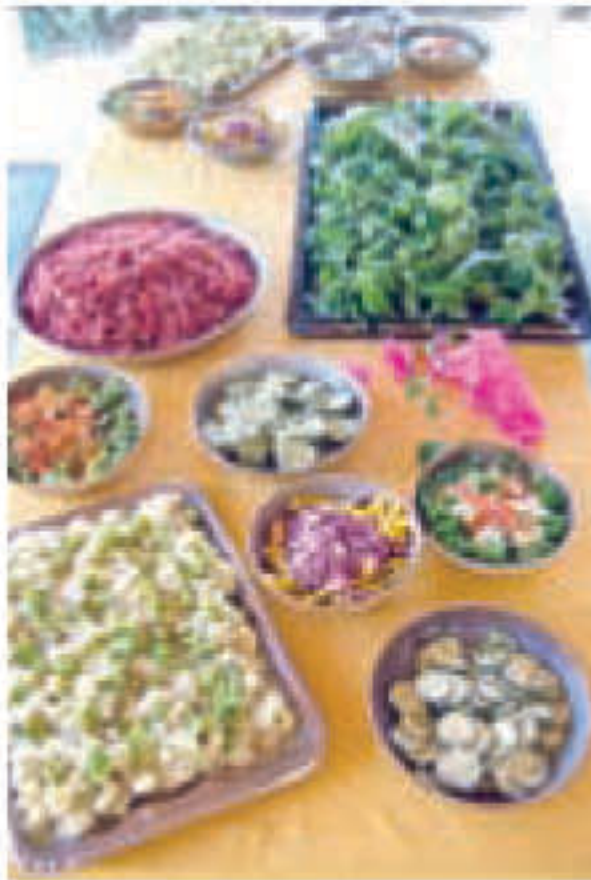


Peas vs Pills

take charge of your health • discover tasty meals that heal

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



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?

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 doctor 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.

When : Saturday, 30th May. 9 am – 9 pm

Where : Sheraton Park Tower, 101 Knightsbridge, London, SW1X 7RN

Price : £120

Bookings : 020 8931 0030 or PeasVPills@shambhus.co.uk

The workshop includes breakfast, lunch, 3 course evening meal & course materials.

Sponsored by **The May Network.**



SHARAN

www.sharan-india.org