



Sanctuary for Health And Reconnection to Animals and Nature

SHARAN Newsletter - Issue #19 - November 2013

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Special Feature: Reversing Ageing

As you grow in years, more than ever, the way you feed yourself determines your health.

Does the following sound like a familiar scenario? You are around 50, omnivorous and have considered yourself healthy until now. Lately, though, you have been noticing that your sensitivity to certain foods has become exacerbated and that it takes you a much longer time to recover from excesses. You may be kept awake at night, trying to assimilate a heavy meal. During the day, your energy is low after meals and you bemoan the vitality of your youth when you could get up from the table and run 10 miles. You have put on some weight, around ten pounds a year for the last couple of years, which does not help your wanting to move.



This is strange because you have not been eating any differently than before, yet, here it is, you have a feeling that something is askew. You must be growing old! You decide that the first thing to do is to have a thorough check-up. You are baffled when you come out of the doctor's office with blood test results that look like those of your parents'. Your cholesterol is borderline, your sugar is a bit high and when your physician takes your blood pressure, she makes a little concerned noise, walks to her computer and prints some lifestyle recommendations that seem like they will take up most of your free time. She warns you that next time, if the results have not improved, she will have to prescribe medication. Welcome to the second half of your life!

Your body is starting to show the strains of high living, stress, bad nutritional decisions or lack of exercise, all of which accelerate the ageing process. Take heart, there is good news and encouraging statistics.

Evidence suggests that a plant based diet can help prevent and even reverse many of the top killers in the urban world. A plant based diet can help you save on the food budget, medical expenses and cost of medicines, the number of days off sick and make you look and feel younger.

Diabetes, heart disease and hypertension, obesity, migraines, joint pain, auto immune diseases and more have been reversed by many by switching to a whole plant based diet. SHARAN has seen results in every seminar and have records the participants in our 21-day Disease Reversal Program. Others have been seeing amazing results too. Here are just a few examples from SHARAN and from other similar programs

around the world:

Participants in SHARAN's 21-day Disease Reversal Program talk of their transformation: [Video 1](#). [Video 2](#).

Watch testimonials by Dr McDougall's patients on his [website here](#).

Now is the time to engage actively with your personal health and to make long-term changes that will reverse the onset of disease and make you as healthy as possible for the rest of your life.



What you can do

1. Know that you have a choice: Inform yourself about the benefits of a whole foods plant based diet on your health. The right way of eating can be more effective than medications.

2. Educate yourself: you can join [Kickstart India](#) on the 1st of any month to get 21 days of free advice and recipes.

Or read some of these books:

[The China Study by T. Colin Campbell](#)

[Eat to Live by Joel Fuhrman](#)

[Dr Neal Barnard's Program for Reversing Diabetes](#)

[Prevent and Reverse Heart Disease by Caldwell Esselstyn](#)

3. Join our seminars: Check our [events page](#) or take the advice of our health consultants to reach your highest health potential. "Like" [SHARAN's Facebook page](#) and get updates

every day.

4. Join a support group: Good resolutions are usually easier to adhere to when you have the support of friends who are also committed to a healthy diet. Learn about healthy cooking as a group and join healthy plant based cooking classes. Organise vegan potlucks, and engage your family to participate and help you. Find a coach who can lead and encourage you.

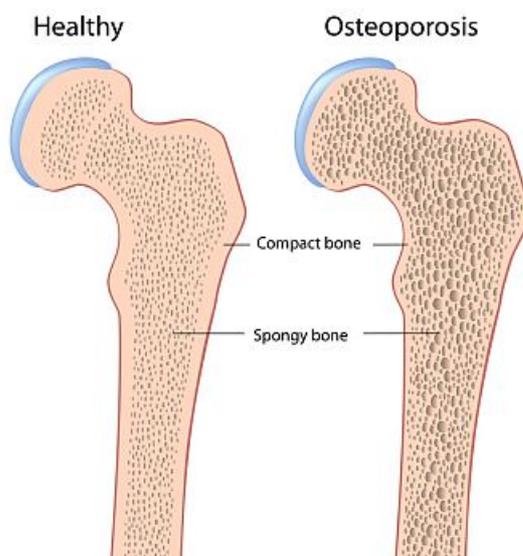
Fact or Fiction?

I cannot eliminate milk from my diet right at the age when my bones are most at risk of decalcification.

FICTION!

A report in the American Journal of Clinical Nutrition showed that when research subjects eliminated meats, cheese, and eggs from their diets, they cut their urinary calcium losses in half.

Another study showed that a high ratio of animal protein to vegetable protein in the diet increases bone loss and risk of fracture in post menopausal women. (Source: [PCRM - A natural approach to menopause.](#))



Recipe

Creamy Tofu Palak Paneer

Ingredients:



For the tofu paneer:

350 grams firm tofu
 1/4 cup raw cashews, soaked for 2-4 hours
 1 tablespoon grated fresh ginger or chilly paste,
 or to taste
 1 tablespoon lemon or lime juice
 1 teaspoon garam masala, or to taste
 Salt, to taste

For the spinach mixture:

1 teaspoon ground cumin
 1 teaspoon ground coriander
 1/2 teaspoon chili powder
 1/2 teaspoon turmeric (optional)
 1 tablespoon grated fresh ginger
 2 tomatoes, chopped
 Salt, to taste
 1/2 cup chopped onion
 300 grams fresh spinach, chopped roughly and blanched
 1/3 cup plain soy yoghurt or other plant-based yoghurt (optional)

Instructions:

To prepare the tofu, place it in a flat colander (or plate) with a weight on top for at least half an hour, or preferably overnight, keeping it in the refrigerator. You can also use a tofu press. The idea is to drain out all the water to make it suitable to marinate. Cut the tofu into cubes or roughly one-inch squares.

