

A healthy solution to diabetes

EXPERT CLAIMS VEGAN DIET CAN IMPROVE STANDARD OF LIVING

by SAV D'SOUZA

HOMEOPATHIC specialist Dr Nandita Shah was in the UK recently leading a seminar on how a vegan diet can improve the lives of diabetes sufferers.

Speaking in front of a sell-out crowd of over 300 attendees at the Oswal Centre in Hertfordshire Dr Shah, founder of health charity Sharan, talked about the need for a 'shift in consciousness' to address the prevailing 'conditioning' of people towards their food intakes – which is leading to greater numbers of people being diagnosed with diabetes and other preventable diseases.

"Nobody purposefully poisons themselves, it's just that people don't know. We have been brainwashed by the media or the advertisers," she said.

Dr Shah was very critical of the production and consumption of milk, and of the false information given about the health benefits of consuming it.

"And you know, all this time we have been given a lie that milk is needed for calcium, which is not true at all," she said, pointing out the highest incidents of osteoporosis (a medical condition causing weak bones often linked to a calcium deficiency) were in countries with the highest consumption of dairy.

The World Health Organisation states that milk and dairy products (sour milk, yoghurt and cheese) that are low in both fat and salt can be used as part of healthy lifestyle.

During the day, Dr Shah recommended a number of books, including *The China Study*, which examines the links of consumption of animal prod-

ucts with heart disease, diabetes and cancer while also analysing the benefits of a whole-food, plant based/vegan diet to escape, reduce or reverse the development of illness and disease.

Along with presentations focusing on the science and medical side of the harmful effects of dairy, sugar and chemicals used in food production and other aspects of modern living, the seminar showed how people could move to a vegan diet with advice on cooking and food preparation.

Dr Shah, whose foundation is based in India, said it was her third event in the UK and so far they had only targeted London and mainly Indians. "If we can target a community, we have already reached a lot because it spreads by word of mouth as well", she said. Dr Shah runs regular 21-day health retreats in India which are very popular.

Bharat Shah, managing director of Sigma Pharmaceuticals, who hosted the event, told *Eastern Eye*: "Me and my brothers, who are all diabetic, believe that a seminar like this can really provide a health education in the Asian community that is very much needed."

Shah explained how he had attended a seminar last year which made him think that diabetes could be reversed. Subsequently, he said that not only had his tablets been halved but he has talked to numerous people with type 2 diabetes whose tablets had been totally stopped or had been reduced.

"There is certainly some kind of truth that if one takes care of the lifestyle, a disease like diabetes can be reversed," Shah said.



ADVICE:
Dr Shah with
Sigma's directors