

Peas vs Pills

TWO CITY GIRLS HAVE NEVER EVER TAKEN ANY KIND OF MEDICATION, THANKS TO A WONDER DIET

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These days, people tend to pop pills rather than maintain a healthy diet. India is also witnessing a growth in the number of people afflicted by lifestyle diseases such as diabetes, hypertension, cardiovascular heart disease, obesity etc. The good news is that we can prevent and reverse 85 per cent of these diseases in a natural way, according to Dr Nandita Shah, a registered homoeopathic medical practitioner from Auroville, Puducherry



HEALTH FREAKS: Amita Desai's daughters Urvi and Kinjal have kept away from allopathic medicines

Dr. Shah, who has been practicing classical homoeopathy since 1981 and is also the founder of Sharan, an NGO, conducts health workshops across the globe and now, even in Hyderabad.

"This is a 21-day programme, and the main sustenance is derived from fruits, nuts, grains, vegetables, unpolished rice, lentils and salads. Sugar, oil, synthetic fibres and artificial colours are completely avoided," explains Dr Shah.

The programme comprises three meals a day, which help in maintaining body balance and avoiding any hormonal imbalance. Dr. Shah also organises and conducts training programmes for doctors, lifestyle advisors, as well as cooking classes for those who are interested. She says that "People think it's expensive but I can vouch that this programme will change their lives. There will be no need to take pills again."

Amita Desai, director of Goethe Zentrum and a client of Dr Shah is an ardent follower of this diet. She says, "My daughters Kinjal and Urvi are in their twenties and have never taken pills, and this diet has helped them maintain a balanced lifestyle. We are vegetarians and believe that it's ethically wrong to kill animals, so we completely follow this vegan diet".

"We often put more thought into the fuel that goes into our cars than we do about the fuel that goes into our bodies. By understanding the correct fuel for ourselves, we can prevent and reverse illnesses," adds Dr Shah. The popular seminar held at Auroville will come to city on August 15 at Shwaas Centre for Inspired Learning.

Dr Nandita Shah is a well known homoeopathic medical practitioner with more than 30 years of experience

