

Concept and Description document

## 21 DAYS DIABETES REVERSAL RETREAT

**FREE pilot programme**  
from 16<sup>th</sup> May to 6<sup>th</sup> June 2010  
at Our Native Village, Bangalore, India.



*our* <sup>TM</sup>  
*native village*  
eco resort for holistic health

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## BACKGROUND

Some astounding work has been done globally by reputed doctors, where some diseases in general and diabetes in specific have been reversed – not using medicines, but by using a nutritional path. These doctors include Dr. Simon Campbell<sup>1</sup>, Dr. John McDougal<sup>2</sup>, Dr. Neal Barnard<sup>3</sup>, Dr. Gabriel Cousens<sup>4</sup>, etc. In India, similar work has been done by Dr. Nandita Shah, along with Dr. Neal Barnard.

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 even heart disease can reverse.

Now, for the first time, a 21 day diabetes retreat will be held at Our Native Village<sup>5</sup>, an Eco retreat just outside Bangalore city. The retreat will attempt to reverse diabetes through a nutritious plant-based diet for a maximum of 20 resident in house guests. This pilot study will be led by Dr. Nandita Shah.

## HOLISTIC HEALTH

All the programmes conducted globally by the eminent doctors mentioned above have focused on the nutritional aspect only, and have achieved phenomenal results. In the pilot study at Our Native Village, we will be taking the **holistic health** path. While nutrition will be at the heart of the programme, it will be supplemented with Yoga, Meditation and Reflexology, to ensure that total healing takes place. There will also be knowledge-building workshops on Mind-Body, Energy Medicine and Soul Sciences.

This will be a first one of its kind in the world.

## COSTS FOR THE PROGRAMME

There will be no cost for the participating guests. This pilot programme will be jointly funded by Our Native Village, Dr. Nandita Shah, Dr. Neeta Dharamsey, Sampurnah, and the Soul Spa. At the end of the programme, if the participants wish, they may contribute a gratitude fee. This is completely voluntary and not mandatory.

Our Native Village will be approaching prominent corporates to part fund the programme. Any contribution from any other source to fund this programme will be welcomed by the organizers of this programme.

## CONTENTS OF THE 21 DAY PROGRAMME

The main stay of the 21 day programme is nutrition. Participants will go through a nutritional programme that will be plant based whole food with a low fat component.

Along with this, they will also go through holistic healing practices like Meditation, Reflexology and Meditation. With the Reflexology, participants will gain an understanding of the pressure points to access to stimulate the pancreas. Yoga, while calming the mind will also provide gentle exercise and toning for the body. Meditation will help release stress, and create an internal environment to hasten the process of healing.

### NUTRITION BASED HEALING

The low fat plant-based whole food will help the body (physiology) reverse the diabetes. The role of plant based foods in reversing disease, has been known for decades. The definitive role of animal based proteins in propagating diseases has also been documented by researchers for decades. With the finely planned nutritional intervention during the 21 day programme, guests give themselves the chance to tune into food as a medicine and a quick disease reversal tool. There will not be any restrictions on the quantity of food that guests can take during a meal. All meals will be delicious, tasty, and healing. A lot of research exists on the subject of nutrition and healing diseases. A list of suggested reading is given at the end of this document.

There will be engaging lectures, cooking classes and simple tips on the dietary approach to diabetes. Interactive sessions with the doctors, daily tests and consultations to reduce medication will make this a well supported process.

Ancient and modern science has acknowledged and proven the link between the body, mind and spirit. It is futile to treat one without addressing the other.

### KNOWLEDGE BUILDING WORKSHOPS

With the aim of providing a holistic experience for the participants, there will also be interesting knowledge building workshops on Energy Healing, Healing with the Mind, and powerful root-cause healing therapies of Past Life Regression and Rebirthing Breathwork conducted by different facilitators.

