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1344 Middle Country Rd, Centereach, NY 11720
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Dr. Nandita Shah Empowers Audi Reverse Chronic Diseases Throu Transformative Full-Day Wellnes

Thu, 03 Apr 2025



New York City, April 3 2025 —

Renowned physician and founder of SHARAN India, Dr. Nandita Shah, delivered an inspiring and transformative full-day seminar advocating the life-changing potential of a wholefood plant-based (WFPB) lifestyle. Held in front of an engaged audience, the talk focused on using food as a tool to prevent, manage, and even reverse chronic diseases such as diabetes, hypertension, obesity, and other conditions.

The morning session started with a refreshing green smoothie, made on a live counter to demonstrate the process of making the nutritious, healing breakfast drink - made with leafy greens, and free of dairy and additives. Dr. Shah emphasized the healing power of whole foods and the disuse of processed alternatives, citing their lack of fiber and added chemicals.

Highlights from the Seminar:

- **Acidity vs. Alkalinity:** Dr. Shah explained how an alkaline diet supports the body's natural detoxification and reduces inflammation caused by acidic foods like meat, coffee, and processed products.
- **Debunking Diabetes Myths:** Contrary to popular belief, she clarified that fat—not sugar—is the cause of diabetes, due to its role in insulin resistance. A WFPB diet, she stressed, can restore insulin sensitivity and reverse diabetes naturally.
- **Real-Life Success Stories:** Past attendees of Dr. Shah's 21-Day Retreat shared remarkable stories including eliminating medications, reversing diabetes and high blood pressure, and achieving sustainable weight loss.
- **Whole Food Plant-Based vs. Vegan:** Dr. Shah highlighted the distinction between simply being vegan and embracing a WFPB diet that avoids processed foods, oils, and sugars, focusing instead on nutrient-rich ingredients.
- **Personal Testimony:** Rakesh Bhargava, a participant shared that being vegan for 22 years had helped him survive two heart attacks and moved the audience with his powerful journey of healing—without medication, purely through a plant-based lifestyle.

To reinforce the message that plant-based meals can be both healing and delicious, the organizers prepared extensive, wholesome, and flavorful lunch and dinner options, offering a wide variety that left participants inspired. The meals showcased the versatility and richness of WFPB that food for health can also delight the palate.

Practical Takeaways:

- Green smoothies as a practical, energizing breakfast.
- Healthy swaps for common breakfasts—like oats with dates, tofu scramble, homemade gluten-free whole grain breads with nut and seed butters.
- Strategies for smooth transitions to plant-based eating, one meal at a time.
- A vibrant Q&A session addressed concerns on intermittent fasting, rice consumption, oil choices, and more.

The seminar concluded with a powerful message: chronic illness is not inevitable—it can be reversed by choosing the right foods. Dr. Shah called on attendees to become active participants in their health by embracing a lifestyle rooted in compassion, health, and sustainability.

The event was generously sponsored by longtime wellness advocates Suman and Shashi Kulkarni. Their commitment to holistic health made the gathering possible. It was proudly supported by I AM Metro New York (PPMNY) and World Vegan Vision (WVV), two organizations dedicated to supporting communities through the promotion of whole-food, plant-based lifestyles.

About Sharan & Dr. Nandita Shah:

Dr. Nandita Shah is the founder of SHARAN (Sanctuary for Health and Reconnection to Air and Nature), a pioneer in promoting disease reversal through plant-based nutrition. A registered practitioner and homeopath by training and a health revolutionary by passion, she has empowered thousands globally with her practical, science-backed approach to lifestyle medicine.

For more information about the event or future initiatives, please contact:

Rakesh Bhargava, President WVV, Email- rakesh.bhargava@mtreh.com, Ph: 516-484-001

