

# Peas vs Pills



**A corporate workshop for  
new age employees:**  
Reach your health potential  
through the right food instead of  
medicines.



SHARAN

A SHARAN India Initiative

# Employee wellbeing = High return on investment?


- There is extensive evidence showing that **people with higher levels of well being perform better.**
- Healthy employees become more positive, focused, energetic, resilient and resourceful at work.



## Why is this relevant at work, now?

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- Employees are usually **aware of adverse effects** of their life style but **may lack the time, support, and momentum** related to proactive health care at work or home.
- People may not always meditate, exercise, or do yoga together, but they will eat together. **A group tends to easily support each other when it comes to eating.** This method is simple and sustainable.
- Changing habits is a challenge for anybody but when the **whole office does it together everyone has a support system.** It benefits individuals as well as the organization.
- With a little re-conditioning using food as a stress manager is easier to achieve. Unlike other methods food is integral part of our life.



"Our society is more oriented to heroic efforts to heal the sick, to deal with victims and to treat symptoms rather than to changing the social and other circumstances which result in people becoming victims"  
- Dr. Joel Kreisberg, Teleosis Institute

## How does this work?

- The 'Peas vs Pills' is a day long workshop about **preventing and reversing illnesses** through the understanding of human anatomy, physiology and nature's laws.
- It is about understanding your body's language and **responding with the correct food** rather than with medicines.
- The workshop includes presentations, videos, dialogues and demonstrations.
- Participants will discover what the **ideal healthy diet** is, and learn how to prepare or select **tasteful and healthy meals** that heal.
- This workshop includes breakfast, lunch and a small snack.



## What can we expect to get out of this?

Participants will find **quantum leap in their state of wellness**. Changes can be observed in the illnesses like obesity, heart disease, high blood pressure, diabetes, asthma, cancer, digestive problems, menstrual and menopausal problems, joint pains, backaches, depression and psychological problems.

The **need for medications reduce** and may disappear altogether.

For healthy people it's a **guide to prevention**.



*"It has taken the anxiety away from my work. Because I was not anxious, everything went smoother. My ability to organize, manage and create has improved."*

Puneet, CEO Windglaze, Auroville, India

## How do we support you?

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- We can supply guidelines to your **office canteen** to provide healthier options and improve the quality of the meals by making simple changes.
- We will provide resources for **healthy menus, training of chefs** and follow up sessions with participants.
- We can also provide tools and **support to your doctors** on how and when to reduce medication as participant's health improves.

## What's Next?

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The workshop can be custom designed to suit your needs. It could be one full day or two half days, within your organization or at another venue and it can even be disease specific if needed.

To explore feasibility of 'Peas vs Pills' at your organization write to **[seminars@sharan-india.org](mailto:seminars@sharan-india.org)**

## Who is behind this?

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Dr. Nandita Shah has been practicing homeopathy in India for over 30 years. Her interest is to spread awareness of how patients can take responsibility for their own health.

For the past 7 years, she has presented 'Peas vs Pills' workshops to over 1500 participants in India, Ireland, Italy, Denmark, Germany, Switzerland, USA, and UK inspiring others to make lifestyle changes which make a positive difference.



## About SHARAN India

All proceeds from the workshop go to SHARAN - Sanctuary for Health And Reconnection to Animals and Nature. We are a non-profit organization with the goals of spreading holistic health awareness and an ecologically sustainable compassionate lifestyle.

Visit our website: [www.sharan-india.org](http://www.sharan-india.org)

