



# Plant Based *Course*

- Teacher -  
Heather Drummond

[www.ecoshe.com](http://www.ecoshe.com)



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# Course Overview

**Title:** Plant-based Course

**Duration:** Theory: 1.5 hours      Practical: 1.5 hours      Total: 3 hours  
(maybe extended or shortened to suit audience age)

**Participants per group:** No minimum or maximum

Price Per Person	PLANT BASED EDUCATION	Standard Price	Member Pro 50% discount	Member Lite 50% discount
	Plant Based Course 1 HR Virtual 1 PERSON	Rs 2,350	Rs 1,175	Rs 1,175
	Plant Based Course 1 HR Virtual 2-10 PAX	Rs 9,400	Rs 4,400	Rs 4,700
	Plant Based Course 1 HR Virtual 11-30 PAX	Rs 21,150	Rs 10,575	Rs 10,575
	Plant Based Course 1 HR Virtual 30-50 PAX	Rs 23,500	Rs 11,750	Rs 11,750
	Plant Based Course 1 HR Onsite 1 PERSON	Rs 4,700	Rs 2,350	-
	Plant Based Course 1 HR Onsite 2-10 PAX	Rs 23,500	Rs 11,750	-
	Plant Based Course 1 HR Onsite 11-30 PAX	Rs 28,200	Rs 14,100	-
	Plant Based Course 1 HR Onsite 31-50 PAX	Rs 70,500	Rs 35,250	-
	Plant Based Course 2-3 HR Onsite 2-10 PAX	Rs 28,200	Rs 14,100	-
	Plant Based Course 2-3 HR Onsite 11-30 PAX	Rs 74,730	Rs 37,365	-
	Plant Based Course 2-3 HR Onsite 31-50 PAX	Rs 94,000	Rs 47,000	-
	Plant Based Course Bespoke	Quote	Quote	Quote

*Members enjoy 50% discount*

## Course Objectives

- Create awareness about how food can impact our carbon footprint.
- Share knowledge about the health benefits of eating more plant-based.
- Continued support for any participants who want to go deeper into the sustainable life-style.
- Inspire harmony and respect between different food choices.
- Work with companies to fulfil their ESG and UNDP objectives



## Who is this for?

Those actively committed to promoting sustainable and responsible choices that align with the Environmental, Social and Governance (ESG) framework. This course will suit any individual or group who care about;

- Environment and global warming
- Health and well being
- Animals and a balanced eco-system
- Weight and a healthy BMI
- Energy levels and longevity
- Improved digestion
- Food scarcity resolutions
- Those recognizing our shared responsibility towards the planet.



## Why Attend?

Attending a vegan course can provide numerous benefits, including:

**Learning about the health benefits of a plant-based diet:** Veganism is associated with a reduced risk of chronic diseases such as heart disease, diabetes, and some types of cancer. Attending a vegan course can help you understand the science behind this and how a plant-based diet can improve your health.

**A plant-based course can introduce you to new recipes;** ingredients and cooking techniques that you may not have considered before. This can help you transition, even if gradually to a vegan lifestyle with greater ease and variety in your diet. It will also help you understand what it is to be vegan and why so many are considering it.

**Meeting like-minded individuals:** Attending a vegan course can be a great way to meet other conscious eaters and connect with like-minded individuals who share your values and lifestyle.

**Learning about ethical and environmental implications:** Veganism is not just about the health benefits; it also has ethical and environmental implications. Attending a plant-based course can help you understand the impact of animal agriculture on the environment and animal welfare.

**Gaining confidence in your vegan lifestyle:** Attending a vegan course can give you the knowledge and tools to confidently experiment with a vegan lifestyle. It can provide you with the information you need to answer questions and address concerns from family and friends who may not understand your choice to try vegan.

Overall, attending a vegan course can be a great way to learn more about veganism and gain the knowledge and skills to live a healthy and sustainable lifestyle. Even if participants choose not to change their way of eating, the knowledge gained will help them support others.



# Awards



This course won an award in the Eco-Solution category at the London Veg-Fest, Olympia Grand in November 2022.

