Activities of Human Beings As Triggers of Recurring Pandemics

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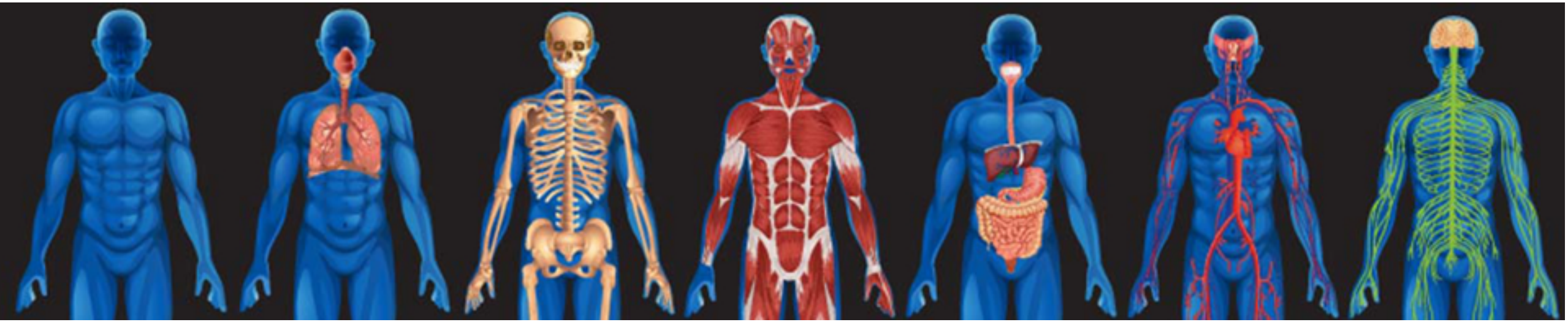
www.sharan-india.org