### RECREATION

Participants will enjoy inspirational films, walks in the countryside, simple village games like kite flying, swimming, bonfire in the evenings, time to relax or read and are allowed weekly visits from their families.

## PROGRAMME LEADERS

While Dr. Nandita Shah along with Dr. Neeta Dharamsey will provide her expertise on the nutritional aspects, two institutions – ‘Sampurnah’ and the ‘Soul Spa’ from Our Native Village will provide their expertise in the fields of Integrative Medicine and Soul Sciences respectively.

### DR. NANDITA SHAH

A homeopath from CMP Homeopathic Medical College Mumbai, she graduated in 1981 and has been practicing homeopathy ever since. Her first years of practice were in Mumbai city, and since the past 11 years she has been working at the Quiet Healing Centre in Auroville. Dr Nandita Shah has been practicing homeopathy in India for over 30 years.



Studying natural healing systems has always been a passion for Dr Nandita Shah and since the past 6 years she has been helping her patients get off medications for short- and long-term health problems like heart disease, hypertension, diabetes, obesity, asthma, digestive ailments, joint complaints and menstrual and menopausal problems, and enjoy real health through the understanding of natural eating and diet. She believes in putting the responsibility of health back in the hands of the patient, where it should be.

By adopting simple dietary and lifestyle changes, her patients have achieved astonishing results, often reversing illnesses. By understanding human anatomy, physiology and nature’s laws many illnesses can be prevented and reversed.

Dr Nandita Shah is the founder of the organisation SHARAN (Sanctuary for Health and Reconnection to Animals and Nature), and organisation dedicated to the betterment of the planet and all the species on it.

For the past 5 years, she has presented the Peas vs Pills workshops in India, Ireland, Italy, Denmark, Germany, Sweden and Switzerland, UK, USA, etc inspiring others to make dietary and lifestyle changes which make a positive difference. Now she is also giving specialised seminars like Reversing Diabetes and Overcoming Obesity. In Oct – Nov 2009 she co presented Reversing Diabetes seminars along with Dr Neal Barnard of the Physicians Committee of Responsible Medicine in the US. Dr Neal Barnard is the award winning author of *Dr Neal Barnard’s Program for Reversing Diabetes*.

### DR. NEETA DHARAMSEY

A homeopath (DHMS) from Anand, Gujarat, she has been practicing homeopathy in Mumbai for 25 years. Homeopathy is her passion. She believes that meditation, communication skills, yoga, and a nourishing plant based diet de- stress the mind and body, and help maintain health. She also believes in stopping the use of chemicals in all walks of life, for our own health and to support all life forms on the planet; creating a better environment. Dr Neeta believes that life is a school and we can learn all the time. She has gained a lot of experience with treating her own very ill father by taking him out of the hospital and treating him by understanding natural processes. Her own thinking has evolved through this and now she has experience with many patients as well who have recovered both with homeopathy and a whole food plant based diet. She herself has gone a step further and eats only raw foods now. We can gain a lot from her experiences.

