

# Reversing Diabetes

A Life Saving Seminar in Mumbai

Sunday, March 14, 2010

With Dr Nandita Shah and Dr. Rupa Shah

(A Program based on Break Through Research by Dr Neal Bernard, MD, author of best-selling book Dr Neal Bernard'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?

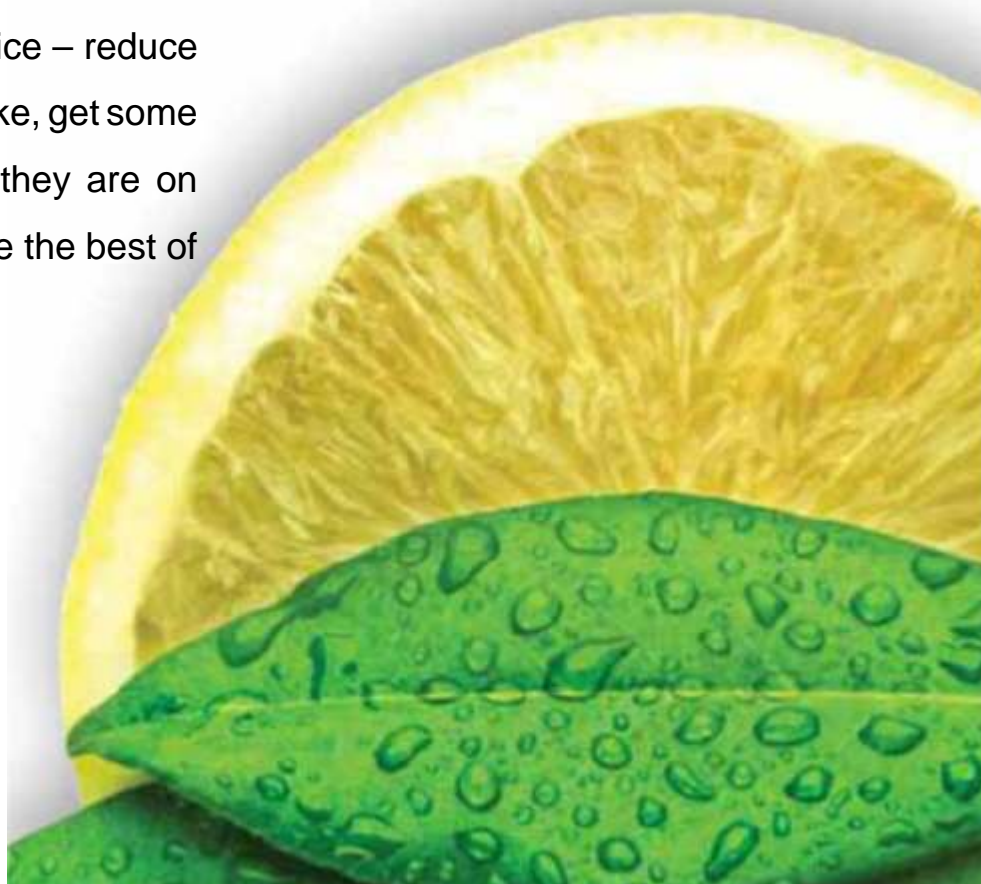
**You are invited to a 1- day program that will:**

- 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 program is based on breakthrough research led by Neal D. Barnard, MD, author of the best selling book Dr. Neal Barnard's Program for Reversing Diabetes, as well as research and experience of by many other medical doctors such as John Mc Dougall, Joel Fuhrman and more.

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.