SANCTUARY FOR HEALTH AND RECONNECTION TO ANIMALS AND NATURE

Climate Change

Our Earth

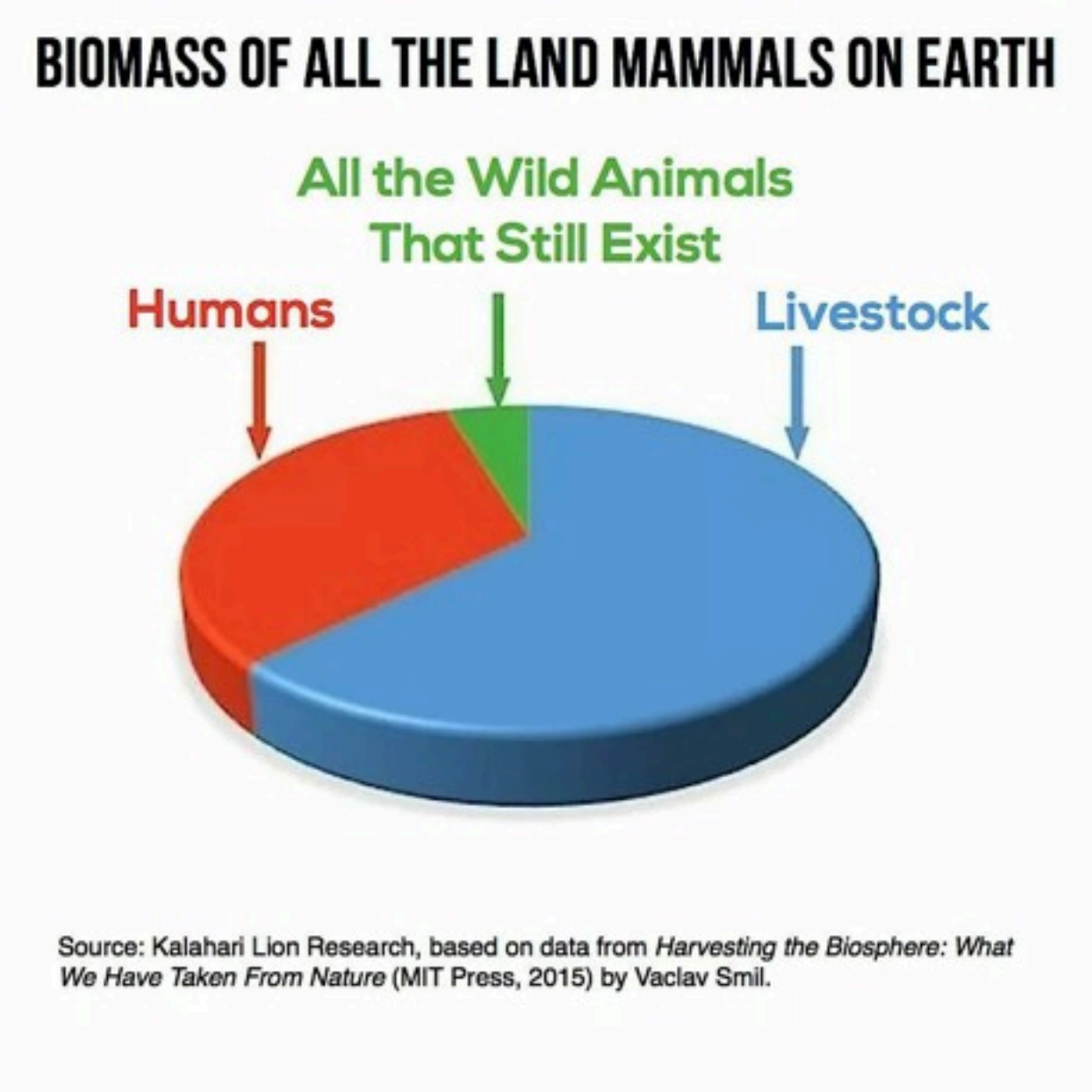
Human body

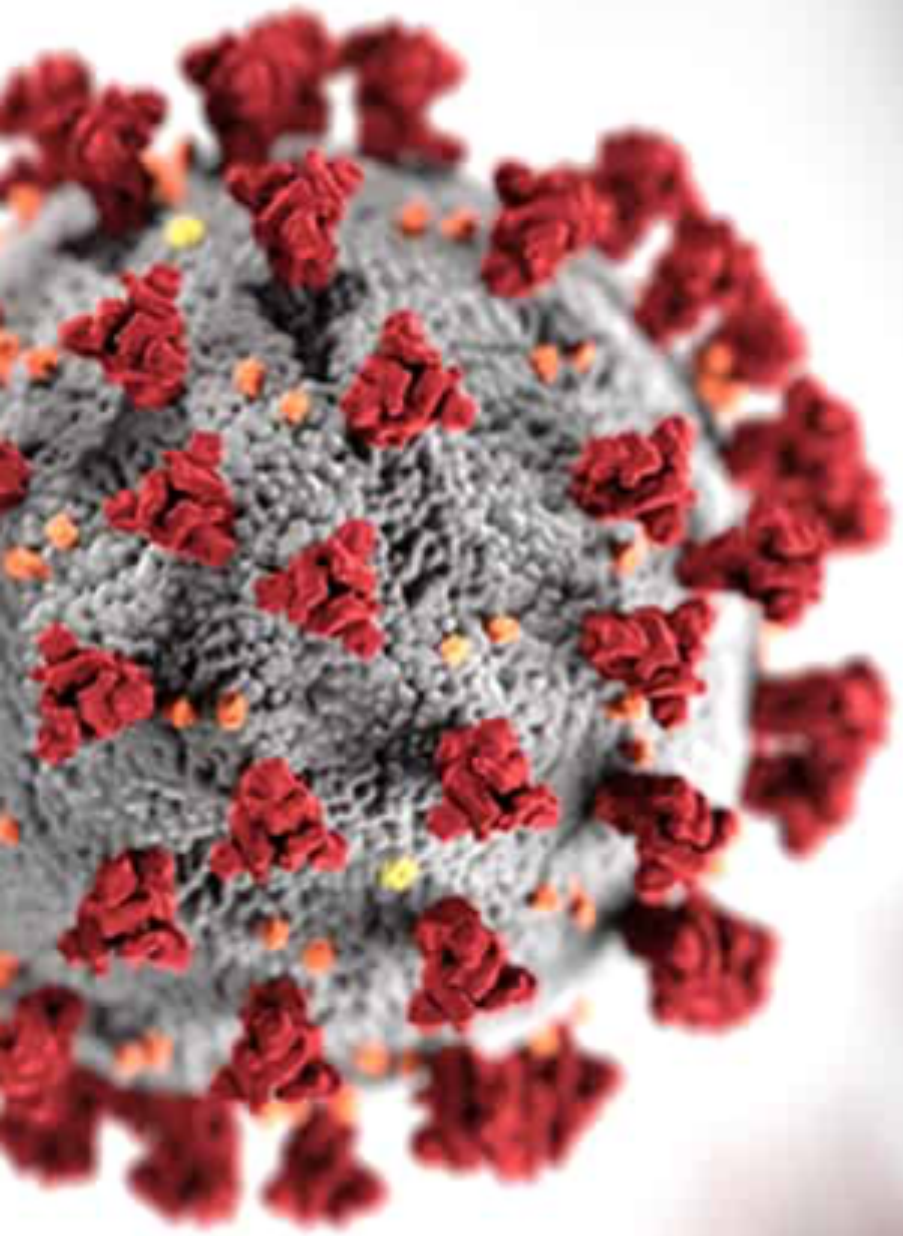


Our Earth

Cancer

- An unrestricted overgrowth of undifferentiated cells to the detriment of the whole of organism





