

ISSUE 65 | JULY/AUGUST 2021

VEGWORLD

MAGAZINE



The Diversity Issue

Dr. Saray Stancic
Knows What's
Missing In Medicine

Actress & Animal Rights
Activist Justina Adorno
On Her Gritty New Role

Highlights From The
Upcoming Himalayan
Vegan Festival

DR. NANDITA SHAH

BY KARIN OLSEN / PLANT POWER PRODUCTIONS

Whether it's her work with Farm Sanctuary, creating SHARAN, or her best-selling books, this doctor truly lives out her oath to do no harm.

World-renowned speaker, author, and physician Dr. Nandita Shah grew up vegetarian, not knowing the ramifications of a diet that includes dairy and eggs. In 1989, four years after earning her medical degree, she realized her diet was not in line with the physician's oath "first do no harm," the discrepancy prompting her to become vegan for ethical reasons. "I became a doctor to reduce suffering, and when I became aware of the tremendous suffering we inflict on fellow creatures used for food, I had to make the connection."

Citing the dairy industry's inherent animal abuse and lies that prompted her shift, Dr. Shah says she was surprised and saddened to realize how a cow suffers through repeat impregnations and loss of her offspring so humans can have her milk. The abuse propagated and compounded by the dairy industry's homogenized stories and lies told to sell products.

A desire to learn more about farm animals and their relation to humans prompted Dr. Shah to participate in an internship at the Farm Sanctuary in New York in 1999. The experience ultimately led her to create SHARAN (sharan-india.org), which stands for Sanctuary for Health and Reconnection to Animals and Nature. The vegan / whole-food-plant-based organization is estimated to have impacted more than 100,000 lives





SHARANTM

www.sharan-india.org

in India and worldwide through an extensive service lineup, including professional training programs, retreats, individual health consultations/disease reversal guidance, and cooking classes.

"We have much to learn from animals and nature," Dr. Shah says. "Animals and nature know how to be well, so how come we don't?" Answering her question, she says, "Part of the reason is, we are not eating and living the way we were designed to by our culture, society, education, family. If humans ate by instinct and not cultural influences, nobody would eat animals." Describing it in universal, real-world terms, she says, "Nobody's mouth waters when they see a chicken or a goat or a cow walk by, right? And nobody's mouth waters when first given cow's milk. Every baby loves their mom's milk, but when you give them cow's milk, no baby appreciates it, but then mom adds cocoa, sugar, and then the baby becomes addicted to it."

Further emphasizing social influence, Dr. Shah says, "If you allow the child to eat whatever they want, they will try cheese or something that their friends are eating, but they will not like it. They spit it out. Society conditions us to eat all sorts of things that are not our food at all. It's like filling a car that takes petrol with the highest quality of diesel – there's not a lot of value."

"My goal is to let people know plant-based diets are the healthiest if done properly and for vegans to know how they can be

at the highest health potential so that we don't have all the problems we have today. We are making ourselves sick by doing the wrong things. French fries and Coke are vegan, too, but not healthy. We need to go back to nature and think in a way that nature would have expected us to think so to be healthy and reverse disease."

Dr. Shah authored the best-selling book, "Reversing Diabetes in 21 Days," and believes being vegan and eating raw foods can prevent and reverse other chronic health issues and diseases, including depression, hypertension, heart disease, and cancer." Dr. Shah offered "Thank you Cancer" author Megha Bajaj's powerful story to emphasize the point. "Before a live interview with me for her "Wonder of Words" talks, Megha shared why she believes in plant-based diets and follows SHARAN. After doctors told her mother she had stage-four breast cancer and only three months to live, she experienced a dramatic reversal by changing to a plant-based diet, ultimately turning her health around and regaining her life."

As for herself, Dr. Shah says she rarely, if ever, gets sick and feels this could be the case for everyone. "If we eat food that nature designed for us, it's hard to get sick. I've been vegan for so many years, and I almost never get colds, coughs, headaches, fevers, or anything like that."

When asked about her favorite, easy, health-building recipe, she says, "I have a green smoothie every morning with only

LIFESTYLE

green leaves, bananas, and any other fruit. It works every time, and one of the reasons it works is it is so simple. I advise against protein powders because we have no shortage of protein. The problem with most people is we have excess protein, and excess protein causes a whole range of diseases including osteoporosis, kidney disease, gout, and cancers as well as allergies and auto-immune diseases."

When the topic turned to juicing, she advises on having whole foods instead."We advise having a whole food plant-based diet and whole means you don't take out the fiber. You need the fiber from whole vegetables and fruits to clean you out. So many people are going for detox, and why would you juice when you can detox every single day of your life by having those fibers." However, she says that doesn't mean she never uses juices. "We do use juice for detox sometimes, and we do use juice when someone can't eat solid food, or they are drinking through a tube."

Learn more about Dr. Shah's health programs, recipes and resources at sharan-india.org.



THE HIMALAYAN Vegan FESTIVAL-2022

& The World Vegan Organisation's
7th Annual International Conference

VEGWORLD is thrilled to be the worldwide media sponsor of the inaugural Himalayan Vegan Festival and The World Vegan Organisation's 7th Annual International Conference in Kathmandu, Nepal, April 15-17, and in Thimpu, Bhutan April 18-20.

As part of the countdown to next year's events, VEGWORLD launched a profile series showcasing event speakers, sponsors, and organizers. In this issue, we feature world-renowned speaker, author, and physician Dr. Nandita Shah and vegan master baker and restaurateur Jajah Totiencha. We previously featured Abhishek Sinha, CEO of GoodDot, India's leading homegrown mock meat brand, and Kuntal Joisher, vegan mountaineer and two-time Mt. Everest Summitter. In conjunction, VEGWORLD is also planning a Facebook/IG live interview series. Dates and times to be announced. Also, be on the lookout for ways to win passes to the event. VEGWORLD will give away two pairs of all-inclusive Patron's Passes and Packages for the festival, including three days/three nights in Kathmandu and the same package in Thimpu, courtesy of VegVoyages Foundation.