

Reversing Heart Disease and Hypertension

A Life-Saving Seminar

With Dr Nandita Shah

A Program based on Break Through Research by Dr Caldwell Esselstyn, MD, author of best-selling book *Prevent and Reverse Heart Disease*, and Dr Dean Ornish, author of *Dr Dean Ornish's Program for Reversing Heart Disease*



Do you have hypertension, angina, coronary artery disease, a stroke or have you been advised a bypass surgery or angioplasty? Would you like to reduce or eliminate your need for medications, lose weight, improve your cholesterol levels and lipid profile, reduce your need for a bypass surgery/ angioplasty and start living again? Or perhaps you have already had a bypass or angioplasty and want to avoid future interventions?

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

- Introduce you to a powerful lifestyle method that reverses most cases of heart disease and high blood pressure caused by clogging of the arteries and high cholesterol and abnormal lipid profiles.
- Reduces the need for blood thinners, anti-hypertensives and cholesterol reducing drugs.
- Our focus is on healthful foods, not medications. However it's not about deprivation, but a new way of eating that you can enjoy.
- 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.

Practical Guidance

With engaging lectures and simple tips, Dr Shah will guide you to the new dietary approach to these problems. You will learn the new method for reducing blood cholesterol and blood pressure, and to make your blood as fluid as it should be without the need for thinners. You will be able to see these changes yourself. Your weight will reduce if you are overweight without counting calories or starving yourself. And you will be able to control your blood sugar too (if you are a diabetic), conquer unhealthy food habits, and regain good health.

You will also be shown how to convert this knowledge of what you should 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 disease we will serve breakfast, lunch and snacks made by using recommended healthy food and cooking methods.

Most heart patients and hypertensives, and stroke patients get the same advice – to stop smoking, reduce their meat intake, or to eat fish and chicken only, to cut down on salt and fried foods, and to get some exercise whilst allowing moderate intake of alcohol. Despite all this they are on medications life-long, and progression of the disease, complications, and sequelae inevitably follow. But there is a way out.

Topics to be covered

1. What high blood pressure, angina, heart disease and stroke are and how they are caused. Why these diseases are the single largest cause of death in the developed world including urban India.
2. How the foods we eat are causing these diseases.
3. Is heart disease and hypertension really hereditary? Can your risks be substantially reduced even if your whole family suffered from this?
4. How and why these diseases can be reversed with the correct foods and cooking methods.
5. The effects of our recommended 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, getting regular check ups. Monitoring your vitamin B12 and vitamin D levels.
8. How to handle food cravings, and eat discriminatingly at social gatherings.



What Does It Mean to *Reverse* Hypertension and Heart Disease?

Most people with hypertension find themselves on a road leading toward gradually increasing doses of medications. Patients of bypass surgery or angioplasty are told that they will probably need similar procedures to be repeated in another few years unless they make major lifestyle changes. But what these changes are, how to make them, and how much they will prevent recurrence, is not always made clear.

Reversing heart disease and hypertension means reversing this trend. Blood pressure, cholesterol and lipid values that have kept rising begin to fall. Doses of medications that have incrementally risen will come down, too. Symptoms, such as tightness in the chest and throat can improve and even disappear. And other problems like diabetes will also concomitantly reverse due to this diet.

If you or a loved one has these diseases, 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>