



SHARAN Newsletter - Issue #21 - June 2014

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Special Feature: 8 Tips for Resetting your Health

Once you've taken the decision to make positive changes and take responsibility for your health, you've

already taken the first step on the road to good health.

Here we share 8 steps towards resetting your health and transforming your life:

1. **Eat the right foods.** Plant foods provide all the nutrients needed for optimal health as well as powerful antioxidants and phytonutrients which protect the body from illness and disease. Whole plant foods contain lots of fibre, but no cholesterol and are low in fat. These are the perfect foods for preventing and reversing lifestyle diseases like diabetes, hypertension, heart disease, cancer and obesity.
2. **Exercise.** Exercise builds muscle, helps circulation, and releases stress. Find an activity that gets you moving and which you enjoy, and practice it at least four times a week.
3. **Drink water.** Drinking water flushes the body of toxins and does wonders for the skin. It's important to drink at least 2 litres of water a day to keep the body hydrated.
4. **Get Sunshine.** The sun is an important source of vitamin D, an essential vitamin necessary for calcium absorption and boosting immunity. Spend at least 15 to 20 minutes a day in direct sunlight, 3 to 5 times a week. Read more on the importance of [Vitamin D](#).
5. **Get fresh air.** A breath of fresh air provides the body with a much-needed boost of oxygen. As often as possible, spend time outdoors in large open green spaces.
6. **Get adequate sleep.** The body needs 6-8 hours of rest at the right time, to allow itself to heal and build immunity. Make sure you get your beauty sleep!
7. **Have a positive attitude.** Positive thoughts reduce stress and keep us happy. When upset, instead of overacting, take a deep breath and stop and think of the silver lining that every situation offers you.
8. **Freedom from addictions.** A plant-based diet which includes a lot of raw foods is great for letting go of addictions. Alcohol, cigarettes, and even tea, coffee and colas are acid-yielding and therefore deplete the body of important nutrients like iron and calcium, weaken immunity and cause mood swings and fatigue.



What you can do

1. **Make walking a habit:** Walking outdoors daily is a great way to get moving in the fresh air and sunshine. Your heart will love the exercise, your lungs will benefit from a boost of oxygen and the sunshine will provide your body with much needed vitamin D.
2. **Eat colourful foods:** Plant foods are rich in antioxidants, vitamins and necessary nutrients which fight disease and promote good health. Eat fresh fruits and other raw foods every day to give your health and energy levels a boost.
3. **Spend time with positive people.** Being with people who care about their own health creates support for staying on track: share your successes, tips and recipes.

Fact or Fiction?

A healthy diet has a positive effect on mental well-being.

FACT!

A healthy diet has a positive effect on



mental health and not only on physical well-being. Many past participants of our health workshops have reported experiencing a reduction in stress, and increased clarity, energy and general positivity when switching to a plant-based diet.



Recipe

Tropical Breakfast Parfait

Ingredients:

4 large dates, pitted
 1 tbsp of juice and zest from 1 orange
 1/4 cup raw almonds
 1/4 cup rolled oats
 2 tbsp dried apricot
 1 cup fresh papaya
 2 bananas, peeled and frozen
 2 pinches sea salt

Method:

Add two dates and the orange zest to a food processor. Pulse to finely chop the dates. Next add the almonds, oats, apricots and a pinch of salt. Pulse to create a granola-like texture. Remove and set aside. Rinse the food processor.

In the clean food processor combine the papaya, orange juice, the remaining two dates and a pinch of salt. Blend until completely smooth. Remove and set aside. Rinse the food processor.

In the clean food processor blend the two frozen bananas until a soft-serve ice cream texture is achieved.

Divide half of each component between two large or four small glasses, adding one layer at a time. Repeat the layers to use up the remaining components.

Makes 2 large or 4 small servings.

This recipe was demonstrated by Lisa Pitman during her Eating without Heating demos in India. For more on Lisa and her recipes visit her [website](#).

News from SHARAN

SHARAN has a brand new website!

We have recently launched a brand new website. Do visit www.sharan-india.org and let us know what you think of our new look!

Highlights of recent events

On 26 March 2014, the newest members of our team, **Preethi and Aishwarya** of customer care presented a cooking demo in Chennai to a full house, receiving rave reviews. People are asking for more and more.





On 11-13 April 2014, [Dr Nandita Shah](#) spoke at the Homeopathic Conference in Ankara, Turkey about plant-based nutrition. Turkey is also seeing a surge in lifestyle diseases like any westernised country.

On 19-20 April, Dr Nandita Shah conducted a Peas vs Pills workshop in Istanbul to a packed audience of both practitioners and lay people. There is now an active vegan Facebook group in Turkey with already 700 members in this short time!

[Dr Saravanan](#) has been very active in South India, presenting talks and demonstrations from Chennai to Kanyakumari and from 9-25 May 2014 at short retreats at the Mektoub Wellness Beach Retreat in Kerala in collaboration with Veda Wellness. These were a huge success with participants. This was a great way for them to learn more about health and plant-based nutrition while relaxing in a beautiful atmosphere.



On 18 May 2014 in Pune [Dr Pramod](#) presented his 14th batch of Freedom from Diabetes. Dr Pramod has been very active in Pune, Mumbai and Delhi with 9-week programs designed to support participants until they succeed in reversing diabetes. With many people benefitting, we take our hats off to Dr Pramod!

On 28 May 2014 in Gurgaon Health Coach [Nandini Gulati](#) presented a Vegan Basic Cooking Class. Nandini has been consistent with her cooking classes and short talks and programs in the Delhi Gurgaon area.



Upcoming events

8 June 2014: Mumbai - [Freedom from Diabetes](#), 16th Batch by Dr. Pramod

8 to 29 June 2014: Gokarna (near Goa) - [SHARAN's 21-day Disease Reversal Retreat](#). Look out for our day to day news of this event on the [SHARAN website](#) and the [SHARAN Facebook page](#).

For details on all of SHARAN's upcoming workshops, seminars and classes, visit our [events page](#).



SHARAN Google Group

SHARAN has started a new Google Group to connect all the people who have



done our seminars. Anyone who is eligible but has not received the invite can send an email to seminars@sharan-india.org and ask to join.

Volunteer with SHARAN!

We are always looking for well-qualified, passionate vegans to help with our work and spread our vision of a Diabetes Free India. If you would like to join us, find out more about opportunities and how to apply on the [Working With Us](#) page on the SHARAN website.



Vegan potlucks

Regular [vegan potlucks](#) are regularly held in Bangalore, Mumbai and Delhi and other cities and are open to everyone: vegans, aspiring vegans, vegetarians or anyone interested in learning more about the vegan lifestyle.

For a list of Indian vegan groups in cities across India on Facebook, visit [the Facebook groups page on our website](#).

The [SHARAN photo album](#) features pictures of all our past events. Those who have attended our events may enjoy seeing pictures of themselves and the group. (Click on the image to get an enlarged version.)

Did you miss past issues of this newsletter? Have a look at the [SHARAN newsletter archives](#).

FOLLOW SHARAN



What is SHARAN?

We are a non-profit organization with the goals of spreading holistic health awareness, and an ecologically sustainable compassionate lifestyle. We believe that all life on the planet is interconnected. By reconnecting we can heal ourselves and our earth.

Visit our website: www.sharan-india.org

Contact us: info@sharan-india.org

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