

Peas vs Pills

discover a tasty and healthy diets that heal - understand the language of your body - take charge of your health



SHARAN

Sanctuary for Health And Reconnection to Animals and Nature

A workshop presented by Dr. Nandita Shah designed to spread awareness of how to take responsibility for your own health and prevent and reverse illnesses.



The Peas vs. Pills workshop is about preventing and reversing illnesses through the understanding of human anatomy, physiology and nature's laws. Nature's wisdom surpasses that of

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?

Would you like to take charge of your health instead of relying on doctors and medicines?

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!

The Peas vs. Pills workshop is about preventing and reversing illnesses through the understanding of human anatomy, physiology and nature's laws. Nature's wisdom surpasses that of any doctor. Learn how to understand what your body is telling you and how to respond accordingly. Discover what is the ideal healthy diet for a human being and learn how to prepare healthy, tasty meals that heal. Become aware of how to live holistically and in harmony with the environment.

Dr Shah has been practicing homeopathy in India for over 25 years. Her interest is to spread awareness of how patients can take responsibility for their own health by understanding the functioning of the human body and adopting simple dietary changes. 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 which make a positive difference.

Proceeds will go to SHARAN - Sanctuary for Health And Reconnection to Animals and Nature – a non-profit organization with the goals of spreading holistic awareness and an ecologically sustainable compassionate lifestyle.



For more information on our schedule of workshops in India and abroad, or to organise one near you, please see www.sharan-india.org or contact info@sharan-india.org

This brochure has been supported by



“ what people say about Peas vs Pills ”

“Everything was so simple and made so much sense about how to be healthy simply by eating how humans were meant to eat... recognizing how our bodies work and why, and applying a diet according to this knowledge. I am not even close to kidding when I say that I had the best lunch that I can remember ever having... and I thought hard about a lunch that was better than today's... Every single thing I ate tasted so good and made me feel so excellent... It was such an amazing lecture and my brain is very full of new food possibilities...”

– Adam

“The workshop has certainly affected my mindset, and I am committed to severely lessening the meat and dairy products in my diet. I feel comfortable with this commitment and feel now that I can find the support I need (mainly the recipes) to be mostly vegan/vegetarian. I see now that not only does it destroy the environment and is completely inhumane for animals, but it also affects my body and mind.”

– Kelly

“Thank you for the very interesting and confronting seminar. I think it was fantastic and while I knew a lot of the issues with eating animal products, you have given me that final push to change my lifestyle. Thank you for a very educational day!

– Erin

“This workshop has made a big impact on me. Thank you!”

– Monica

“I can't tell you how happy I am that I attended such a wonderful and informative workshop. I feel ashamed that I have ignored these issues for so long. Besides the animal rights issues, hearing about how bad dairy products are for the human body was very shocking indeed, but it all makes complete sense. Anyway, I am so glad I came to your workshop, it really has changed my life.”

– Susie

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– Susie

“Your workshop was extremely informative and we really appreciate the enthusiasm and goodwill with which you are helping us all.”

– Yogesh

“There were a lot of things I already knew from the workshop (as for years already I have been eating whole foods, for example). But the rest of the information went into my subconscious or something, and its like there has been a shift in my consciousness... I feel it printed in me now, like a change of program! ... And one of the greatest things I've learned is to listen to my body, and eat what I feel like, and only when I am hungry! What a difference! I have lost quite some kilos, without effort, and fit again in old pants I couldn't wear for years!!!”

– Anna

“We took part in your workshop about a week ago. We enjoyed it very much – you are so lovely and kind – it amazed me... and I didn't even mention the food... I felt like you want to give us as much as you can... it really touched me and my friends, so thanks a lot.”

– Gera

