

A workshop presented by a doctor to help you take responsibility for your own health and prevent and reverse illnesses.



Are you interested in understanding the language of your body, so that you can prevent and cure most illnesses, including obesity, heart disease, high blood pressure, diabetes, asthma, cancer, digestive problems, menstrual and menopausal problems, joint pains and backaches, psychological problems?

Would you like to take charge of your health instead of relying on doctors and medicines?



Do you want to discover the healthiest diet for your body and learn how to prepare tasty and healthy meals that heal?

If the answers to the above questions are yes, this workshop is for you!

Nature's wisdom surpasses that of any doctor. The Peas vs. Pills workshop is about preventing and reversing illnesses through the understanding of human anatomy, physiology and nature's laws. Learn how to listen to your body and how to respond accordingly.



Presented by Dr Nandita Shah.

Dr Shah has been practicing homeopathy in India for over 25 years. She believes each of us can be our own best doctors most of the time. For the past 4 years, she has presented these workshops in India, Ireland, Italy, Denmark, Germany, Sweden and Switzerland, inspiring others to make dietary and lifestyle changes resulting in positive health.

Proceeds will go to SHARAN - Sanctuary for Health And Reconnection to Animals and Nature – a non-profit organization with the goals of spreading holistic awareness and an ecologically sustainable compassionate lifestyle.



SHARAN

Sanctuary for Health And Reconnection to Animals and Nature

“ what people say about Peas vs Pills ”

“Everything was so simple and made so much sense about how to be healthy simply by eating how humans were meant to eat... recognizing how our bodies work and why, and applying a diet according to this knowledge. I am not even close to kidding when I say that I had the best lunch that I can remember ever having... and I thought hard about a lunch that was better than today's... Every single thing I ate tasted so good and made me feel so excellent... It was such an amazing lecture and my brain is very full of new food possibilities...”
– Adam

“The workshop has certainly affected my mindset, and I am committed to severely lessening the meat and dairy products in my diet. I feel comfortable with this commitment and feel now that I can find the support I need (mainly the recipes) to be mostly vegan/vegetarian. I see now that not only does it destroy the environment and is completely inhumane for animals, but it also affects my body and mind.”
– Kelly

“There were a lot of things I already knew from the workshop (as for years already I have been eating whole foods, for example). But the rest of the information went into my subconscious or something, and its like there has been a shift in my consciousness... I feel it printed in me now, like a change of program! ... And one of the greatest things I've learned is to listen to my body, and eat what I feel like, and only when I am hungry! What a difference! I have lost quite some kilos, without effort, and fit again in old pants I couldn't wear for years!!!”
– Anna

“This workshop has made a big impact on me. Thank you!”
– Monica

“Thank you for the very interesting and confronting seminar. I think it was fantastic and while I knew a lot of the issues with eating animal products, you have given me that final push to change my lifestyle. Thank you for a very educational day!”
– Erin

“I can't tell you how happy I am that I attended such a wonderful and informative workshop. I feel ashamed that I have ignored these issues for so long. Besides the animal rights issues, hearing about how bad dairy products are for the human body was very shocking indeed, but it all makes complete sense. Anyway, I am so glad I came to your workshop, it really has changed my life.”
– Susie

“Thanks for conducting such a wonderful workshop. It was very informative and the food was nothing short of amazing. I am sure I would have a lot of questions as time goes on and I try to change further my already-changing food habits.”
– Karthik

“Your workshop was extremely informative and we really appreciate the enthusiasm and goodwill with which you are helping us all.”
– Yogesh

