

CLOSING THE NATURE GAP



Humans are living beyond planet Earth's limits, as evidenced by Global climate change, loss of biodiversity, global pandemics, exhaustion of natural resources, socio-ecological problem. Reversal of such negative trends require rapid transformations toward sustainability.

The rise of technology may have distanced us from nature but it cannot change the fact that all of us rely on nature for our ultimate sources of living. Even if you live the city life, away from the oxygen-producing forests and natural water springs, every individual's practical actions impact their ecological footprint.

THE HIDDEN HORTICULTURIST

Dr. Anamika Borkar

**Professor,
Department of Conservative
Dentistry and Endodontics,
Gardening enthusiast,
In love with nature.**



"Nature is all around plants as close as being next door"

What got her into gardening: Her Parents.

About her Garden: Not species specific, variety of plants: thorny cactus, creeping money plant, aromatic turmeric, holy basil lemongrass to the ravishing aesthetic rose.

Whenever she is on an outdoor excursion and notices a plant, she takes twigs, cuttings or fallen seeds and plants them in her garden.

"Not just a possession but a stress buster"

She loves to sit in her garden early in the morning and finds peace.

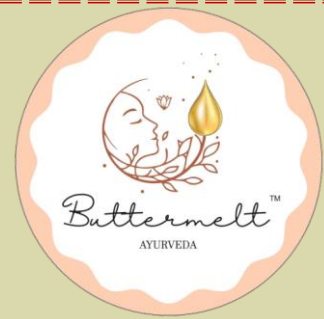
"Gardening washes away from the soul the dust of everyday life"

Biophilia Theory: Human beings have an innate need to connect with nature and natural organisms

WAYS TO CONNECT WITH NATURE

- Spend time in nature
- Relax near Water
- Watch the Sunrise and Sunset
- Learn about local Plants, Trees, wildlife
- Take a silent walk and open all your senses. Go for a run, cycle or hike.
- Get outdoors: Try camping or go for a picnic.
- Try Birdwatching
- Sit under the night sky
- Get involved in Gardening
- Connect with Animals
- Practice Mindfulness in Nature
- Get Involved in Conservation
- Maintain a Nature Journal

Reduce stress
Recover from illnesses
Rejuvenate



Life (ayu) is the combination (samyoga) of body, senses, mind and reincarnating soul

Inspiration behind the products:

Constantly being surrounded by trees, plants and herbs, I was always fascinated by their wonderful uses. My fascination about the most used fruit in the southern belts of Kokan -Kokam fruit drove me to designing these products.

Key Ingredients: Shea butter, Ciriama butter, Cocoa butter, Kokam butter

Buttermelt Ayurveda products:

1. Ubtan & Milk Nourishing Soap Bar
2. Skin Repair Under Eye Serum
3. Intense Glow Moisturizing Cream
4. Soothing Lip Balm
5. Crack Healing Foot

Benefits: Natural products with no side effects



"It is not the gift, but the thought that counts."

<https://buttermelt.in/>

@buttermelt.in

