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Inspiring People To Prevent And Reverse Diseases!

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Dr. Nandita Shah is the Founder of SHARAN (Sanctuary for Health and Reconnection to Animals and Nature). Dr. Nandita Shah is a homeopath by profession. She puts more emphasis on inspiring people to learn how they can prevent and reverse diseases. She does this by helping them understand the myths and misconceptions about food. Most of the people who come to her PEAS vs PILLS workshops are interested in eating healthy foods. She explains how to make food healthier. Dr. Nandita Shah has many patients who have recovered from most of medical complaints. Dr. Nandita Shah is a registered homeopathic medical practitioner (L.C.E.H.) since 1981. She graduated from CMPH Medical College, Mumbai. She has been practicing classical homeopathy since 1981. She has also been teaching advanced homeopathy all over the world – USA, Western Europe, Brazil, Israel and India for the last 20 years and has presented papers in many International Homeopathic Seminars and Conferences.



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Dr Shah founded SHARAN in 2005 and conducts Health workshops in her role as SHARAN's Health Director. She believes each of us can be our own best doctor most of the time. For the past 7 years, she has presented the Peas vs Pills workshops in India, Ireland, Italy, Denmark, Germany, Sweden, Switzerland, UK, and USA, to over 2000 participants inspiring others to make dietary and lifestyle changes resulting in positive health. She also conducts specific health workshops about Reversing Diabetes and Reversing Heart Disease and Hypertension as well as corporate workshops.

These workshops have been conducted in many major cities in India as well as in Bahrain. She also organizes and conducts training programs for doctors, lifestyle advisors, and conducts and organizes cooking classes. As a message for 14th November, World Diabetes Day, SHARAN (Sanctuary for Health and Reconnection to Animals and Nature) whose vision is a Diabetes Free India wants diabetic people to know that they need not lose hope

The number of diabetics in India is exponentially increasing but this trend can be reversed quickly if people were taught simple dietary guidelines and cooking techniques. The cause of diabetes is the increased fat content in food items. To reverse the trend, people need to consume more whole plant based foods.

Diets rich in vegetables, beans, fruits and whole grains will reverse the trend. The cost of diabetes in terms of medicinal expenses, morbidity and mortality are extremely high. In order to reach its goal of a Diabetes Free India SHARAN will hold talks and seminars in major cities in India throughout 2012 and 2013 about how to change the dietary habits and how to cook in a healthy way. For details view www.sharan-india.org

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