## E-Learning Material:

Our course is supported by our app available on Google Play and Apple Store.  
Also supported with our documentary, sample available on [www.ecoshe.com](http://www.ecoshe.com)

## Course Outline (3 hours)

- Introduction (15 mins)
- Guessing Game (25 mins)
- Documentary (30 mins)
- What can I eat? (30 mins)
- Quiz App (30 mins)
- Test and prizes (25 mins)
- Feedback & Group Pic (25 mins)

## Tools & Equipment:

- Projector & Screen
- Notepad and Pen
- Fully charged phone for quiz
- WIFI access
- Water

Benefits are broken down into these 3 main categories

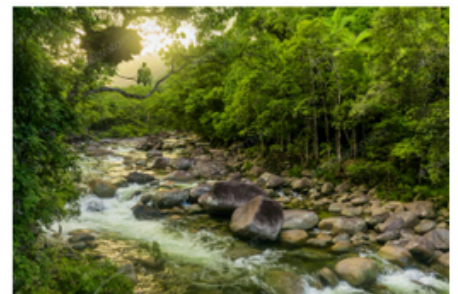
### Health



### Animals



### Earth



as follows

## 20 to 60 Points covered in the course (adjusted according to age and maturity)

Health	biologically we are herbivores behaving like omnivores	
Health	our ancestors eating habits and what they suffered from	
Health	herbivore vs omnivore intestines	
Health	herbivores need to consume vit c	
Health	canines comparisons in omnivores and herbivores	
Health	jaws movement and chewing comparison	
Health	stomachs sizes of omnivores and carnivores	
Health	ph levels in stomachs of different species	
Health	lapping vs sipping, sweating vs panting in herbivores	
Health	cholesterol affects only herbivores, not omnivores	
Health	examples of the great food you can eat on a vegan diet	
Health	statistics of our top 15 killers and how diet contributes	
Health	75% of heart attack patients fall in a normal cholesterol level	
Health	finland saw an 80% drop in heart attacks when switching from dairy to berry farming	
Health	statistics on heart disease the leading cause of death	
Health	information from the largest study ever done on cancer	
Health	vegan blood is 8 times better at suppressing cancer cell growth	
Health	meat eaters have twice the odds of taking medications	
Health	vegetarians have fewer cataracts, leading cause of blindness	
Health	veganism, the only diet to fall into a healthy bmi	
Health	obesity, a 192 billion dollar industry, reversed from a plant-based diet	
Health	energy levels are much higher eating more plants	
Health	cheese is addictive with opiate molecules that attach to the same brain receptors as heroin	
Health	65% of the world is lactose intolerant, our inability to digest dairy.	
Health	ingredients in dairy cheese vs vegan cheese	
Health	it's illegal to claim eggs are nutritious or healthy in the USA if you want finding from Egg Board	
Health	erections improved by up to 477% on a plant-based diet (optional / adult audiences)	
Health	protein - the gladiators were vegetarian, vegan body builder Patrick Baboumian	
Health	vegan men have a more attractive scent to women	
Health	vegetarian children are taller on average (7th day adventist study on 1765 children)	
Health	690 million people starving unnecessarily, food grown for animals could feed people	
Health	there can be more protein in a vegan burger	
Health	the longest living humans on earth eat 95-98% whole plant foods	
Health	herbivores are 97% plant-based, we can eat meat once a week and still behave herbivorous	

Animals	speciesism. the discrimination of one species over others
Animals	153 million animals are slaughtered daily (no obscene graphics or videos are shared)
Animals	animals experience the same fear as us
Animals	150-200 species become extinct daily from animal agriculture and deforestation
Animals	we are down to 4% of our natural wildlife (tigers, giraffe, antelope, reptiles etc)
Animals	male chicks in the egg industry are minced alive at 1 day old (nothing graphic shared)
Animals	a study showed 50% of us would choose to go vegetarian than kill our own dinner
Animals	omnivores are not disturbed by blood but as herbivores we seem to be
Animals	examples of free range chicken production farms
Animals	growth hormones and antibiotics used in meat productions which we ingest
Animals	adrenaline or cortisol ingested by humans from animal slaughter
Animals	compassion and kindness to animals, inline with most belief systems
Environment	rainforest destruction, 1.5 acres every second
Environment	2000 blood lakes in north carolina alone, seeping into natural waterways
Environment	weather patterns are changing, global warming
Environment	ocean acidification from global warming
Environment	current fishing trends and sustainability
Environment	Efficient food systems, 1 acre of land can feed 14 x more people plant-based
Environment	50% of all trees have been cut already in our life time
Environment	We only need 5% of fresh water resources to sustain plant-based food
Environment	1 beef burger takes 2000 litres of water to produce
Environment	70% of earth's fresh clean water consumed by animal agriculture
Environment	Leading causes of loss in biodiversity

