



# High Carb Health Talk Promoting Veganism and Health in India

## Shukul Kachwalla – Natural Health and Holistic Nutrition Practitioner



Dr Nandita Shah and Shukul

For all of February 2016, I was invited to India by Dr Nandita Shah, founder of SHARAN (Sanctuary for Health and Reconnection to Animals and Nature) India to give some talks and workshops on why veganism is the best solution for people's health. SHARAN is a wonderful Not for Profit Organisation in India, whose vision is a diabetes-free India.

My program consisted of giving talks in Mumbai and Pune, talking about disease prevention and reversal via a whole-foods plant-based lifestyle rather than relying

on medications, and my area of expertise, digestive health. I also conducted a cooking class with the help of one of the SHARAN associates, Reyna Rupani and showed people how to make healthy and delicious food without the use of oil, sugar or any refined products.

### Diet and disease

I was able to explain to people how to prevent and even reverse our most common chronic diseases such as heart disease, diabetes and even common cancers such as of the breast, prostate and colon. In my digestive health workshop, we discussed how to reverse chronic digestive disorders such as Crohns, Ulcerative Colitis, IBS and IBD.

The audience was always amazed at the power of correct nutrition and that they now had the ability to prevent and reverse these common conditions! Health is really in your hands.

### The sacred cow

India has an extremely large vegetarian community. So the majority of people I spoke with already did not eat meat.



Shukul at his cooking demonstration in Mumbai

Therefore, the main focus was on the harmful effects that cow's milk has on the human body. We also showed the audience a video on how cows are treated in India. It is truly horrible what goes on in the industry over here.

One of the many actions that shocked me was that they put chilli powder in the cow's eyes, if the cow will not follow directions. Quite a number of people were crying as they realised the harm that occurs to these beautiful creatures. In India, the cow is considered sacred, yet

India is the largest exporter of beef in the world!

### Reaching out

The programs were a hit! I was able to speak to over 300 people during the seven events that I ran over two weeks. A lot of the people were amazed that the truth about the harm caused by animal products to their health was not commonly known, and many people told me that they felt they had been lied to their whole life.

During the cooking class, we made eight dishes including Thai Massuman Curry, Raw Cookies, Mexican Bean Salad and a Raw Cheesecake without any oil and completely from whole plant foods. Everyone was so pleased when they found out that healthy food is also delicious.

### Movement for change

What I have seen is that veganism is truly on the rise everywhere. The truth cannot be hidden forever. There are exceptional people everywhere spreading the message of love and compassion in so many ways, whether it be from the angle of animal rights, health or the environment and in many cases all three at once. When people hear a message presented in a logical and informative way, their perception changes and we get a shift in consciousness.

So many people told me after the events that they were going to make changes



Shukul and the rest of the SHARAN team

to their lifestyle, and this gives me hope for the future. The animals need us, the planet needs us and we need to look after our health. Veganism offers us a viable solution to all three of these issues. We just need to reach more people in a manner that connects with them so that we can effect more positive change.

I feel more inspired than ever after my trip to India. I would like to thank Dr Nandita Shah and the whole team at SHARAN India for giving me the opportunity to share this information with

so many people. I definitely recommend you have a look at their website [www.sharan-india.org](http://www.sharan-india.org) for lots of great information on veganism and health, as well as some incredible Indian recipes!

I am very much looking forward to using the information I learned from SHARAN to deliver a similar program here in New Zealand. Keep an eye out for them on our Facebook page High Carb Health, and see you next time for the next edition of High Carb Health Talk.

## Watermelon Blend (Serves 1):

### Ingredients

- 1.5kg Watermelon
- 1 Handful Mint Leaves
- Ice as Desired

### Instructions

1. Chop the watermelon into pieces.
2. Add watermelon, mint and ice into a high powered blender.
3. Blend until no chunks remain.
4. Serve in a glass.

## Thai Massuman Curry (serves 2-4):

### Ingredients

- 500g Potato
- 500g Sweet Potato
- 2 Tbsp Curry Powder
- 250ml Coconut Milk
- 100ml Water
- 2-3 Cups Brown Rice
- Salt to taste

### Instructions

1. Chop potatoes and sweet potatoes into small chunks, unpeeled.
2. Add the coconut milk and curry powder

into a medium size pot. Add salt to taste.

3. Add the potatoes and sweet potatoes to the pot.
4. Pour in the water.
5. Bring to the boil and simmer for 15 minutes.
6. Stir occasionally until the potatoes are soft.
7. Serve with cooked brown rice.