



Robert Bateman to Open the Total Health Show 2009

Renowned Canadian Painter and Naturalist to Speak at Metro Toronto Convention Centre

TORONTO: April 14, 2009 -- Renowned Canadian painter and naturalist, **Robert Bateman** will deliver the keynote speech opening the Total Health Show 2009, this Friday, April 17, at the Metro Toronto Convention Center. Bateman is one of the most widely recognized nature artists of our time and has been an active conservationist since the 1960's. His talk, entitled "Thinking like a Mountain," is an impassioned plea for a new conservationist consciousness and a fitting introduction to the theme of the show: "**Our Food, Our Earth, Our Communities.**" Embracing topics spanning from global concerns to personal well-being, Total Health 09 offers visitors a unique opportunity to learn about natural health, organic foods, sustainable energy and related environmental issues in one venue.

In his address, Bateman will discuss what he sees as a disturbing trend. "The essence of my presentation is that the next generation seems to be abandoning nature and the outdoors in general, instead spending their time staring at TV and computer screens. This is detrimental, not only for the body, but the mind and the spirit as well. There's all kind of research going on now to indicate that a connection with nature is a very healthy thing for your body, mind and spirit. But the trend is away from that."

"If kids spend a significant amount of their time out in nature, playing around, climbing trees, building forts or kicking around a ball, you get less obesity, less ADD, less depression, less suicide amongst teenagers, less alcohol abuse, less drug abuse, less bullying and higher marks," said Bateman, who worked as a teacher for 20 years. "If I asked you for a list of all the main problems affecting young people in society today, it's the same list."

But Bateman also sees reason for hope. "There have never been as many environmentalists as there are today. When I was growing up, there was no Green Party, and no Sierra Club. Now there are big, multimillion dollar groups like WWF and the Audubon Society, and there's far more activism and far more consciousness on the part of some, but it needs to spread a lot wider and become a movement. And the first thing we need to do is recognize that there is a problem, which is why I'm happy to come and give this talk at the Total Health Show," he explained. "I'm a firm believer in the philosophy that where there's a will, there's a way."

Mr. Bateman's awards are numerous and include Canada's highest honour, Officer of the Order of Canada. He has received ten honorary doctorates and is recognized by the Audubon Society as one of the 20th century's "heroes of conservation."

Other notable presenters at Total Health 09 include international ecologist **Dr. Vandana Shiva** from India, raw-food guru **Aris Latham**, *Nourishing Traditions* author **Sally Fallon**, former Health Canada scientist and food safety advocate **Shiv Chopra**, and more than 50 others. In addition, the show features more than 200 exhibits on a wide range of health, nutrition, and environmental topics.

Running all this weekend at the Metro Toronto Convention Centre, show times for Total Health 09 are:

Friday, April 17	4PM – 9PM	\$15
Saturday, April 18	10AM – 9PM	\$25
Sunday, April 19	10AM – 7PM	\$25

Full weekend pass **\$40**. All lecture tickets include Exhibit Hall. Exhibition Hall and Demo Stages Only **\$10** for the weekend.

Tickets available at the door.

For more information, call 416-924-9800, or toll free: 877-389-0996, or visit: www.totalhealthshow.com

Press Contact:

Eric Philpott

philpott | communications

philpott@philpott.ca

(905) 773-6651

www.philpott.ca

About The Total Health Show

Now in its 32nd year, the Total Health Show attracts an average of 20,000 attendees annually. The show has grown through three exciting decades thanks to a loyal and consistent audience, an expanding membership base, and a large number of repeat exhibitors and speakers who are leaders in their fields. Today, the Total Health Show is known throughout the industry as the platform to introduce innovative new products, and a world-class forum for experts in the fields of natural health, alternative medicine, environmentalism, sustainable development and organic foods.