## Terms & Condition

**Please take note of the disclaimer included at the end of our documentary. Our course is intended to create awareness and to inspire participants to research further on the subject matter to come to their own conclusions.**

**A copy of all Ecoshe research is available upon request.**

## Disclaimer

I am not a registered healthcare professional, and any information, including but not limited to text, graphics, images, and other material contained in this presentation, is for informational purposes only. They reflect my views and opinions and are not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare providers with any questions you may have regarding a medical condition or treatment before undertaking a new healthcare regimen, and do not disregard or delay professional medical advice or delay in seeking it because of anything you have seen, read or heard in this presentation. Ecoshe expressly discharges itself of any liability arising from the contents of this presentation.

## Facilitator

Heather Drummond has been researching the benefits of a plant based diet for over 15 years. She started sharing her findings with friends and family then offered the same to corporates and communities. She founded Ecoshe, a non-profit in 2022 to spread this awareness further.



Heather Drummond

39

Workshops Taught

1054

Participants

## Profile of Teacher

NIC Number/Passport Number	Passport GN435892
Title	Mrs
Surname	Drummond
Other Names	Heather Anne
Residential Address	Le Barachois, Tamarin
Contact details: Home	+230 57772276
Contact details: Mobile	+230 57747741
Email Address	heather@ecoshe.com
Qualification/s (Relevant to the training being delivered)	Cambridge Food & Nutrition Certificate - A Cambridge Science - A Cambridge Human & Social biology - B
Work Experience (Relevant to the training being delivered)	38 courses taught to 1,031 participants in 3 countries between 2012 and June 2024.

A copy of Heather's CV, Passport, Qualifications, References are available on request.

# Testimonies 1

Contact	Testimony
<b>Jason Bar</b> +230 5252 0658 jason@schindlers.mu Mauritius	I Jason Bar testify that I completed a plant-based course with Heather Drummond in Sept 2022 in Port Louis. The content was interesting and I've started eating more plant-based as a result. I learned a lot and would recommend Heather Drummond to continue teaching this course to other companies.
<b>Kelly Thorpe</b> +44 7932 606538 kctgoodgirl@yahoo.co.uk United Kingdom	I Kelly Thorpe testify that I completed a plant-based course with Heather Drummond in November 2022 in London, UK. The content was so inspiring I've decided to start teaching it too. I would recommend Heather Drummond to continue teaching this subject matter to others.
<b>Priya Rama</b> +230 5906 6568 priyaramma2018@gmail.com Mauritius	I Priya Ramma testify that I completed a plant-based course with Heather Drummond in 2022 in Mauritius. The content was insightful, and the research was readily available. I learned so much about the benefits of veganism and would recommend Heather Drummond to continue teaching this subject matter to schools and companies.
<b>Priscilla Mulliah Mutty</b> +230 5919 4061 pmutter1151@gmail.com Mauritius	I Priscilla Mulliah Mutty testify that I joined Heather Drummond's plant-based course in January, 2022 in Mauritius. The content was inspiring and well researched. I learned a great deal and would recommend Heather Drummond continue teaching this plant-based course to all.
<b>Sukriye Louis</b> +230 5810 7020 sena.louis@hotmail.com Mauritius	I Sukriye Louis testify that I participated in Heather Drummond's plant-based course in January, 2023 in Tamarin, Mauritius. This is a must for everyone and will impact your way of consumption, thinking and awareness. The information shared was enlightening and compliments what I have known for a long time. I would recommend this course to businesses and schools especially.
<b>Rajiv Gobin</b> +230 574 94937 rajivgobin250@gmail.com Mauritius	I Mr GOBIN RAJIV testify that I completed a plant-based course with Heather Drummond in CITY OF PORT-LOUIS /COUNTRY OF MAURITIUS. It was awesome and it was the first time that I was given this opportunity to learn about plant-based food which has helped me a lot with vegan food in the kitchen . A big thanks to Heather as a trainer.
<b>Ellahee Seechurn B.Amreen</b> +230 5903 6846 amreenellahee31@gmail.com Mauritius	I, Ellahee Seechurn Bibi Amreen testify that I completed a plant-based course with Heather Drummond in October 2022 in Lux ,Le Morne, Mauritius. The content was on point and all research was readily available. I learned a tremendous amount and would recommend Heather Drummond to continue teaching this subject matter to others.
<b>Kerry Cartwright</b> +230-545-65556 kerry.dalton@gmail.com Mauritius	I Kerry-Leigh Cartwright testify that I completed a plant-based course with Heather Drummond in Tamarin, Mauritius. The content was on point and all research was readily available. I learned a tremendous amount and would recommend Heather Drummond to continue teaching this.
<b>Yasmina Kureembokus</b> +230-592-97485 yasmina@schindlers.mu Mauritius	I Yasmina Kureembokus testify that I completed a plant-based course with Heather Drummond in Port Louis Mauritius. The content was on point and all research was readily available. I learned a tremendous amount and would recommend Heather Drummond to continue teaching this subject matter to others.



