



THE URBAN KITCHEN
BY TORAL SHAH



Toral Shah

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ABOUT TORAL

*Nutritional Scientist and Integrative/ Functional medicine practitioner
Speaker, Educator, Researcher, Advocate and Writer*



As a speaker and educator, I love sharing my knowledge and expertise with a live audience both in person and online. Sharing evidence based science in a relatable way with practical tips for people to optimise their health, reduce risk of disease and support their body and mind.

THE STYLE

My style is warm, approachable and informative and inclusive of all that participate. I aim to leave everyone feeling empowered and committed to make changes that will improve their health and well-being, their quality of life and work and personal interactions at home and at work.



THE VISION & APPROACH

My vision is to support people to be happy and healthy. Using the pillars of diet and nutrition, sleep, physical activity, stress, mental health and resilience and the environment, I support people's physical, mental and social health to thrive rather than survive.

Toral's integrated approach is practical and sustainable. She is person-centred, evidence-based and supports with compassion. Her holistic approach to health involves understanding each person's unique challenges and supporting their body and mind within the context of the current socio-economic and environmental landscape.

Toral's work is informed by her training in nutrition, integrative health and working with cancer patients for over 20 years, her love of functional and integrated medicine, genomics, food, cooking and mind body connection. She combines these modalities to create a multi-faceted body of work.

Toral supports her clients and any talk or workshop attendees with a personalised approach teaching them to manage and prioritise their diet, lifestyle and health and well-being in a way that works with socio-economic and wider environment.

THE MISSION

Each talk, event or workshop is tailored to meet your specific needs and that of your organisation to ensure that it is meaningful, relevant and impactful. I will leave the audience with practical steps to action to support the objectives of the event including providing evidence-based resources.



My mission is threefold to support whole person health through food and lifestyle, making cancer experience holistic and just for all and focusing on supporting marginalised groups and people of colour to have improved health through challenging the system and privilege.

PREVIOUS WORK

I've spoken at a variety of events and hosted workshops for range of organisations including

Victoria and Albert Museum – Food: Bigger than the Plate, **Blueiron**, **Pearson Education**, **UBS**, **Lululemon**, **Fora Space**, and **Unilever**, along with numerous food, health and supplement brands such as **Bioglan** and **Actimel**.

I've also worked with smaller organisations including **Pam Lloyd PR**, **Story PR**, **Participation People**, **Homerton Hospital**, and events such as **Balance Festival**, and **Allergy and Free From Show** amongst others.

I regularly work with cancer, nutrition, health and food organisations as well as pharmaceutical, medical and academic organisations on a variety of health and health equity related topics.

Speaker at your events:

Toral is happy to speak as a keynote speaker or as a panellist at your organisation or events you are hosting.



TOPICS INCLUDE

- Sustainable health and well-being at work
- Food – how we consume food at work and at home
- Winter wellness – supporting our immunity and mental health
- Menopause and work – how can we support our workforce
- Cancer at work
- Sleep and circadian rhythms – supporting sleep and productivity
- Food and mood - feeding our gut and our mind
- Future proof your health
- Managing stress and increasing resilience – keys to our health
- Social health and the importance of community
- Exercise – the benefits apart from how you look
- Epigenetics – how lifestyle and diet impacts health via our genes
- Eating for performance – physical and mental



FEEDBACK & TESTIMONIALS

You ladies created such magic up on stage this weekend, and your presence at the Festival was incredible. Could not be more grateful to have you all join in and make this panel so extraordinary, the feedback has been amazing!

(Unleashing Your potential - Sweatlife Talk, June 23rd)



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