



IN DEVELOPED COUNTRIES MOST PEOPLE WITH DIABETES ARE ABOVE THE AGE OF RETIREMENT, WHEREAS IN DEVELOPING COUNTRIES THOSE MOST FREQUENTLY AFFECTED ARE AGED BETWEEN 35 AND 64

Health without medicines

India-based non-profit organisation SHARAN is driven by the belief that all life on the planet is interconnected, and by reconnecting we can heal ourselves and the Earth. Apart from working towards general good health, its programmes help you reverse a number of lifestyle diseases and even get off medications completely. Two of these will be hosted in Dubai this month

Our body is always acting in self-preservation, and speaks to us through symptoms. Symptoms indicate that there is a problem and that we should take action to remove the cause. For example, a back pain that limits movement may be the body's way of saying that that particular movement is harmful. Taking painkillers rather than avoiding the movement may cause the condition to become chronic. Similar logic applies to almost all diseases. Getting rid of a symptom temporarily, as it happens in modern medicine, without getting to the root of problem will cause future complications. Sanctuary for Health and Reconnection to Animals and Nature (SHARAN) is a non-profit organisation striving

to spread awareness about holistic health and an ecologically sustainable compassionate lifestyle. It was founded in 2005 by Dr. Nandita Shah with the vision of helping people connect to animals and nature in order to heal themselves and the planet. The organisation consists of a growing group of doctors and professionals whose mission is to empower you to look beyond short-term cures by making long-term lifestyle changes in order to be as healthy as possible for the rest of your life. Dr. Shah is a registered medical doctor, specialised in homeopathy. She was brought up as a vegetarian and her vegan journey began in 1985 because of ethical issues. One of the turning points was Dean Ornish's book *Reversing*

Heart Disease. Ornish conducted long-term studies where patients were able to reverse their need for bypass surgery on an almost plant-based diet. "I became a doctor to reduce suffering and when I became aware of the tremendous suffering that we inflict on fellow creatures used for food, I had to make the connection," says Dr. Shah. In 1999 she moved to Auroville, an international township in the Indian state of Tamil Nadu, devoted to an experiment in human unity. It was also an opportunity to be in nature and closer to animals. After experiencing changes in her own health through a whole plant-based diet, and the health of several serious patients it became clear that treating with only good food was not only faster and more consistent in reversing diseases than homeopathy, but also less subjective. Dr. Shah also did an internship at Farm Sanctuary in New York to learn more about farm animals and their relation to us. This was an inspiration to start SHARAN.

EATING WHAT NATURE PLANNED FOR US
 "If we eat the food nature planned for us to eat its easy to steer clear of diseases," says Dr. Shah. This means whole, unrefined, natural, plant-based foods will help us keep the doctor away life long. A whole vegan diet is the pivot of SHARAN's health programmes. With its densely packed nutrients and fibre, and lack of cholesterol, the vegan diet improves health, and even allows people to wean themselves off prescription medications. "In addition to the health benefits, the experience of SHARAN has been that vegan diet brings about a change in the emotional health of the person as well. Many of our participants have experienced that fear, insecurity, lack of confidence, forsakenness as well as anger and violence and other stressful emotions dissolve just by making dietary changes, paving the way for personal and spiritual growth," says Dr. Shah. "Consuming foods from animal sources even in minute quantities brings back these negative feelings and the difference is clearly perceptible. Veganism, therefore, aligns us with our true values, which are compassion and oneness." »



Dr Nandita Shah

SHARAN WORKSHOPS IN DUBAI

Dr. Nandita Shah will be conducting two workshops in Dubai this month:

Friday, October 23: Reversing Diabetes and Hypertension seminar

Saturday, October 24: Eat Well Weigh Less

Timing: 9.00am to 5.30pm

Venue: The Balance Cafe, Oasis Centre

For more information, call Mitsu Bhatia on 055 9803132.

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Read about SHARAN's health programmes on the next page



features

SHARAN's Health Programmes



Modern medicine emphasises the immediate relief of symptoms. This is certainly life saving in emergencies, but getting rid of a symptom temporarily without getting to the root of problem, will cause future complications. Therefore, many diseases may benefit more from another approach.

The body and the mind act in unison. Physical symptoms may indicate the state of mind or vice versa. By reconditioning ourselves to connect to our minds and bodies, we can prevent disease and cure ourselves of any ailments we may have.

Based on the evidence that the healing power is inherent in the human body, SHARAN's health programmes focus on strengthening this innate healing consciousness in participants. So there is no medicines, surgery, supplements or extraordinary foods. Instead the focus is on giving simple, scientific information, tips and practices about what to avoid, how to prepare food to retain more fibre and nutrition.

The programmes aim to empower people to make the right food choices and take responsibility for their own health. The seminars expose the effects of choosing the wrong foods, teach the basics of nutrition, and demystify common health myths. Participants are inspired and empowered to make healthy food choices.

Dietary changes can prevent and cure diseases



1. DIABETES REVERSAL

If you have been told by your doctor that diabetes is irreversible and that you will have to take medications all your life, this programme will tell you how thousands of people have successfully come off medications and got their health back. This one-day seminar is based on scientific evidence and gives you practical guidelines about the best way to eat in order to re-create health. The disease reversal recommendations involve dietary and lifestyle changes only. They involve no medicines or drugs other than those prescribed by your doctor. You are likely to lose weight with the programme, especially if you are overweight to begin with.

2. HYPERTENSION REVERSAL

The programme for hypertension and heart disease reversal is based on the research of Dr. Dean Ornish. The disease reversal recommendations involve dietary and lifestyle changes only. The primary programme for hypertension reversal is a one-day seminar and it has enabled hundreds of people to successfully reverse their hypertension and coronary disease, claims SHARAN.

3. WEIGHT RELEASE

Excess weight is often a precursor to many health and lifestyle diseases like diabetes, hypertension, heart disease, etc. It is best to work on resolving the weight issue first and prevent any other complications that may occur as a result. SHARAN takes a holistic view of excess weight and addresses it from several angles such as changing your beliefs and knowledge to being more fact-based and holistic; managing emotional eating and negative thought processes; and getting in touch with your body's intuitive wisdom and learning to listen to it. You are taught: mindful eating, hunger awareness, balancing indiscretions, understanding packaging labels, developing healthy habits, dealing with cravings and irregular schedules.

4. PEAS VS. PILLS

This workshop is designed and presented by Dr. Shah to help you reclaim responsibility for your own health and prevent and reverse illness, through the understanding of human anatomy physiology and nature's laws. You will learn to listen to your body and respond accordingly.

*SHARAN also offers holistic nutrition consultations in person and via Skype/phone. Anyone who is interested in preventing diseases, reversing diseases or leading a healthy lifestyle can avail of them whether you have attended one of these seminars or not. For more information, go to www.sharan-india.org **

SHARAN UAE SUPPORT GROUP

This support group is open to everyone in the UAE who has attended any of Dr. Nandita Shah's programmes. It strives to lend guidance and support to those who wish to follow the whole plant-based lifestyle that Dr. Shah prescribes. Its first workshop was on Micro-greens, hosted by Jerold Abraham, a physiotherapist who is passionate about growing greens at home. The following workshop was by Katja Dammann, a nutritionist, who led a talk cum breakfast session on health and fitness. In the pipeline are farm visits, cooking classes, screenings of health films, potlucks and more.