

Food and lifestyle changes are effective means of reversing diseases like hypertension and diabetes says **Dr Nandita Shah**, who advocates listening to our bodies to heal ourselves ...

## ‘EAT ONLY WHOLE PLANT-BASED FOODS’



**Hypertension and diabetes are considered lifestyle diseases, please elaborate on what causes a lifestyle disease.**

As the phrase suggests, lifestyle diseases are diseases caused by our current lifestyles. Animals fall sick much less

than humans do. And when they do fall sick, they know how to heal themselves. I have spent years watching animals live in the wild. They are born with instincts and always function at their highest potential, despite all kinds of adversity.

**Southeast Asians and Indians have these diseases more commonly than any other race. Is it genetic, or are we at fault?**

I think these diseases are prevalent all over the world today, at increasingly higher rates than ever before in the history of mankind. Today we are eating more processed, refined and packaged food. Food is laden with chemicals, more than ever before.

**What are some easy to adapt methods to prevent these diseases or to rather cure them?**

Eat only whole plant-based foods. (Foods which do not contain any animal product – meat, dairy, or animal fats) Eat when you are hungry and drink when you're thirsty. Learn to listen to

your body. Avoid addictive foods and drinks; refined and processed foods. Take in plenty of sunshine and fresh air, rest at the right time, move and exercise, avoid pollution and chemicals.

**Is there a connection between a plant based diet and these diseases?**

The cause of diabetes, hypertension (or high blood pressure), heart disease, cancer, obesity and kidney disease is the same: excess fat, excess protein and lack of fiber. This is central to our modern-day diet. Animal protein, food that is not instinctual to our species, makes us sick. Processed and refined food, that is not natural, makes us sick. If we stay away from these, we can be well again.

**What is the cause for younger people getting affected by diabetes or hypertension?**

When I was young, restaurants were rare, food at home was delicious; fast food was non-existent. Today, many mothers don't cook, food comes from packages, pesticides are everywhere. This is why the young are sick today. ■ MALLIHA