



## CAN VEGANISM REVERSE CANCER?

BY MARIA LAVEENA



**Our instincts, Dr Nandita Shah avers, is to pluck and eat fruits, vegetables and nuts, but “never to pounce on a chicken”**

While oncologists resort to surgery, chemo or radiation therapy, vegan enthusiasts suggest a simple remedy for curing cancer—a change in diet. They believe that going vegan can reverse cancer, and other lifestyle-related diseases as well.

“Modern lifestyles predispose us to cancer mainly because of foods which are unnatural to our anatomy, as well as chemicals, plastics and altered foods. Refraining from the use of meat, dairy and all foods of animal origin, and eating only plant based foods, can reverse cancer,” says Dr Nandita Shah, founder of Sanctuary for Health and Reconnection to Animals and Health (SHARAN).

She advises people to rely on their instinct while choosing what to eat. “Horses eat grass and lions hunt. Animals eat by instinct. But we humans don’t know what is best for us. We eat what is advertised and not by instinct,” she says.

The human instinct, she asserts, is to pluck and eat fruits, vegetables and nuts, but “never to pounce on a chicken.”

“We don’t feel like suckling when we see a cow’s udders. We do not salivate when we see fields of wheat or rice. We have just learnt to eat these things and hence it causes diseases just as feeding grass to a lion would,” Dr Shah says.

Though vegans agree that proteins are needed for growth and repair, they feel today people are eating proteins way beyond their needs and are therefore suffering from diseases of protein excess, cancer being one of them.

“Protein is the food for growth and cancer is a growth,” she notes. “Breast cancers and prostate cancers are the most common cancers in the world, and these are hormone dependant cancers. With milk and dairy products, we consume hormones which predispose us to these cancers. The cow is a female mammal and naturally produces these hormones. It’s no surprise that breast and prostate cancers are more rampant than lung cancers, despite smoking being a common habit.”

Vegans only consume whole, organic plant based foods. By whole they mean unrefined, without any sugar or oil. They also keep away from white flour, white rice or processed foods. They also believe that vegetables and fruits should not be peeled.

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Esther Shanti, presently living in the United States, was dejected when her grandmother's thyroid cancer kept recurring. Overtime, due to radiation and pills, her grandmother also developed different cancerous growths on her face which had to be removed. She began a vegan diet advised by Dr Shah in January this year, and her health has improved tremendously in just three months, says Shanthi.

### Esther Shanthi's account

I was asked to make seven vegetable juices for the first three days. The juices were made of many vegetables—tomatoes, asparagus, cauliflower, turnip, broccoli, sprouts, carrots, beets, apple, ginger, lime and green pepper. In case she needed more, I would juice berries, avocados and kale (a type of cabbage).

My grandmother had been on pain killers for almost 15 years after an accident, and was never able to sleep the whole night through. But by day three of the vegetable juice diet, she was sleeping through the night and was completely off her pain medications.

After three days, we added whole grain and lentil soups into her diet, cutting back to four juices per day. She was on this schedule for about a month. Her food was devoid of oil, refined foods, sugar, meats, dairy and coffee.

By the end of the first week she had lost about 4.5 kilogram and her skin was visibly brighter. By the end of week two, she no longer needed her cane to get around the retirement community.

By the end of the first month, the tumor on her left side was completely gone and the ones in the back of the throat have considerably reduced in size. The oncologist says she won't need a tube in her stomach anymore. In fact, he said he could even take out the rest of the tumors in her throat.

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