

Reversing Diabetes

A Life-Saving Seminar

With Dr Nandita Shah

A Program based on Break Through Research by Dr Neal Bernard, MD, author of best-selling book *Dr Neal Barnard's Program for Reversing Diabetes*



Do you have diabetes? Would you like to reduce or eliminate your need for medications, lose weight, improve your cholesterol, and start living again?

You are invited to a 1- day program that will:

- Introduce you to a powerful lifestyle method that reverses most cases of type 2 diabetes
- Reduce the need for insulin in some type 1 diabetes as well.
- Our focus is on healthful foods, not medications. You will be eating many foods you may have missed for a long time such as fruits and dried fruits.
- Most importantly you will be given step-by-step guidance on how to make these lifestyle and diet changes in the structure of your own daily life.

The Innovative Program

Practical Guidance

With engaging lectures and simple tips, leading physicians will guide you to the new dietary approach to diabetes. You will learn the new method for reducing blood sugar and how to control your weight and cholesterol, conquer unhealthy food habits, and regain good health.

We will also teach you how to convert this knowledge of what you can eat into solid cooking techniques that you can use to modify your own recipes so that you can still eat most of the foods you love.

And just to show you the large variety that you can enjoy while reversing your diabetes we will serve breakfast, lunch and snacks.

Most diabetics get the same advice – reduce their sugar and carbohydrate intake, get some exercise. Despite following this they are on medications life-long. And despite the best of compliance, complications follow. But there is a way out.

Topics to be covered

1. What is diabetes and how is it caused. Rising Diabetes levels in India.
2. Why the foods we eat are causing diabetes.
3. Is diabetes really hereditary? Can it be reduced even if your whole family suffered from Diabetes?
4. How and why diabetes can be reversed with the correct foods.
5. How the diabetic complications can be reversed and the effects of these diets on other systems of your body.
6. How to implement this practically. What to eat at every meal, how to make flavourful meals that heal.
7. How to check for improvement, how to reduce medications, hypoglycaemia, vitamin B12 and vitamin D levels.
8. How to handle food cravings, and eat discriminatingly at social gatherings.



What Does It Mean to Reverse Diabetes?

Most people with diabetes find themselves on a road leading toward gradually increasing weight, slowly rising blood sugars, higher doses of medications, and worsening complications.

Reversing diabetes means reversing this trend. Blood glucose values that have kept rising month after month can begin to come down very quickly. Doses of medications that have risen again and again can come down, too. Symptoms, such as painful neuropathy-the nerve pains in the feet and legs-can improve and even disappear. We can tackle even severe weight problems, and heart disease can reverse.

If you have diabetes, don't miss this opportunity to attend this seminar and learn how you can start living again.



Dr. Nandita Shah, a registered homeopathic medical practitioner since 1981. She has been practicing classical homeopathy since 1981, first in Mumbai as a private practitioner and then at the Quiet Healing Centre in Auroville since 1999. 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 also presented papers in many International Homeopathic Seminars and Conferences.

She founded SHARAN in 1995 and conducts Health workshops in her role as SHARAN's Health Director. These workshops are being conducted in Auroville, Mumbai, Bangalore, Calcutta, Hyderabad as well as in Europe and the US, and have helped many people reverse their diseases and embrace positive health. At least 1500 people have attended these workshops on health, and another 4000 people have attended her short talks.



About Sharan India

All proceeds from the workshop go to SHARAN - Sanctuary for Health And Reconnection to Animals and Nature. We are a non-profit organization with the goals of spreading holistic awareness and an ecologically sustainable compassionate lifestyle.

Visit our website: <http://www.sharan-india.org>