby (Bosh!), Dr Sue Kenneally, GP. |
| 5.30 – 6pm    | Audience Q&A   |