## OPERATIONAL DETAILS

- 1) The pilot study will start on the 16<sup>th</sup> May 2010, and end on 6<sup>th</sup> June 2010.
- 2) A maximum of 20 volunteer guests will take part in this programme.
- 3) The programme is residential and will happen at Our Native Village.
- 4) Guests will not be allowed outside guests to visit them during the week.
- 5) Every Sunday will be a family day, when a pre agreed number of family members will be able to visit and spend the day with the guests.
- 6) The 20 guests will be accommodated in the rooms of Our Native Village on a twin occupancy basis.
- 7) Guests will be pre-screened to understand all aspects of their diabetic condition, before they are accepted for the programme.
- 8) Guests will have to check in on the 16<sup>th</sup>, after lunch. A whole panel of tests will be conducted until lunch time on the 17<sup>th</sup>, to establish their present condition (base line).
- 9) All tests will be repeated at the end of the test also to measure progress.
- 10) Doctors on the resort will monitor the progress of the guests on a daily basis along with the blood sugar level.
- 11) All guests will continue their regular routine medication as they start the programme.
- 12) Based on the progress they make, and in consultation with the guests, their medication levels will be adjusted by the doctors.
- 13) Following the strict nutritional programme is intrinsic to the programme – all guests will have to adhere to this in totality.
- 14) No food or drinks will be allowed from outside.
- 15) Guests will have to abstain from use of tobacco, drugs, and alcohol during the course of the 21 days
- 16) No animal based foods will be served.
- 17) Time has been allocated for rest.
- 18) Fun, laughter and joy play a large part in holistic healing programmes. At this retreat, you will get to play a lot of rural games, do some pottery, go on bullock cart rides, sing and dance around a fire, etc.
- 19) All guests who enroll for this programme will have to do the complete 21 days. Those who cannot spend the 21 days should not enroll.
- 20) Bags and rooms will be checked periodically for food and pills other than conditional medication.
- 21) This programme will be conducted in English. Hence all participants should be able to understand and communicate in English.
- 22) Laundry can be given once a week. It will take 2 days to come back.







## EXPECTATION OF RESULTS

Those participating in this programme can expect the following results;

Condition	Expected results
Type 1 diabetic	Reduction of insulin intake & consequent complications. Some may reverse completely.
Type 2 diabetic	90% chances of reversal of the diabetic condition. Reduction of chances of other major complications and reversal of connected diseases like blood pressure, coronary artery blockage, obesity, etc.

## FOLLOW UP PROGRAMME

- A follow up programme has been planned, after the participants leave the 21 day programme.
- Support will be given for participants to interact, ask questions, and clarify doubts on issues in the real world when they leave the programme.
- Regular feedback of blood sugar levels will be recorded on a periodical basis for a period of 24 months.

## REFERENCES

- <sup>1</sup> – Dr. T Colin Campbell PhD- author of the landmark study ‘*The China Study*’. Referred to as the “Grand Prix of epidemiology” by The New York Times, this study examines more than 350 variables of health and nutrition with surveys from 6,500 adults in more than 2,500 counties across China and Taiwan, and conclusively demonstrates the link between nutrition and heart disease, diabetes, and cancer. While revealing that proper nutrition can have a dramatic effect on reducing and reversing these ailments as well as curbing obesity, this text calls into question the practices of many of the current dietary programs, such as the Atkins diet, that are widely popular in the West. The politics of nutrition and the impact of special interest groups in the creation and dissemination of public information are also discussed.
- <sup>2</sup> – Dr. John Mc Dougall (<http://www.drmcDougall.com>) is quite an outspoken medical doctor, on the ills of modern medicine. He has written a national bestseller in hardcover, *The McDougall Program*. This is a comprehensive and practical health book to date, including recipes, medical advice, histories, and details of his revolutionary 12-day McDougall nutrition program that has helped thousands lose weight.
- <sup>3</sup> – Dr. Neal Barnard (<http://www.nealbarnard.org>) has written about overwhelming medical evidence previously downplayed by powerful lobby groups, on the effect of a diet based on the new four food groups (grains, legumes, vegetables, and fruits) will sharply decrease the risk of cancer and heart disease and dramatically increase life expectancy. He also has a 21-day program for a smooth transition to the new way of eating healthfully
- <sup>4</sup> – Dr. Gabriel Cousens, is known for his book ‘*Conscious Eating*’. It has been referred to as the “Bible of Vegetarians,” for both beginners and advanced students of health. This classic work in the field of live-food nutrition is an inspirational journey and a manual for life. He is known for the residential retreats that he runs periodically in the US.
- <sup>5</sup> – Our Native Village – [www.ournativevillage.com](http://www.ournativevillage.com): is a holistic health retreat, located in a place called Hessargatta – which is North of Bangalore, off the Tumkur road. The resort is 40 kms from the city (airport or city center). This is India’s first 100% eco resort. What does this mean? First, we generate 70 to 80 % of our electricity using a wind mill, solar panels and 2 bio gas plants. Secondly, about 40% of the water the resort uses is rain water, through an extensive rain water harvesting arrangement. Thirdly, all the construction is eco construction. All the bricks used for the construction were hand made on the site, using soil from the site. Fourthly, all the waste on the resort is processed and reused appropriately. Fifthly - most of the vegetables in the kitchen are from the 12 acre organic farm that the resort is on – so a fresh supply of organic vegetables is what the guests get every day. Sixthly -all the soaps and shampoos are natural, organic and hand made exclusively for our resort. Last but not the least – we have the regions first 100% natural swimming pool, where we use aquatic plants to clean the water rather than chemicals.

