

About Dr. Eric Llewellyn

Dr. Llewellyn takes a holistic view of nature, health and life in general. The vegetarian diet leads not only to physical fitness but also to the spiritual well-being of humanity.

For decades, Dr. Eric Llewellyn has devoted his life to developing and teaching the art of self-healing through holistic nutrition.

After graduating from the British College of Naturopathy and Osteopathy in London, Dr. Llewellyn received training in nutrition and holistic health with Dr. Philip Kilsby, a pioneer in holistic medicine.

Dr. Llewellyn also studied the crucial role of soil vitality in health and nutrition.

In the 1980s, Dr. Llewellyn founded Nature's Own, a company that has made pioneering contributions to nutrition through what he calls "re-natured" nutrients.

This innovation won him recognition from the prestigious Royal Society of Health, of which he became a respected member in 1997.

Then in 1998, Dr. Llewellyn joined the Scientific and Medical Network of the United Kingdom.