

## DR NANDITA DOCTORS DO NOT HELP LIFESTYLE ILLNESSES, NATURE DOES:

By Hussein Jiva

On October 5, the Shree Lohana Mahajan Mandal organised a health talk for the community at the Mahajan, inviting a doctor and homeopathist from India, – Dr Nandita Shah, - to address the audience on how to use natural methods to improve one's health.

Entitled 'Cure Through Nutrition: You Can Reverse Diabetes & Other Diseases,' the talk attracted about 100 members to the venue – many of whom were suffering from health issues such as diabetes as well as hypertension among others.

"The goal is to have community members benefit from useful information that is out there," began the Chairman of Lohana Mahajan Mandal, Bharat Lakhani. After being introduced to the audience by Manish Shah, the facilitator of the event, Dr Nandita took to the stage to begin what would be an hour-and-a-half long address. Using a powerpoint presentation and allowing for audience engagement, the session remained interesting and lively.

Dr Nandita used a different approach to health; empowering the people she interacts with, allowing them to realise that good health is within themselves and not necessarily with doctors.

"Today we have a series of lifestyle diseases. When you look at it, lifestyle diseases are caused by lifestyle – thus, they can be reversed," she began.

According to Dr Nandita, medicine does not necessarily help or cure lifestyle diseases. Often, it only gets worse.

"After seeing the doctor, you soon end up with medication – some of which are life-long. And it gets worse over time. Thus, medicine doesn't necessarily cure such illnesses, and I say this being a doctor myself," she added.

It was this awakening that led her to starting up an organisation in 2005, Sanc-

tuary for Health and Reconnection to Animals and Nature (SHARAN), aimed at reconnecting humanity with nature, so as to reverse such illnesses.

"We need to begin exploring various questions that our otherwise conditioned minds ignore. When we start doing that, we turn internally and to nature in search of answers," she added.

Speaking to the Chairman after the event, he viewed the talk as empowering.

"The talk pointed out that we can make change in our own lives, naturally reversing illnesses we have within us. And I encourage people to heed the advice," he concluded.



Dr Nandita Shah



Manish Shah



Members of the audience listening intently during the talk