



ONE ONE with Keith Vaz, MP



Ramesh Hirani

Ramesh Hirani left school at early at the age of 14 without any formal qualifications. His first job was as a delivery boy for Pizza Hut where he worked his way up through the ranks, eventually becoming the restaurant manager. He then moved to Texaco oil to work in their training department. At the age of 25 he left employment as he had a strong desire to become self-employed. Ramesh trained as a driving instructor and started his own driving school, which was so successful it enabled him to have enough time and finance to start a new business in property development. This business continued to grow and was ultimately expanded to Nairobi, Kenya. At the age of 31 Ramesh moved to Kenya and lived there for 7 years to build the property business. Ramesh moved back to UK in 2013 as his children were starting high school, but he continues to run the business in Kenya remotely and through frequent trips.

In 2013 Ramesh was diagnosed with diabetes, which he describes as a real knock. However instead of taking the normal route of medication he decided to tackle his diabetes head on. Ramesh is now completely fascinated by the power of whole plant based nutrition and spends a lot of his time in the UK organising and conducting talks and seminars on the benefits of this lifestyle.

1) What is your current position?

Here in the UK, since 2013, I have been running seminars and giving talks on behalf of SHARAN on Reversing Disease, in particular Diabetes, through nutrition and lifestyle after having reversed my diabetes.

I am the director and owner of various companies. I would say I'm an entrepreneur.

2) What are your proudest achievements?

I'm very proud of the first gated

community development we built in Nairobi. There is something very satisfying about building homes from scratch that people eventually live in and call their home.

I'm also very proud that this year we ran 2 full day seminars on reversing diabetes to over 450 participants and I have given talks to over 2000 people this year on reversing diabetes. We have had many people report back to say they are getting better and coming off medication.

3) What inspires you?

In the arena of reversing Diabetes, I get inspired by all the brave individuals who really want to take their diseases head on and make the changes, take responsibility themselves and away from the doctors and NHS, and get well. My Mum and Dad are people who are so inspirational. My dad, a diabetic for nearly 30 years, who was on many tablets and over 40 units of insulin injections has taken it on and is so dedicated. He had dropped all his medication and reduced his insulin down to just 4 units a day. I feel certain that this will eventually go as well.

In the business world I get inspired by people with real vision that have global impact, for example Elon Musk at Tesla, he is driven by the environmental challenges we face today.

4) What has been the biggest obstacle in your career?

In the field of disease reversal, I want to reach a wider audience. Although the reversal process via nutrition is medically proven through research, it doesn't always reach the doctors. Many doctors remain sceptical and instead stick to traditional medication which only addresses the effects of diabetes not the cause. We need the doctors support to help reverse the trend and instill confidence in diabetics to make diet/lifestyle changes to make them well.

I see every obstacle as an opportunity to learn more and overcome.



5) Who has been the biggest influence on your career to date?

In disease reversal, my biggest influence has been Dr Nandita Shah, founder of SHARAN India. I attended a 21-day disease reversal course that she runs every year. There I learnt how to reverse my own diabetes through nutrition.

In business, it's Richard Brandson, he is a true entrepreneur. I have read a lot of books and draw a lot of inspiration from them. I hope to meet him someday.

6) What is the best aspect about your current role?

Being able to impart this knowledge to others who are also eager to get off medication and get well. I enjoy giving talks as I can see in the participants when the penny drops and they get it. They understand why they got sick and how they can get themselves out of it.

7) And the worst?

I have had some bad experience where some doctors have been extremely obstructive without having done the research.

8) What are your long term goals?

I would like to run seminars across the UK and reach as many people as possible. Eventually getting NHS approval so all new diabetics are sent on a course with us via NHS.

9) If you were Prime Minister, what one aspect would you change?

I would task a team to overhaul the healthcare system to change the way we run it from the current system of managing symptoms to addressing the causes of illness.

10) If you were marooned on a desert island, which historical figure would you like to spend your time with and why?

Leonardo di Vinci. Why? He mastered way too many things during his lifetime from sculpture to painting, architecture to music, mathematics to anatomy, and engineering among others. He was without a doubt the most diversely talented men of his time and many historians believe that a mind and personality like his comes only once every thousand years. Because of the multiple interests that spurred him to pursue various fields of knowledge, da Vinci is widely considered the archetype of the term genius and the greatest inventor who ever lived. Can you imagine what could be learnt from this man?