

Diabetic? Take food, not pills



Chennai: There is a popular Tamil saying, 'Unave Marundhu' - meaning food is the best medicine. Dr Nandita Shah is a standing example for this as she prescribes food as medicine to patients who suffer from lifestyle diseases.

For the past 12 years, Nandita has conducted 'Peas vs Pills' workshops in India and all over the world. Over 5,000 participants have been inspired by her to make dietary and lifestyle changes resulting in positive health. She also conducts specific health workshops - Reversing Diabetes and Reversing Heart Disease and Hypertension as well as a 21-day residential disease reversal programme.

She is also the founder of Sharan, an organisation devoted to disease reversal through food. The doctor, who is in Chennai, will conduct a workshop on 'Reversing Diabetes and Hypertension' on 4 March at Hyatt Regency, Chennai, at 9 am. News Today, had in-depth discussions with the doctor regarding the treatment methods and how it works on patients.

Excerpts from the interview:

Q: How is it possible to cure conditions like diabetes with food?

A: Diabetes is a lifestyle disease, and, therefore, a change in lifestyle can reverse it. Basically, understanding the cause of any disease is important. When someone gets diabetes, they go to a doctor, and the doctor gives them medicine and asks them to cut down on carbohydrates and stop sugar. But none seems to get cured by this treatment. In fact, over the years their medicines and diseases increase.

The reason they not cured is because the cause of diabetes is not sugar but the lack of insulin or its resistance. The main cause for diabetes is our wrong eating habits, more specifically, high fat and lack of fibre. So, we design delicious meals that are low in fat, and high in fibre. Since all animal products are full of fat and lack fibre, we also avoid meats. The reason our plan works is, because there is no starvation. People can eat the right foods as much as they want.

Q: Is there different diet for different diseases?

A: There are minor variations in the diet for different diseases. That is because every species has a diet that's best for it. Our bodies know how to heal but in order to heal, we have to use high-quality spare parts. The spare parts for healing are nutrients. If we put in high-quality nutrients, the body will heal wherever it needs to.

Q: How effective is this way of treatment?

A: This method is successful because the chances of getting results are almost 100 per cent in lifestyle diseases. I conduct a 21-day health retreat where we take all the lab tests at the beginning and at the end, and keep checking during the programme so that we can reduce the medicines. We always serve delicious buffet meals. By the end of the programme most people are off 70 per cent of the medication and when we tune into the healing power of the body, we always get miraculous results.

Q: Is this treatment method is possible in serious cases also?

A: It depends on what kind of disease this is. If it is a lifestyle disease, yes. For example we are treating cases of heart disease, cancer and auto-immune diseases as well. But, obviously, food cannot take the place of surgery.

Q: How do the beneficiaries feel after the treatment? Do they come up with complaints?

A: Usually, the 'side-effects' of our treatment are increased energy, weight-loss and an overall sense of well-being combined with reduced stress. Most people are very happy with this. However, since this is a lifestyle and not a diet, this has to be continued. In case, the person goes back to the same diet that caused them the illness, then the condition will get worse, too.

Q: Is there any particular period of time for curing a disease using this method? Is it a life-long process?

A: Depending on the disease, this can be achieved in a week, month or year. For example, most cases of diabetes can reverse in days to months. Cases of high blood pressure take a little longer. Hypothyroid and hormonal diseases may take a year or more. Auto-immune diseases take a number of years.

Q: How does this method work in patients?

A: This works effectively only because the body is efficient. For example, no doctor can heal a fracture. Fractures heal if we make the body conditions right and allow them to set. That is all we are doing.

SUNDAY SEMINAR

Talking about the seminar that will be conducted tomorrow, Dr Nandita Shah said, 'Reversing Diabetes and Hypertension' - is what the discussion is about and the audience will be made to understand what we need to do to reverse the diseases through food. We serve breakfast, lunch and snacks and teach people exactly how to eat and what to do to reverse diseases. Website: www.sharan-india.org.

WHAT PATIENTS SAY

A patient, seeking anonymity, who underwent this treatment, says, "Two weeks after making dietary changes, I stopped my coffee 100 per cent. For one day, I had headache for a couple of hours and now I have no coffee cravings. The green smoothies are fabulous. My energy is fantastic and I feel different. I am pleasant, even tempered with no mood swings or irritability. The desire to snack has gone. The anxiety levels during the day are noticeably lower."

Another one (a patient who had not yet started on medications for diabetes) says, "It's been a month since I changed my diet. I have lost 4 kg. I checked my sugar level at random and it was 200. (earlier fasting was 257 and PP was 450)."

"The change in system simply made us understand what blunder we have been doing to our body and clearly showed us the path to achieve great physical and mental status," states another.