# Testimonies 2

Contact	Testimony
<b>Francoise Gachet</b> +230 5749 7327 boemprod@gmail.com Mauritius	I Francoise Gachet testify that I completed a plant-based course with Heather Drummond in Mauritius in January 2023. The content was on point and all research was readily available. I learned a tremendous amount and would recommend Heather Drummond to continue teaching this subject matter to others and to train future teachers.
<b>Keshav Beezmohun</b> +230 5794 4358 kbeezmohun@gmail.com Mauritius	I Keshav Beezmohun testify that I completed a plant-based course with Heather Drummond in Mauritius in January 2023. The content was on point and all research was readily available. I learned a tremendous amount and would recommend Heather Drummond to continue teaching this subject matter to others and to train future teachers.
<b>Anoushka Apadoo</b> +230 581 94090 apadoo.anoushka@gmail.com Mauritius	I Apadoo Anoushka testify that I completed a plant-based course with Heather Drummond in Quatre-Bornes, Mauritius. The content was on point and all research was readily available. I learned a tremendous amount and would recommend Heather Drummond to continue teaching this subject matter to others.
<b>Saskia Cernel</b> +230-576-05930 saskiacernel@gmail.com Mauritius	I, Saskia CARNEL, testify that I completed a plant-based course with Heather Drummond in Tamarin, MAURITIUS. The content was on point and all research was readily available. I learned a tremendous amount and would recommend Heather Drummond to continue teaching this subject matter to others.
<b>François Rabe</b> +27-83-303-3535 mediamuleZA@gmail.com Mauritius/SA	Recently I attended and completed a plant-based course in Tamarin, Mauritius, hosted by Heather Drummond. I found the course informative, well-researched, on-point, and inspiring. The content was made available afterwards and all cited sources credible and easily available. I left my interaction with Heather enriched on a topic close to my heart and would recommend Heather Drummond to continue teaching this subject matter to others in an effort to make a difference.
<b>Neeteesha Luximon</b> +230-594-04271 nluxi19@gmail.com Mauritius	I, Neeteesha Luximon, testify that I completed a plant-based course with Heather Drummond in Tamarin, Mauritius. The content was on point and all research was readily available. I learned a tremendous amount and would recommend Heather Drummond to continue teaching this subject matter to others.
<b>Cherry Bouton Antonio</b> +230 5745 5354 Mauritius	I Cherry Bouton Antonio testify that I completed a plant-based course with Heather Drummond in October 2022 in Hôtel Lux le Morne, Mauritius. The content was on point and all research was readily available. I learned a tremendous amount and would recommend Heather Drummond to continue teaching this subject matter to others. Mauritius
<b>Ruksaar Jaddoo</b> +230-570-33737 ruksaar.jaddoo110896@gmail.com Mauritius	I Ruksaar Jaddoo testify that I completed a plant-based course with Heather Drummond in April 2023 in Mauritius. The content was on point and all research was readily available. I learned a tremendous amount and would recommend Heather Drummond to continue teaching this subject matter to others.
<b>Emeline Lopez</b> +33 7 66 84 17 65 pezlo.emeline@gmail.com Mauritius	I, Emeline Lopez, testify that I completed a plant-based course with Heather Drummond in Mauritius on 15th of July 2023. The content was on point and all research was readily available. I learned a tremendous amount and would recommend Heather Drummond to continue teaching this subject matter to others and to train future teachers.



