



Making India diabetes free



SHARAN

www.sharan-india.org

Join the thousands who are free
from insulin and medications

Diabetes

is the **new**
major health challenge
of our century

Despite what we are told, diabetes can be reversed

Thirty years ago
only **5%** of
our adult population
had diabetes,
today
it stands at
more than **30%**.

Two out of three people
with diabetes
die from
heart disease
or **stroke**.

According to scientists,
people with diabetes
lose between
10 to 19 years
of their life.

SHARAN helps you prevent and reverse diabetes by identifying the cause of the disease and using food as medicine. We help you to reconnect with your body, your instincts and the healing power of Nature.

Our methods represent a paradigm shift in healthcare that rely on healthy eating rather than medicines. Based on global evidence-based scientific research, SHARAN's approach has been used and tested by doctors all over the world and is rapidly becoming mainstream knowledge in most countries. SHARAN is closely associated with international health leaders and non-profits such as the US-based Physician's Committee for Responsible Medicine (PCRM) that are at the forefront of lifestyle disease reversal.

In recognition of SHARAN's pioneering work and success in helping reverse lifestyle diseases such as diabetes, Dr Nandita Shah, founder of SHARAN, was awarded the Nari Shakti Award in 2016 by the President of India.

SHARAN'S VISION IS A DIABETES FREE INDIA

To be inspired by the stories of people who cured themselves of diabetes on our program, view their testimonials on www.sharan-india.org

TOGETHER WE CAN REVERSE THE DIABETES TREND

Yes, it IS possible to restore your true, fundamental state of being: a perfect and vibrantly healthy body combined with a peaceful mind.

Embrace the change without a doubt - there is no catch here, no gimmick, nothing we are trying to 'sell' you.



SHARAN can help you prevent and reverse diabetes in five ways...

1. Reversing Diabetes & Hypertension Seminar - The one day life-altering seminar provides you with theoretical knowledge and practical ways to reverse the disease. The meals served at the seminar offer an incredible insight into the delicious, nutritious and easily preparable foods that can help you heal.

2. 21-day Online Diabetes Reversal Program – From the comfort of your home, gain a step-by-step guidance on what to do to reverse diabetes and other lifestyle conditions, why the method works and how to integrate the recommended changes into your day to day routine.

3. Reversing Diabetes in 21 Days - Authored by Dr Nandita Shah and published by Penguin India, the book enjoys a consistent mention on the bestseller list. Based on logic and reason, the book systematically reveals how to get off medications and insulin. It is available in most bookstores, online sites and the SHARAN portal. It makes for a wonderful gift too!

4. Individual Consultations - Our team of specialists offer personalized instructions and guidance to help you reduce your medications. Our in-depth consultations can be done on phone, Skype or face to face in select cities. Book for a consultation on our website www.sharan-india.org or contact consult@sharan-india.org /+91 9167572123.

5. Health Retreat - To reverse diseases and see the results while enjoying one of the best holidays of your life, join our 21-day health retreat. You will learn all of the above and reduce your medications with daily monitoring, tests and lab reports. We also line up a series of optional activities such as yoga, meditation, nature walks, sports, massages and more to help you reconnect with yourself. The cooking workshops empower you to continue the routine once you are back home. Periodically, we conduct shorter retreats too.

With the goal of helping people prevent and reverse lifestyle diseases, SHARAN offers free introductory talks, cooking classes, weight loss programs and film screenings. We also conduct training for doctors, health professionals and cooking instructors, as well as certification programs for restaurants.

Join now to get back on track and enjoy health, vitality and energy in abundance! To stay informed about our programs and receive our fortnightly newsletters subscribe on www.sharan-india.org. To join our WhatsApp broadcast list for health tips, recipes, send us a WhatsApp on +91 99674 25200 stating SUBSCRIBE with your full name, email id and city.



ABOUT US

SHARAN consists of a growing group of doctors, health coaches and cooking experts that share a vision of what it means to stay healthy. Our goal is to inspire others to reconnect to their natural state of holistic and vibrant health.

SHARAN'S LONG TERM PLANS

We are currently putting together a concept for a SHARAN retreat center in rural India with residential rooms for patients, as well as a training center, an organic farm to grow our own food and a sanctuary for farm animals.

SHARAN HAS POSITIVELY IMPACTED THE LIVES OF OVER 50,000 PEOPLE IN INDIA AND ABROAD.

HOW CAN YOU GET INVOLVED?

Join us at any of our events and participate in our activities. If your dream is to see others healthy and free of disease, we'll be happy to hear from you!



SHARAN

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