# The Innovative Program

## Practical Guidance

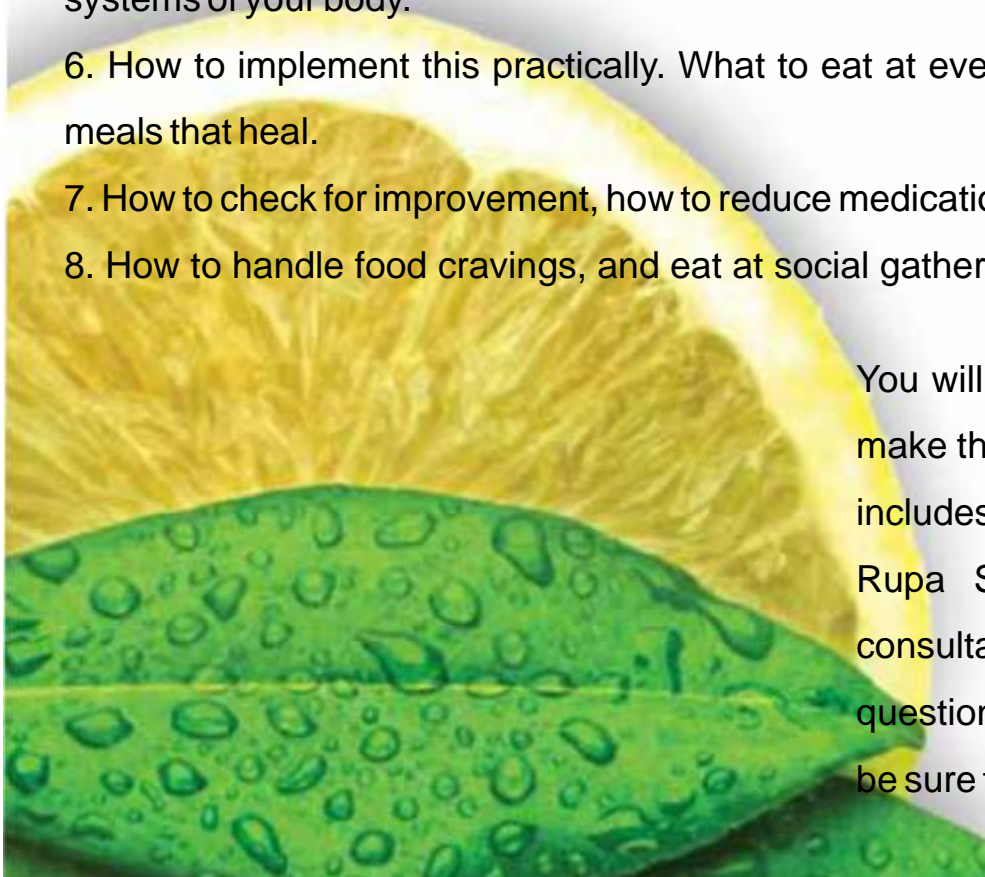
With engaging lectures and simple tips, leading physicians will guide you to the new dietary approach to diabetes. You will learn the new method for reducing blood sugar and how to control your weight and cholesterol, conquer unhealthy food habits, and regain good health.

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.

## Topics to be covered in the program

1. What is diabetes and how it is 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
8. How to handle food cravings, and eat at social gatherings.



You will get a sample diet chart to help make the transition easy. The workshop includes a follow up consultation with Dr Rupa Shah as well as two phone consultations so that you can solve the questions which may come up later and be sure to reverse your diabetes.

## Course Instructors

**Dr. Nandita Shah** is a homeopathic physician, who has used this method extensively with her own patients. In order to dispel the myths that healthful food may be a deprivation or that they will not be tasty, Dr Shah conducts cooking classes side by side with her own health workshops. She has taught extensively, both in India and abroad. She is the founder of the organization SHARAN.



**Dr Rupa Shah** is an allopathic physician by training, but has opted to make, research & practice Indian Flower Remedies. She also practices Lifestyle Medicine where she advises her patients on lifestyle modification, diet & exercise for prevention and reversing diseases. Healthy vegan diet is what she chooses to recommend to all her patients to reverse various diseases along with flower remedies. She is the Director of Healin' Temple, which is a holistic healing center.



## 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.**

## When

14<sup>th</sup> March 2010, 9am – 5 pm

## Where

Times Tower 6<sup>th</sup> floor, Kamala Mills Compound, Lower Parel

## Registrations and Enquiries

1. Poornima Acharya: 9820221998,
2. Capt. Rakesh Srivastava: (022) 28408751, 98339 88287
3. Mr David Soares: (022) 22047596

## Program Fees

The fees are structured so that you can easily come with those you live with.  
Its important for people who eat with you to understand why these changes can heal.

1 person: Rs. 2000

A couple: Rs. 3250

One family (3 – 4 members): Rs. 5000

Group rate – 4 friends: Rs. 6000

**Program Repeaters** Rs. 1000

This is a special seminar, adapting the scientifically researched techniques by Drs Neal Bernard, John Mc Dougall, Dean Ornish etc to the Indian context. Topics discussed will be linked to our practices, social customs and cooking traditions in Indian homes. Solutions will be provided so that we can evolve our daily practices from where they are currently, to being empowered actions which address root causes and become a solid base for healthful living from our very own homes and kitchens.

To **reserve your place**, cheques in favour of SHARAN or payments to be sent to

Capt. Rakesh Srivastava  
42/A, Shruti, Yashodham Enclave, Gen. AK Vaidya Marg,  
Goregaon (East). Mumbai 400063



SHARAN