COVID-19

CORONAVIRUS DISEASE 2019

Lessons from COVID - 19

- We are all connected
- If we do something against nature we have to bear the serious consequences
- Governments can implement changes

Diseases Common Today

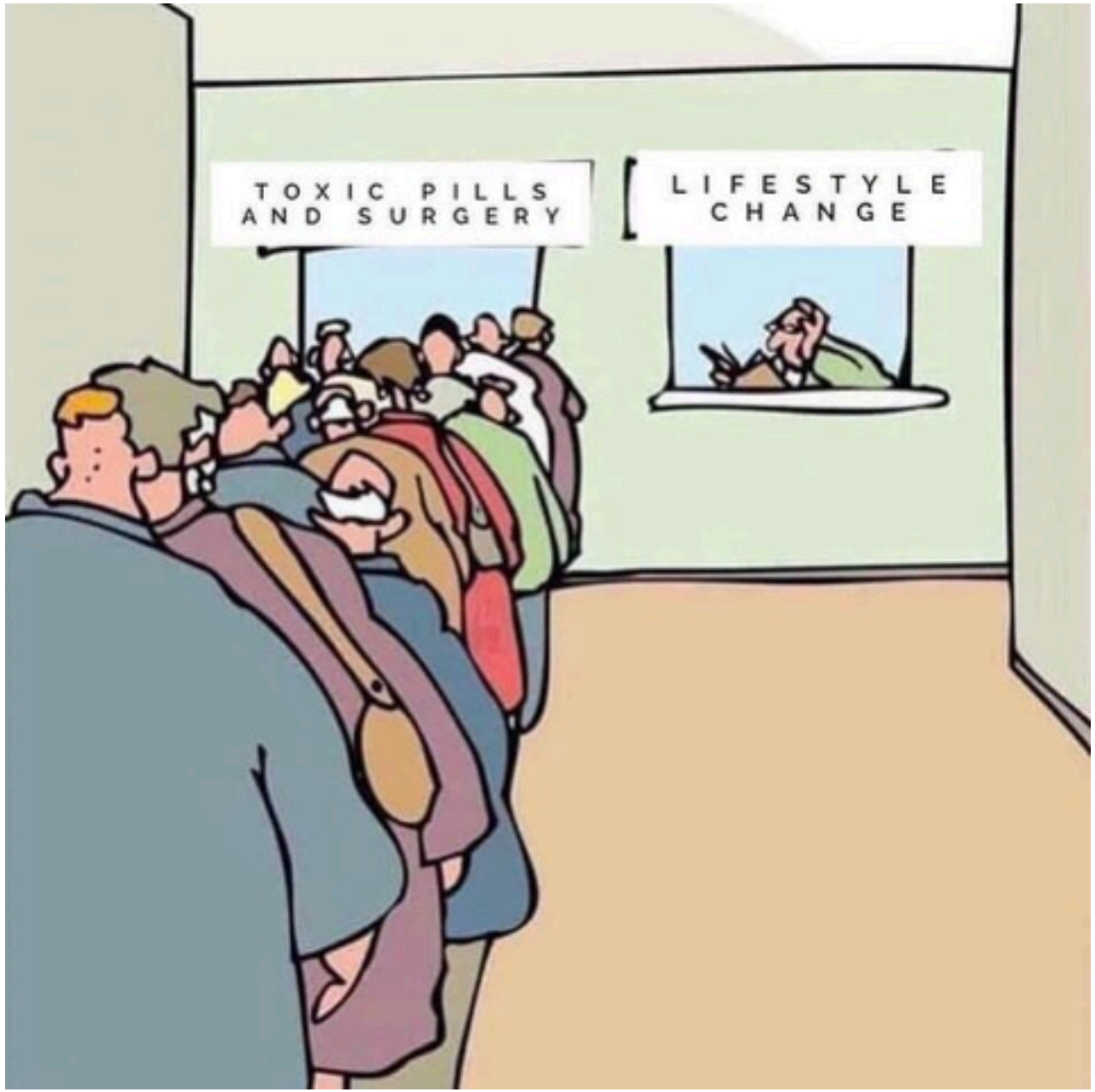
- Obesity
- Diabetes
- High Blood Pressure
- Heart Disease
- Cancers
- Kidney Disease
- Auto Immune Disorders
- Asthma & URT

