



Making India diabetes free



SHARAN

www.sharan-india.org

Join the thousands who are free
from insulin and medications

Diabetes

is the **new**
major health challenge
of our century

In spite of what you hear, diabetes can be reversed.

Thirty years ago
only **5%** of
our adult population
had diabetes,
while today
it stands at
more than **30%**.

Two out of three people
with diabetes
die from
heart disease
or **stroke**.

According to scientists,
people with diabetes
lose between
10 to 19 years
of their life.

SHARAN assists you to prevent and reverse diabetes by identifying the cause of the disease and using food as medicine. We help you to reconnect to your body, your instincts and to the healing power of Nature.

Our methods are scientific-evidence based. They have been used and tested by doctors all over the world and are becoming mainstream knowledge in other countries.

Our mission is to ensure an optimal quality of life, by guiding you to engage actively with your own health. We empower you to make long-term lifestyle changes that will make you as healthy as possible for the rest of your life.

SHARAN'S VISION IS A DIABETES FREE INDIA

To be inspired by the stories of other people who cured themselves from diabetes on our program, see their testimonials available on our website, www.sharan-india.org

TOGETHER WE CAN REVERSE THE DIABETES TREND

YES, it IS possible to restore your true state of being: **A perfect and vibrantly healthy body, combined with a peaceful mind, which is your fundamental nature.** Don't worry, there is no catch here, no gimmicks and nothing we are trying to "sell" you.



SHARAN conducts a variety of programs all over India.

- **Potlucks, lunch meetings, film showings, short talks (1/2 day or less)**

A congenial way to get information about what we do and how it could transform your life. Remember that the right food is a key building block to great health!

- **Peas vs Pills, Reversing Diabetes, Reversing Heart disease and Hypertension, Weight loss programs (Full day or series)**

These are one day events – or a series of sessions – that focus on a specific issue like diabetes, coronary artery disease or weight reduction.

- **Cooking Class, cooking demos (1/2 day)**

Our cooking classes demonstrate how easy it is to adopt new cooking habits and convince you that you can have delicious food that is truly what your body wants and needs.

- **Holidays and Retreats (One week)**

In 7 days you will learn to break old habits and reconnect with yourself and nature. You will return to your life rested and well equipped with the right knowledge and tools to transform your health.

- **SHARAN's 21 day Health Holiday**

Just imagine... 21 day spent luxuriating in an exclusive resort in the heart of unspoiled nature while you reverse your disease and regain your health. 21 days is all it takes to see the results. We will track your medical progress with repeated lab reports and daily check-ups. You will be able to reduce your medications and see the amazing results for yourself.

All this, while you enjoy a choice of activities – yoga, meditation, nature walks, swimming, massages – and more – to help you reconnect to yourself. We offer interactive cooking classes to enable you to easily stay on track once you get back home.

- **Training Programs**

These are specially designed for both Indian and international participants who want to learn how to share this invaluable knowledge effectively with others by conducting courses or by joining our team.

- **Team of Doctors**

Our team of doctors and nutritional experts are available to you in person or through phone / Skype consultations in case you are unable to attend our events. We are fully committed to helping you individually as you take your first steps towards positive health.

ABOUT US

SHARAN consists of a growing group of doctors and health professionals connected by the same vision of what it means to really be healthy. Our goal is to inspire others to reconnect to our natural state of perfect, vibrant health.

SHARAN'S LONG TERM PLANS

We are drafting a project for our own retreat centre in rural India with residential rooms for patients, a training centre, an attached organic farm to grow our own food and a sanctuary for farm animals.



SHARAN HAS ALREADY POSITIVELY IMPACTED THE LIVES OF OVER 20,000 PEOPLE IN INDIA AND ABROAD.

HOW CAN YOU GET INVOLVED?

Join us for any of our events and get involved. If your dream is to see others healthy and free of disease, please do get in touch with us.



SHARAN

For more information
visit our website www.sharan-india.org
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