Pills vs Peas — other than the alliteration — sounded catchy. It’s the title of one of the workshops Dr Nandita Shah conducts in India and the world over, and it was one of the first snippets that showed up online when I did a search in her name. The recipient of the prestigious Nari Shakti Award 2016 from the President of India is also the founder of SHARAN (www.sharan-india.org), an organisation devoted to disease reversal through food. The website says she is “a doctor that believes each of us can be our own best doctor most of the time”, and she “conducts specific health workshops — such as ‘Reversing Diabetes’ and ‘Reversing Heart Disease and Hypertension’ as well as a 21-day residential disease reversal programme”. I also find out she’s the author of the bestselling Reversing Wellness.  

By Sushmita Bose
Diabetes in 21 Days: How it all started

The medical diet could not save the blood sugar, which was still high. Since he was losing his eyesight, he was willing to make changes rightaway. In two weeks of stopping dairy, his blood sugar normalised and, in a couple of years, he was able to stop all his diabetic medications. He had suffered from a severe manic-depressive disorder for years, and this too disappeared. Difficult to say whether this happened because of the diet change or because diabetes was cured - but whatever the reason, it was a huge relief for the family! They felt they had the person they loved back after so many years!

This case was very interesting because it shows how quickly blood sugar can come down just by making dietary changes. It shows how all the different symptoms are co-related. It shows how important it is to minimise medicines, because they have side effects. And it shows how important healing is, not just for the patient, but for the entire family. It’s also a huge benefit on resources — financial and otherwise.

There’s a difference between preventing and reversing: do you play this out in your practice?

Unfortunately, not many people want to learn how to prevent disease anymore, so we are largely working with reversing diseases. But, even when we have everyone on one level, we do have people who are completely healthy and want to learn how to maintain their health. After looking in sickness in family members and friends around them, they are interested in taking charge of their health from the beginning.

The Internet is one stop that is full of advice on how you can “self-medicate” — and it’s been proven to be dangerous. What are your thoughts?

The Internet can be dangerous, but it need not be. It gives us various perspectives: we have to be aware that everyone is not necessarily correct. We’ve become too “busy” to think about: that’s why we can easily be brainwashed by advertisements or the Internet. We need to stop and think. If animals in nature are able to heal themselves, what keeps us from connecting to our instincts?

Tell me about your lifestyle. What are your key non-nos, and what are those things that go well with each other?

I almost never compromise on going to bed on time, getting rest at the right time, cooking my own food, and getting exercise. I never compromise on going to bed on time, getting rest at the right time, cooking my own food, and getting exercise. I never compromise on going to bed on time, getting rest at the right time, cooking my own food, and getting exercise.

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