High Carb Health Talk
Promoting Veganism and Health in India

Shukul Kachwalla – Natural Health and Holistic Nutrition Practitioner

Dr. Amruta Shah and Shukul

For all of February 2018, I was invited to India by Dr. Amruta Shah, founder of Shukul Kachwalla, a leading health and nutrition consultant in India. Dr. Shah’s Ashram was instrumental in promoting the benefits of a plant-based diet and lifestyle in India, and I was invited to address the audience on the importance of a healthy lifestyle.

During my time in India, I had the opportunity to participate in a variety of events and workshops. I hosted a cooking class with some of the most influential figures in the Indian health and wellness community. I also had the chance to meet with some of the top chefs in the country, and we were able to create some delicious and nutritious dishes together.

Watermelon Blend (Serves 1):

**Ingredients:**
- 1 Watermelon
- 1 handful Mint leaves
- Juice of 1 lime

**Instructions:**
1. Chop the watermelon into pieces.
2. Add mint leaves, lime juice and lime zest.
3. Blend until no chunks remain.
4. Serve in a glass.

Thai Massaman Curry (serves 2-4):

**Ingredients:**
- 500g Pork
- 200g Sweet Potato
- 2 tbsp Curry Powder
- 250ml Coconut Milk
- 100ml water
- 2 tsp Brown Sugar
- Salt to taste

**Instructions:**
1. Chop potatoes and sweet potatoes into small chunks, unpeeled.
2. Add coconut milk and curry powder to a medium size pot, add pork to taste.
3. Add the potatoes and sweet potatoes to the pot.
4. Poor the liquid mixture into the pot.
5. Bring to a boil and simmer for 15 minutes.
6. Stir until the potatoes are soft.
7. Serve with flatbread or rice.

The audience was always aware of the power of plant-based nutrition, and they recognized that by adopting a plant-based lifestyle, they could improve their health and longevity. As a result, the talk was a success, and the audience was enthusiastic about the potential of plant-based nutrition in improving health and well-being.

So many people came to see me at the event, and I was impressed with the enthusiasm of the audience. I hope that my message will continue to resonate with people in India, and that my work will continue to inspire health and wellness in the country.

Thank you to Dr. Amruta Shah and the team at Shukul Kachwalla for inviting me to India and for organizing such an inspiring event. I look forward to returning to India in the future and continuing to promote the benefits of a plant-based lifestyle.