Lifestyle Diseases

Building a Culture of Health

- Website - sharan-india.org
- YouTube Channel - SHARANIndiaLife

Today's Culture

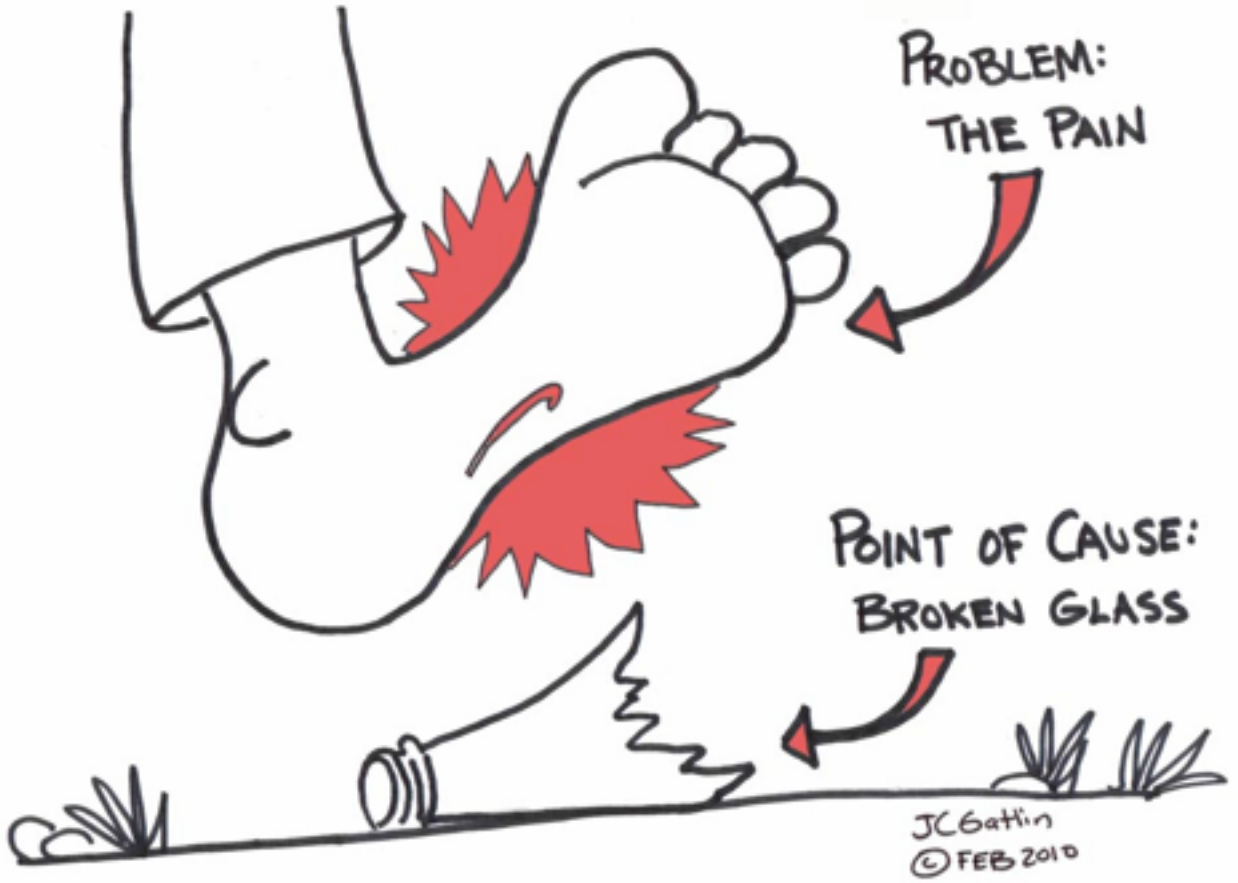


Reversing Disease requires a Shift in Consciousness

Medicines Never Cure

The Body Heals

What should we do to get rid of disease or prevent it?



You can’t improve on Nature

The Logic of Nutrition as Medicine

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Who would salivate?