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Our Native Village is host to the first Soul Spa in the world, where deep cleansing and healing is achieved using new age techniques like Past Life Regression, Rebirthing Breath Work, Sound Healing, etc. The retreat also has an ayurvedic facility, and a daily schedule of yoga and meditation. Recreation includes rural games like gilli danda, flying kites, bullock cart rides, doing pottery, singing and dancing around a fire, star gazing in love nests at night, organic farming experiences, etc.



## FURTHER READING RECCOMENDATIONS

- 1) The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-term Health by T. Colin Campbell / Paperback / 417 pages ISBN: 1932100660
- 2) Food for Life: How the New Four Food Groups Can Save Your Life by Neal Barnard / Paperback / 368 pages ISBN: 0517882019
- 3) Eat Right, Live Longer: Using the Natural Power of Foods to Age-Proof Your Body by Neal Barnard / Paperback / 416 pages ISBN: 0517887789
- 4) Conscious Eating: by Gabriel Cousens / Paperback / 850 pages ISBN: 1556432852
- 5) Spiritual Nutrition: Six Foundations for Spiritual Life and the Awakening of Kundalini by Gabriel Cousens / Paperback / 628 pages ISBN: 1556434995
- 6) The McDougall Program: 12 Days to Dynamic Health by John A. McDougall / Paperback / 448 pages ISBN: 0452266394
- 7) The McDougall Plan by John A. McDougall / Paperback / 340 pages ISBN: 0832903922

## WEBSITES OF INTEREST

- 1) Disease proof : [www.diseaseproof.com](http://www.diseaseproof.com). Prevent and Reverse disease with Nutrition. Dr Fuhrman's blogspot. Also plenty of disease specific advice and recipes.
- 2) Doctor Graham: [www.doctorgraham.cc](http://www.doctorgraham.cc). Vegan, raw... Macro Chef, Macro news bimonthly. Nearly 50 years of experience in raw vegan cooking."
- 3) Dr. McDougall's Health and Medical Center: [www.drmcDougall.com](http://www.drmcDougall.com). Physician and nutrition expert who teaches better health through vegetarian cuisine from
- 4) Physicians Committee for Responsible Medicine: [www.pcrm.org](http://www.pcrm.org). Founded in 1985, PCRM is a non profit organization supported by more than 5,000 physicians and 100,000 laypersons. It focuses on preventive medicine, including the promotion of a vegan diet, conducts clinical research, and encourages higher standards for ethics and effectiveness in research.
- 5) Preventive Medicine Research Institute – Dean Ornish, M.D.: [www.pMRI.org/?p=mhb](http://www.pMRI.org/?p=mhb). PMRI is a non-profit research institute that performs scientific research investigating the effects of diet and lifestyle choices on health and disease. PMRI achieves its mission by: Publishing research that informs the practice of medicine and allows the individual to take personal responsibility for health. Educating and training health professionals and the public about preventive medicine the benefits of lifestyle change.
- 6) VeganMD: [www.veganmd.com/](http://www.veganmd.com/) Michael Greger, M.D., is a physician, author, and internationally recognized professional speaker on a number of important public health issues. Dr. Greger is a general practitioner specializing in clinical nutrition and a founding member of the American College of Lifestyle Medicine. He is author of Heart Failure: Diary of a Third Year Medical Student, Carbophobia: The Scary Truth Behind America's Low Carb Craze, and the upcoming Bird Flu: A Virus of Our Own Hatching, as well as contributing to a number of other books on nutrition and food safety issues.
- 7) Vegetarian Diet-and-Health: [www.diet-and-health.net/](http://www.diet-and-health.net/). Plenty of information on healthy eating.



