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'Vegan diet can tackle diabetes'

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Dr Nandita Shah , a homeopathic physician, recently conducted a workshop on diabetes in the city.Here's what she had to say about the disease and its cure .

Tell us something about your workshop, Reversing Diabetes? The programme is based on breakthrough research led by Dr Neal Barnard, who is an adjunct associate professor of medicine at the George Washington University School of Medicine in Washington, DC, and the president of the Physicians Committee for Responsible Medicine. His research established a new and powerful approach to diabetes, based on adjustments to the type of food we eat. His book Dr Neal Barnard's Program for Reversing Diabetes has allowed many people to enjoy the same benefits his research participants have enjoyed for years .

I met Dr Barnard at his office where he suggested that we could do a programme together in India. This happened in end November 2009 in Mumbai and early December 2009 in Bangalore .

And we are continuing to do that .

What is this concept and how does that work? As you know most diabetics cut down their sugar and carbohydrate intake, maybe do some exercise and take medications .

However they never get cured .

Most people with diabetes find themselves on a road leading towards gradually increasing weight, slowly rising blood sugars, higher doses of medications, and worsening complications .

Reversing diabetes means reversing this trend .

Blood glucose values that have kept rising month after month can begin to come down very quickly. Doses of medications that have risen again and again can come down too. Symptoms, such as painful neuropathy — the nerve pains in the feet and legs — can improve and even disappear. We can tackle even severe weight problems, and heart disease, too can reverse .

Is it true that certain changes in one's lifestyle can reduce the risk of diabetes? Definitely. Unlike what most people think, the cause of diabetes is not high sugar in the diet. Rather, the result of diabetes is high blood sugar. By cutting the sugar and carbohydrates, since we never get at the cause, we never get a cure. If we understand the real cause the cure is simple. Our workshops are based on understanding the causes of disease and removing them .

What kind of foods one should eat or avoid? What we do is examine our anatomy and understand which foods are suitable to it, and why. These are the ones advised. What we advise is a whole, food plant based (vegan) diet. Incidentally this is exactly what our modern eating habits are turning away from which explains the rise in this disease especially in the urban areas .

Anything you want to say to those suffering from this disease? Remember that continuing a life with diabetes treated by medications implies complications. It's better to face the facts and look for a better way .

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