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UK to host its first plant based nutrition conference

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The UK will be holding its first plant-based nutrition conference next year. The event will take place in London on March 23.

It is hosted by Plant-based Health Professionals, a group overseen by Dr Shireen Kassam (Consultant Haematologist) and (GP), who 'share a passion for promoting health and well-being through the use of plant-based nutrition and other healthful lifestyle interventions, such as physical activity and meditation'.

According to a spokesperson: "The current medical curriculum devotes very little time to teaching students and qualified doctors about the role of nutrition in promoting health and well-being and in disease prevention.

"Instead, the focus is on treating established diseases with pharmaceutical agents and invasive procedures."

The organization says that the scientific literature provides strong evidence that up to 80 percent of chronic diseases such as diabetes, heart disease and some of the commonest cancers could be prevented or reduced through life-style interventions, including the adoption of a plant-based diet.

The spokesperson adds: "In addition, the UK model of healthcare places too little emphasis on prevention, rather managing diseases once they have occurred.