Annexure 1

**PATIENT PRE-SCREENING FORM FOR PARTICIPATION IN THE 21 DAY  
REVERSING DIABETES PROGRAMME AT OUR NATIVE VILLAGE,  
BANGALORE STARTING MAY 16<sup>TH</sup> 2010**

Name:	Height:
Age:	Weight:
Gender:	Diabetic since (year) :

1) Medications being taken for the diabetic condition:

\_\_\_\_\_

2) Quantum of each medication \_\_\_\_\_

Frequency of each medication: \_\_\_\_\_

3) Is there a family history of diabetes? If yes, please describe:

\_\_\_\_\_

4) Are you suffering from any complications of diabetes? Please describe

\_\_\_\_\_

a) Are you taking any medications for these? What is the dosage?

\_\_\_\_\_

5) Any other illnesses? Please describe the illness, date since, and treatment being followed with name of medicines, and complete dosage:

\_\_\_\_\_

\_\_\_\_\_

6) Any other medication other than described above. Please give the quantum, frequency:

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7) Please list all the other medications and supplements that you are taking along with the dosage.

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8) Are you under any other kind of therapy?

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9) If chosen for the program you will be asked to send your latest reports which indicate your blood sugar, blood pressure, and lab reports for examination by our doctors.



## AGREEMENT TO PARTICIPATE IN THE 21 DAY DIABETES REVERSAL PROGRAMME AT OUR NATIVE VILLAGE

I would like to participate in the 21 day diabetes reversal programme conducted in Our Native Village, starting the evening of May 16<sup>th</sup> 2010. I agree to the following conditions:

- 1) If you are selected for this programme, you will have to complete 21 days. Those who cannot spend the 21 days should not enroll.
- 2) The complete 21 day programme will be filmed for our records and will be used for marketing of this programme in the future. Your enrolment automatically assumes you agree to this.
- 3) Outside guests cannot visit during the week.
- 4) Every Sunday will be a family day, when a pre agreed number of family members will be able to visit and spend the day with the guests.
- 5) You will be accommodated in the rooms of Our Native Village on a twin occupancy basis.
- 6) You will have to check in on the 16<sup>th</sup>, after lunch.
- 7) A whole panel of tests will be conducted until lunch time on the 17<sup>th</sup>, to establish your present condition (base line).
- 8) All tests will be repeated at the end of the test also to measure progress. Tests will be conducted during the retreat as needed.
- 9) Based on the progress you make, (and in consultation with the guests), your medication levels will be adjusted by the doctors.
- 10) Following the strict nutritional programme is intrinsic to the programme – you will have to adhere to this in totality.
- 11) No food or drinks will be allowed from outside.
- 12) You will have to abstain from use of tobacco, drugs, and alcohol during the course of the 21 days
- 13) No animal based foods will be served.
- 14) Bags and rooms will be checked periodically for food and pills other than conditional medication.
- 15) There is not cost for you to participate in this programme. However, at the end of the programme, you may contribute a gratitude fee to help in the cost for the programme – THIS IS PURELY VOLUNTARY AND NOT MANDATORY.

NAME:	DATE:
SIGNATURE:	ADDRESS:
PHONE NUMBER:	E MAIL ID:

PLEASE E MAIL THIS FORM TO [info@ournativevillage.com](mailto:info@ournativevillage.com)