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### Diabetes Can be Reversed

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Most cases of Type 2 Diabetes can be reversed completely and many cases of Type 1 Diabetes can be improved dramatically.  
MUMBAI, (AJAY RAWAL) : "Type 2 diabetes is a lifestyle disease and can be reversed in most cases through correct eating habits.

Medicines can be totally discontinued", says Dr. Nandita Shah, Founder of SHARAN India. SHARAN India, has the vision of a Diabetes Free India. India is facing an upward spiral in the cases of diabetes. Most people cut off their sugar and carbohydrates yet are rarely able to cut off their medications and end up with complications. By reversing diabetes, both high blood sugars and complications can be reversed. Dr. Nandita Shah has already addressed more than 5000 participants in India and many of these are already diabetes free.

Dr. Neal Barnard, MD and others have conducted numerous studies and have found the cause to be dietary fat, which causes insulin resistance. This information is detailed in a book, Dr. Neal Barnard's Program for Reversing Diabetes. Based on this we recommend a low fat, whole food plant based diet.

SHARAN conducts seminars all over India to explain exactly how to reverse diabetes in the Indian context.

Our Next programs in Mumbai are on 19th Jan. Tel – Gouri 08879385913, Rani 9820221998.

We also have a 21 day residential program where participants will experience the reversal first hand.  
Facts:• India has the largest population of diabetes for any country in the world. • Prevalence of pre diabetes is approximately 20% in India. They carry high tendency to develop diabetes in future. • Diabetes is a lifestyle disease. By understanding the causes and correcting them anyone can become diabetes proof and current sufferers can reverse type 2 diabetes and its complications. • Reversal is done without any medications or therapy so it is extremely cost effective.

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