

LIFESTYLE DISEASES NEED NOT BE A LIFE SENTENCE

To help people prevent and reverse diseases through nutritional and lifestyle changes is Dr. Nandita Shah's aim. It is important to understand that our body creates symptoms in order to let us know that we are doing/eating something wrong

Most people think that an illness is not their fault. However, the reality is that when we take responsibility for our health, disease can become a rarity. The reason that people are getting sick these days is because of eating and living the way we have been taught to eat and live by our society, culture and advertisements. But really eating should be the way we have been designed to, by God or nature. Eating foods that were not designed for us is a little bit like putting diesel in a car that runs on petrol. It doesn't work very long.

In general, medicines never cure - take the examples of diabetes, hypertension, asthma, auto-immune disease, hormonal issues etc. This is even true of cancers. For example, chemotherapy works at killing all fast-growing cells, and since cancer cells are always fast-growing cells, it can help. But while doing so, it can destroy other cells too like blood cells, skin and hair cells, and the gut microbiome. So, while it does help, there's also a detrimental effect. Even then, people get recurrences because if they don't remove the cause of the problem (wrong lifestyle) the body produces symptoms.

It is the same with antibiotics, they can kill the invasive organism, but they are likely to kill good and essential bacteria in our bodies as well, which is why we don't feel so good after we take an antibiotic. And it does not allow the body to build immunity, with the result, you can be as susceptible to the disease in the future. This does not mean that medicines are not useful, but we should be aware that it is only our body that can heal.

As human beings, we are instinctively attracted to plant-based foods, mainly fruits and vegetables and we are not instinctively attracted to rice or wheat, even though they are plants. Every animal eats raw food, which has the highest nutrients, and nutrients are the spare parts for healing. Chemicals are harmful and therefore we should aim to find organic foods to the extent possible. Foods should be consumed as whole a form as possible because the maximum nutrition is just under the skin. We should not lose that, and nor should we lose valuable fibre.

The way modern medicine works is continuously treating (removing) the symptoms. Whenever we want to get rid of a problem, we should understand and remove the causes of that problem. Symptoms are a guide to indicate that the problem still exists and changes are required. If appropriate changes are made when the first symptom appears, we will become healthy. But instead, most people prefer to say 'shut up' to the body and regularly take medicines instead of controlling the symptoms.

Our body always works to heal, but it does this by producing symptoms, forcing us to make lifestyle changes that would be healing. If we bypass those symptoms through medicines, then it is forced to produce new symptoms. In this way we collect diseases, and add on medicines.

In order to eventually get free of these diseases, we need to make lifestyle changes and reduce medicines, so that the body can heal. We have to remove the causes of that problem. The body is an amazing self-healing mechanism as long as you remove the cause of the problem.

To help you understand, let's take a simple example that everyone can relate to, diabetes. When we get diabetes, most of us go to the doctor and are told to cut down on carbohydrates and sugars, even fruit. But nobody gets cured that way. The diabetes keeps increasing, and over the years so do medications. This is because sugar is not the cause of diabetes. High blood sugar is the result of diabetes. The cause of diabetes is insulin resistance and if we work at that level we can reverse diabetes.

Today, we live in a culture of diseases. We are overfed but undernourished. We eat for pleasure, rather than for nourishment and healing. Unfortunately, most ready-made, processed foods, though pleasurable are harmful. Nutrients are the spare parts for healing and we need to relearn how to make nutrient dense food that is both delicious and nutritious. Each of us can be our own best doctor most of the time.



Dr Nandita Shah

Founder, NGO - SHARAN, is the author of the best-seller, *Reversing Diabetes in 21 Days* published by Penguin India. She received the prestigious Nari Shakti Award 2016 from the President of India in recognition of her work in the field of health and nutrition.

SHARAN (Sanctuary for Health and Re-connection to Animals and Nature) was started with an aim to help people reverse diseases, instead of just controlling them, and this can be done only through lifestyle changes. Its vision is to build a culture of health. It is possible to live happily and healthily and prevent and reverse most lifestyle diseases, just with simple lifestyle changes. Website: sharan-india.org.