25th July 2023

TO WHOM IT MAY CONCERN

I, Jade Elodie Bissessur, testify that I completed a plant-based workshop with Heather Drummond in Mauritius on July 19 2023. The content was on point and all research was readily available. I learned a tremendous amount and would recommend Heather Drummond to continue teaching this subject matter to others and to train future teachers.

A handwritten signature in blue ink, followed by a circular blue stamp. The stamp contains the JW Marriott Mauritius logo and the text "Human Resources & Training Department", "Coastal Road", "Le Morne Peninsula", and "Mauritius".

Sincerely,

Jade Elodie Bissessur



# THE LUX COLLECTIVE

October 25, 2022

## To Whom It May Concern

RE: Ecoshe Plant-Based Workshops

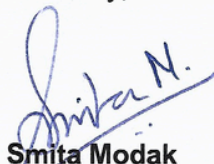
On behalf of The Lux Collective, I would like to thank Heather Drummond of Ecoshe for delivering their Plant-Based Workshops for our resorts in Mauritius. We had a total of 136 participants from LUX\* Grand Baie, LUX\* Grand Gaube, LUX\* Belle Mare, LUX\* Le Morne and Tamassa Resort that took part in this engaging workshop to understand the concept of plant-based nutrition, it's importance in the global context and the benefits it brings to personal health and well-being. These workshops were organized in line with The Lux Collective's Purpose: "We Make Each Moment Matter. We Care About What Matters" as we feel it is important for our Team Members to make healthier choices and also be in tune with the changing needs of our guests who are moving more and more towards veganism.

The feedback from those who participated was positive and many are curious to try a plant-based diet for themselves. The workshop encouraged participants to consciously reduce meat and alcohol consumption as well as reduce smoking, and a significant number have signed up to the one-month challenge that will be guided and monitored by Ecoshe.

With innumerable benefits to the environment, animal welfare, and well-being of our people; we highly recommend this workshop to any business, school, or community wanting to raise awareness on this topic and help people make healthier food choices.

We wish Heather and Ecoshe all the very best with their vision.

Sincerely,



Smita Modak



Group Head of Learning and Development and Talent Management



# Reviews



Harshinee Ramgoolam

I will take this opportunity to thank you for the huge amount of motivation you give through your words. **It really isn't difficult to cut down animal products** from your diet. I'm having a very good time being vegan!!



Anistha Soochit

I had been wanting to be vegan for a long time! **I can't tell you how happy I am** to have been part of this journey. Thank you so much Heather, to you, your family and team for making all of this happen.



Priscilla Mulliah Muttu

I am definitely adopting this way of life, **I feel so light and good**. My family and friends complimented me on the change on my skin and say I look more radiant



Shaneeza Fugurally

Veganuary **has changed the way I see food**. I wish to spread awareness.



Beatrice Lai

Thank you so much for the whole organization. **It was an incredible experience**.



Olivier Rayapen

**This was life changing**. I used to be out of breath and didn't feel like exercising. Now I am running 10km in the morning.



Saraspadhee Ayasamy

I am so grateful for this month of Veganuary, **I never knew about it before** but I'm glad I came across Heather Drummond



Sweta Ramkalawon

I am very proud to have been part of Veganuary and it was **the best way to start my 2022**. Both my fiancé & I are looking forward to the next initiatives.



Marie-France Ramjutton

Thank you for this presentation, **it was so informative**. I took this challenge out of concern for animals and learning that it will benefit me so much is great.



## Previous Course Pictures



After every Course we invite participants to be part of a group photo displaying our V symbol. This shows support for the vegetarian and vegan movement. Moral support or taking action, big or small.



## Previous Course Pictures









# Contact Me

I would be honored to share my research with you in this compelling course.

## Heather Drummond

Address: Le Barachois, Tamarin, 90901, Mauritius

Tel: +230 57772276

Email: [hello@ecoshe.com](mailto:hello@ecoshe.com)

Email: [heather@ecoshe.com](mailto:heather@ecoshe.com)

Website: [www.ecoshe.com](http://www.ecoshe.com)



heatherd.life



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ecoshe

