

Reversing lifestyle diseases



EVERYONE would like to have the freedom to do whatever they want without their bodies getting in the way - no colds, or coughs, fevers or other ailments. But most of us consider diabetes, hypertension and other lifestyle illnesses to be hereditary. Without batting an eyelid we go to the doctor and take the same prescription that many others before us have taken even though we know that it did not cure anybody. We just consider this a part of old age. And unfortunately, old age seems to be creeping upon us earlier and earlier every year. People are getting these diseases at the age of 35 or 40.

Is anything we can do? It's important to note that animals in their natural habitats rarely fall sick, and if they do they know exactly what to do to heal themselves. And more importantly, such animals are never obese. Ever seen an obese giraffe, horse or elephant? Are they really more intelligent than us?

No, says Dr Nandita Shah, founder of SHARAN India. We have instincts just as much as they do, but we just don't know how to use them. Our instincts are overpowered by intellect, social conditioning, habits that we've been taught, etc. Before we begin thinking, our parents have already conditioned us about what to eat. Going to the doctor is another habit. Man is the only animal that enjoys inventing and taking medicines.

However most lifestyle diseases, including diabetes and hypertension can be prevented and even reversed. Our body is constantly healing itself and all we have to understand is what the cause of diseases is, and how to remove it. And since the cause is never lack of medications, taking medications rarely reverses diseases.

Today humans eat anything. We don't really stop to think about what nature intended for us to eat. But if we

did, disease would be a thing of the past. We need to eat according to our instincts. If you have ever been to a farm or an orchard and seen the fruits and vegetables growing, you know that your impulse will be to pick and eat them. But if you see a hen walk by, does your mouth water? If you were a dog, your reaction would be the opposite. Today we have many people who are gluten intolerant. This is natural. Instinctually if you see a field of wheat, you are not drawn to pick and eat. Wheat and other such grains are not natural foods for our species though we have learned to eat them. Similarly, milk is the food that every mammal makes for it's young. And no animal in nature drinks and another animal's milk, nor do they drink their own mother's milk once they are grown. Why are humans the only animals that never get weaned?

But can we really live without these foods? And what would we then eat? Is it sustainable? Doctor Shah says it is possible. Today many enlightened people are eating to prevent and reverse diseases. From Bill Clinton to Bill Gates, Pamela Anderson to Amala Akkineni, everyone is doing it. And they are reaping the fruits as well. But, what about taste? Unbelievably, eating according to our instincts is the most pleasurable way of eating. And if you do it right, there's absolutely no reason to fall sick ever.

Diabetes and hypertension are lifestyle diseases and can be reversed permanently. In order to reach her goal Dr Shah conducts talks, workshops and seminars, cooking classes where people can learn how to prevent and reverse their disease.

Dr Shah has conducted several health seminars in Pune and will be conducting one on Reversing Diabetes and Hypertension in Pune on the 21st March.

More information
www.sharan-india.org

Be on a healthy track

Juggling between office, family and other things, working women often tend to ignore their diet. Here are the foods that a working woman must include in her diet to live a healthy life.

RAJANY PRADHAN

IS your diet taking a back seat and everything else apart from your own health is becoming your priority? If yes, then you must get onto the right track before it's too late. Eating a balanced diet is ensuring that you remain in good health not only when you are young but even when you grow old. Dr Jyoti Arora, dietician said,

"Women must make health their first priority. A working woman must have a balanced diet rich in vitamin C, Vitamin D, anti-oxidant, fibre and so on. Along with that she should also do at least 25 minutes of exercise daily and drink a lot of fluid to keep herself hydrated."

Skipping breakfast due to morning hour rush is a strict no. "Every woman must kick-start her day with a perfect diet. One should have one egg a day and those who don't eat egg can have paneer and besan chilla as they are rich in protein. Including curd and sprouts is also a very healthy option. In continental, one can have porridge, two-three almonds and two figs in breakfast,"

said Prof Neera Dhingra.

Taking light healthy snacks and drinks is a sure way to ensure good health. Prof Dhingra added, "Remaining hydrated whole day is important. One can have juice, nimbu pani, lassi and similar kind of liquid. If one is on desk job, then she should have high fibre diet and less calories. Sprouts and two servings of fruits are a good option. Pomegranate is rich in anti-oxidant so one should have it regularly."

Having oil in less quantity is also a key to good health. "One should have oils which are good for heart. Mustard oil is also good for health. One spoon of ghee a day is also healthy. One should not have more than two teaspoons of oil in a day. Including carrot, onion, cucumber, tomato, radish, etc. in salad everyday is a must," highlighted Prof Dhingra.

Adding more to the healthy diet list, Dr Jyoti Arora said, "Iron is also crucial for a woman so one must have coriander, spinach as they are good source of iron. One should have whole fruits. But now as people are scared to eat the peel due to pesticides one can wash the fruit in lime water or vinegar water. Also one can soak the fruit in salt or lemon water for 15 minutes and then have it."

Another healthy eating tip is to have small sips of water in between meals and not to gulp down a lot of water as it slows down the digestion process. So now as you have all the tips in place, follow them and be in good health.



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