Prepare the cashew paste by draining the cashews and placing them in a food processor. Add a little water if needed to get a paste.

In a bowl, mix together the cashew paste, ginger, lemon or lime juice, garam masala, and salt, adding water to get a creamy consistency.

Marinate the tofu cubes in the freshly-prepared paste for 30 minutes to an hour, turning it a couple of times to make sure all the surfaces absorb the marinade.

Bake tofu for about 20 minutes at 300°F. (150°C)

While the tofu is cooking, heat a large sauté pan and dry roast the cumin, coriander, chili powder and turmeric over very low heat (be careful not to burn). Add ginger and tomatoes. Cook the mixture over medium heat until the juice from the tomatoes is almost evaporated and the tomatoes are cooked.

Add blanched spinach and let the mixture simmer for a few minutes to absorb the water. Then add yoghurt, mixing thoroughly. Add tofu cubes and cook until warmed through.

[Watch the video here.](#)

News from SHARAN

SHARAN has won the award for 2013 for Outstanding Vegan Non-Profit Organization from [Vegans Are Cool](#). We are grateful to all of you who helped us get this honor. Without you we could not have done it!





SHARAN's founder, Dr Nandita Shah, recently travelled to the USA. There she met with various like-minded people who are working with plant based nutrition like [Akshata Sheelvant](#) and [Darshana Thakkar](#) who do healthy Ayurvedic vegan cooking classes; [Dr Jina Shah](#) who works to spread the healthy plant based message, especially in the Jain community; and many doctors like [T. Colin Campbell](#), [Caldwell Esselstyn](#) and [Michael Klaper](#). She also attended a Cooking Instructors Training Program at the [Physicians Committee for Responsible Medicine](#) and hopes to bring this program to India soon! She met with many others who are promoting plant based diets in the US - like Saurabh Dalal of the Vegetarian Society of DC, and Asha Gala, a student of [Dr Joel Fuhrman](#). Read more about [Dr Nandita Shah's trip to the US on this page](#).

SHARAN's 21-day Disease Reversal Program was held in June 2013. We had 21 participants attend of which there were several people who were there to reverse diseases like diabetes, heart disease and hypertension, etc. which they had had for many years. Others had been to our programs before and were already on the program. This was a way to fine tune while having a wonderful holiday. Still others were there because they wanted to learn more and help others, including family members. Although many improvements were seen during the 21-day holiday, participants are still reaping the benefits with improvements in their lab reports, weight loss, improvement in energy levels and overall health. **The next 21-day Disease Reversal Program will be in June 2014.** [See the e-brochure here.](#)



In September SHARAN conducted our **annual shorter holiday program, Nourish**. This was not a reversal program but an opportunity to live and experience a whole plant based lifestyle and learn a lot about it. It included study sessions, cooking classes as well as free time to take in the beauty of the beautiful location of BR Hills and the Gorukana resort.

Regular events by SHARAN have been conducted in Mumbai, Bangalore, Goa and Delhi. These include potlucks, film showings, lunch meetings, Peas vs. Pills, Reversing Diabetes, Reversing Heart Disease and Hypertension. To learn more about upcoming programs, see our [list of upcoming events](#).

Join a vegan potluck in your area

Would you like to meet vegans living in your area and share tips and recipes? Or are you considering a lifestyle change and would like to learn more about veganism? **Vegan potlucks** are held in cities across India and are open to everyone: vegans, aspiring vegans, vegetarians or anyone interested in learning more about veganism.

For a list of Indian vegan groups on Facebook, see [this page](#).



The [SHARAN photo album](#) features pictures of all our past events. Those who have attended our events may enjoy seeing pictures of themselves and the group. (Click on the image to get an enlarged version.)

Did you miss past issues of this newsletter? Have a look at the [SHARAN newsletter archives](#).



The Reversing Diabetes Facebook Group is for people who would like to learn about and



exchange information on how a healthy plant-based whole foods diet can help reverse diabetes. Members share tips and their own experiences of how they have been able to control and reverse diabetes through the food they eat. [Click here to join the group.](#)



Join [SHARAN India on Facebook](#) to find out about upcoming events, join in discussions and share experiences, and meet other like-minded people!



SHARAN India is now on Twitter. [Click here](#) to follow us!



NEW! Visit the [SHARAN YouTube Channel](#).



NEW! Follow SHARAN India on Pinterest by [clicking here](#).



What is SHARAN?

We are a non-profit organization with the goals of spreading holistic health awareness, and an ecologically sustainable compassionate lifestyle. We believe that all life on the planet is interconnected. By reconnecting we can heal ourselves and our earth.

Visit our website: www.sharan-india.org

Contact us: info@sharan-india.org

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