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Conditioning

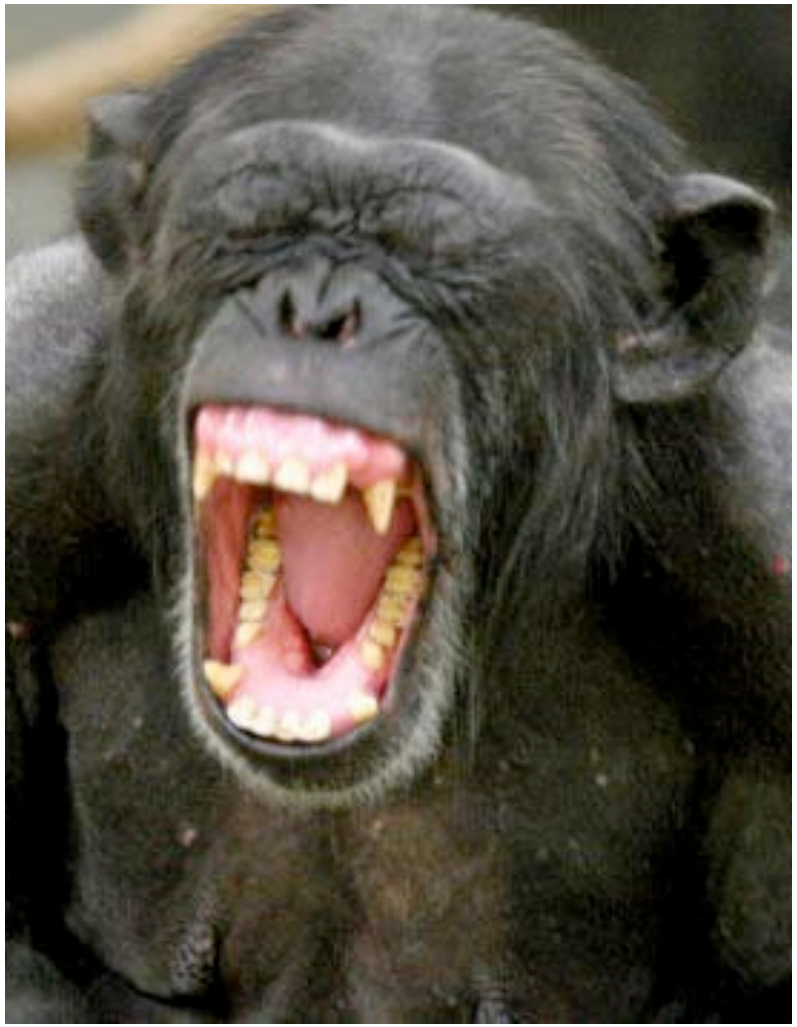
Whose mouth would water?

Foods for Us

Teeth of Carnivores

Teeth of Herbivores

Teeth of Omnivores



Compare with Our Teeth

Vegetarians and non- vegetarians get the same diseases!

Milk

Milk

We are being manipulated by advertising

Maggi
GRAIN SHAKTI
OATS
NOODLES

door delivery
7am - 12 pm
"The Taste"...
ANANYA'S NEST
Saibaba Colony, Coimbatore.
Order
Wait
Delivery
Ready to Eat
TANDOOR
CHINESE
SOUTH INDIAN
NORTH INDIAN

Rasna
Rasna
FRUITPLUS

KMF
Nandini

Foods for Us

Whole Foods - Unrefined

whole foods

- Eat like a monkey

whole foods

- Peel your bananas, not your apples

ENVIRONMENT FRIENDLY
100%
ORGANIC
NO HARM TO NATURE

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ORGANIC

We need high quality spare parts

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Summary of what to eat

- Plant based foods
- Whole
- Organic

Understanding the Nutritional Causes of Disease

- Excess Fat
- Excess Proteins
- Lack of Fibre
- Empty Calories
- Chemicals
- Lack of Nutrients

