

water through their skin).



...founded by Larry Page and Sergey Brin
Page own about 16 per cent of the company's stake. Google
was first incorporated as a privately held company on September
4, 1998, and its initial public offering followed on August 19,
2004. The company's mission statement from the outset was "to
organize the world's information and make it universally accessible
and useful and the company's unofficial slogan is 'Don't be evil'.

Getting back to our healthy roots

Dr Nandita Shah talks about SHARAN and how we can naturally heal ourselves

INTERVIEW

KHURSHEED DINSHAW

Ever since I can remember, I have always been interested in natural health. By the time I had to choose a profession I was clear that I would be a homeopath because homeopathic treatment encompasses the mind, body and spirit. After 20 years of practice, I began to realise that something was missing. Patients would get better, but return in weeks, months or even after years, often with the same complaints. For me a real cure is permanent.

The understanding of real health came to me step-by-step. I now prefer to teach people to go back to their instincts, listen to their body, eat correctly and heal themselves. It's very powerful to know that you need nothing from the outside to heal yourself. That the true cure is within you.

Once I learnt the secrets and explained them to my patients they began to see results. A 70 year old woman had heart disease for three years, had just been in the ICU for three weeks, and had come out with a prescription one page long. I taught her all I knew about diet and asked her to continue seeing her cardiologist. I saw her again 2 months later and she was off almost all of her medications, and a month later she was just



taking only 1/4 of a tablet. What's more, she was going to the gym for half an hour in the evening and for a morning walk every day. It was remarkable because for the previous 3 years she had been so tired that it was an effort to get out of bed. Another elderly man with diabetes for 30 years finally got normal blood sugar levels and got off medications. A 21-year-old boy taking three injections of insulin a day was able to be medicine free and have normal blood sugar levels. I wondered how I could help everybody realise how easy it is to enjoy perfect health, and from this SHARAN was born.

SHARAN stands for Sanctuary for Health And Reconnection to Animals and Nature. Its vision is a Diabetes Free India, but we believe

much more is possible - like perfect health for all, with no expenses and no medicines. We hold seminars to teach people how to reverse diseases. We have a general health seminar called Peas vs Pills, a Reversing Diabetes Seminar, a Reversing Heart Disease and Hypertension Seminar, a Weight Reduction Seminar. We will soon have a Bone and Joint Complaints Seminar.

We also have cooking classes, weeklong programs and even a 21 day disease reversal program where people can stay with us and watch their health revert to normal through lab tests and daily checkups. The reason that we have a 21 day program is that it takes 21 days to change a habit and this also gives us enough time to reverse diseases to a

Heal your body

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- Once we connect to ourselves, we can reconnect to nature, animals and our planet.

large extent. So people can learn how to do it and see the results.

Many of us have lost the connection with nature and other living creatures. We pay a big price in the form of not knowing how to heal our bodies minds and spirit; going through life without knowing what we really want. SHARAN hopes to help people reconnect to this knowing. From making the connection with ourselves, we can reconnect to nature, animals and our planet. Once healed each joyous soul will be a catalyst for the healing of many others and eventually a complete healing of the universe.



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Dynamics of dating: who pays?

Women don't like to be suppressed in any manner in today's day and age, and for most this applies even when paying the bill