Lindsay Carvalho

Biologist. Nutrition Consultant. Chef.

Speaking Topics

Belly Full of Laughs
a different perspective on what makes us human, the bacteria that live with us and how they help us be happy

Power Plays for Health
an exciting new look at genetics, food, daily habits and how we can use this to our advantage

What the Health?
challenge your beliefs on what defines health, what improves it and specific steps to get you where you want to go

Lindsay is an expert on food, nutrition and biology and how they come together to make us who we are.

With her degree in Genetics, certification in Holistic Nutrition and love of food she sheds a unique persepective on how our daily habits can effect everything from mood to learning to productivity.

Shift your perception on what we eat and why, gain a deeper understanding of why food is central to our culture and identity, and appreciate every delicious bite life has to offer.

Benefits for Students and Teachers

-healthier choices made easy
-improved mental health
-improved learning
-develop critical life skills

Talks are able to be 15 min to 1 hour

Contact Lindsay Today
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