EXCESS FAT

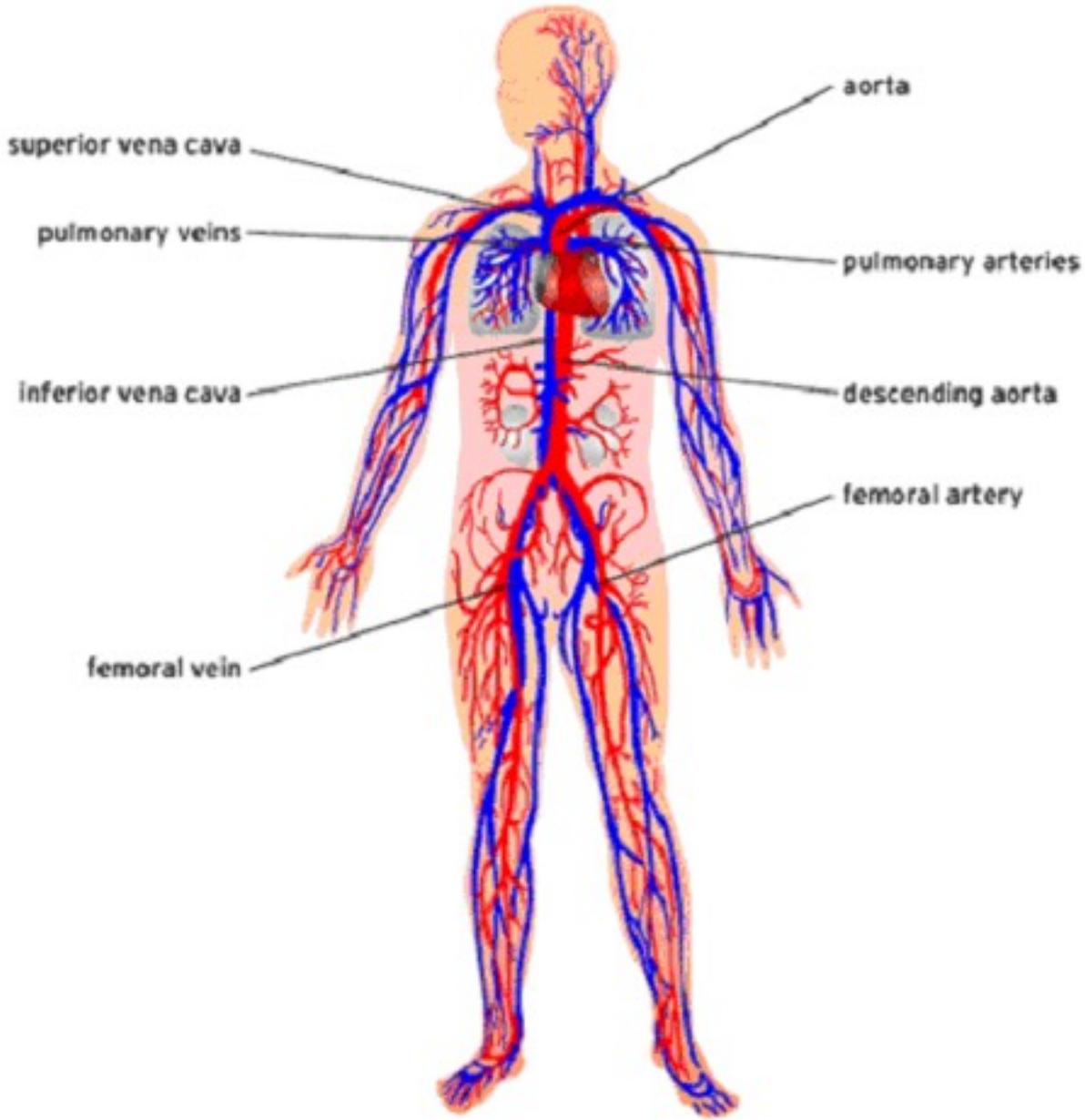
Foods Rich in Fats

- All animal products
- All refined plant fats - (refined means not from whole foods)

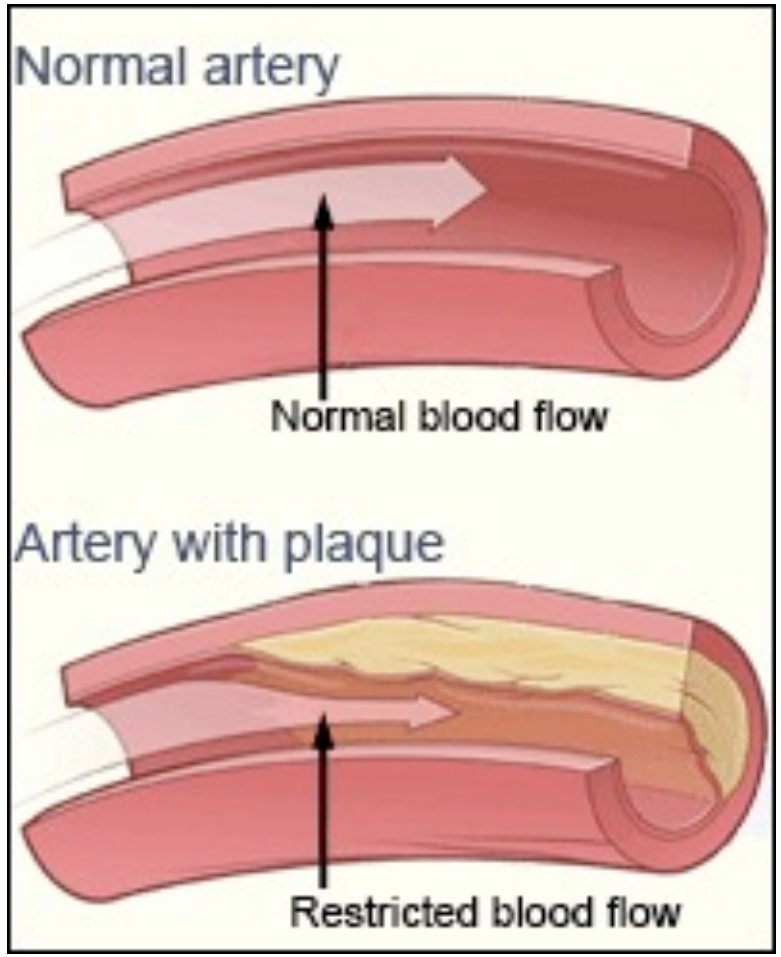
Fat in the blood

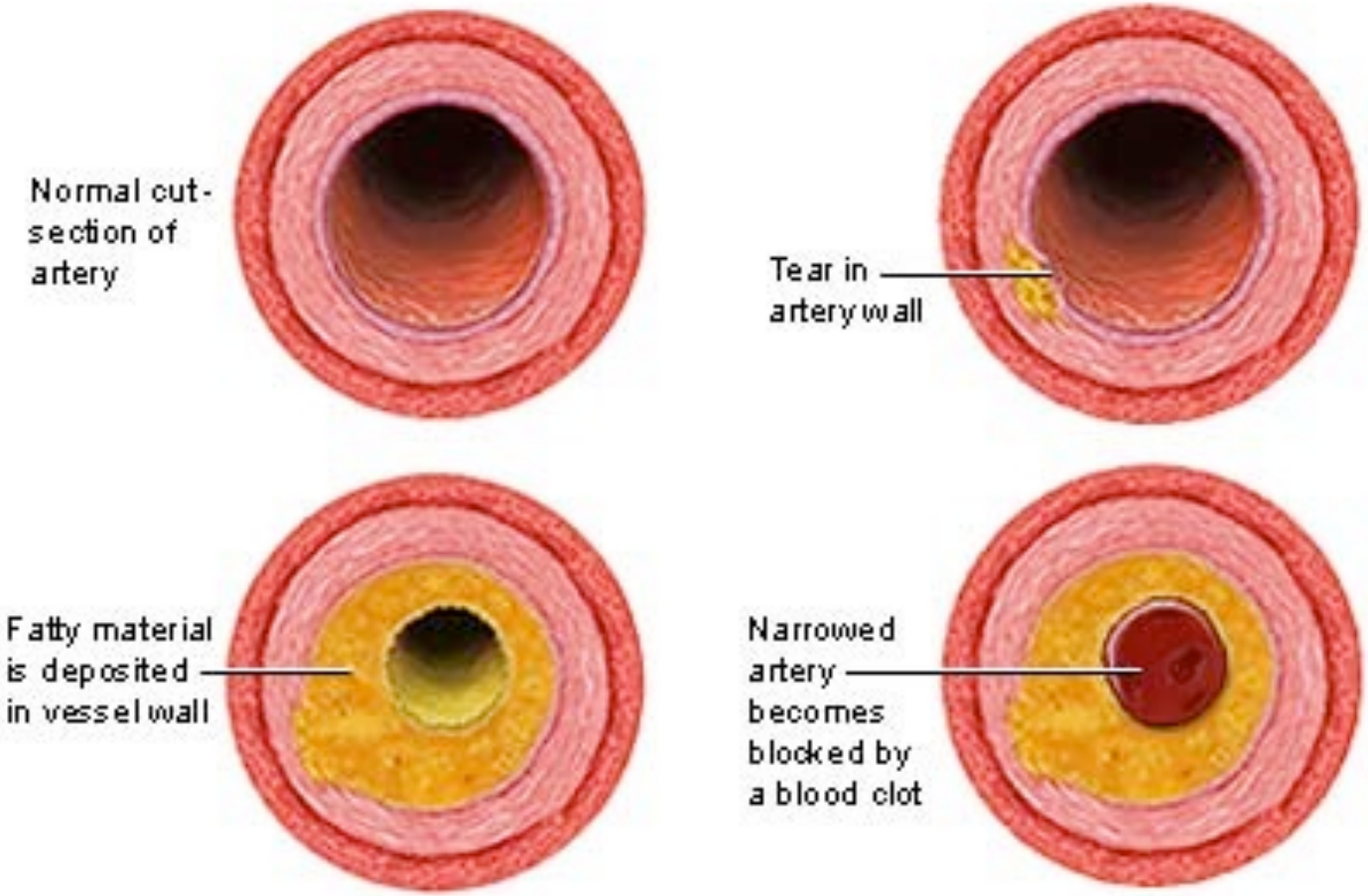
Low Fat

Standard Diet

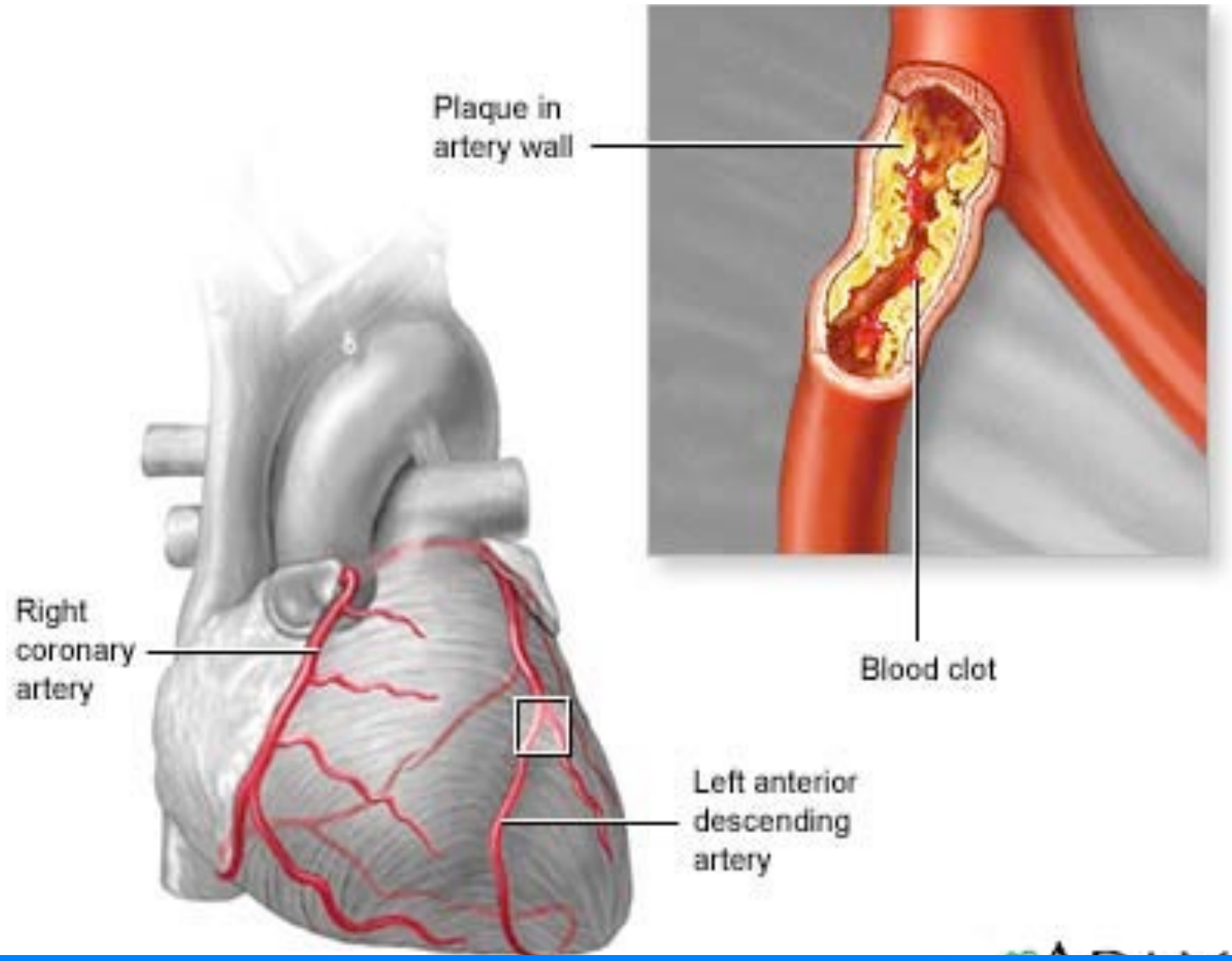

aorta
superior vena cava
pulmonary veins
pulmonary arteries
inferior vena cava
descending aorta
femoral artery
femoral vein

Fat

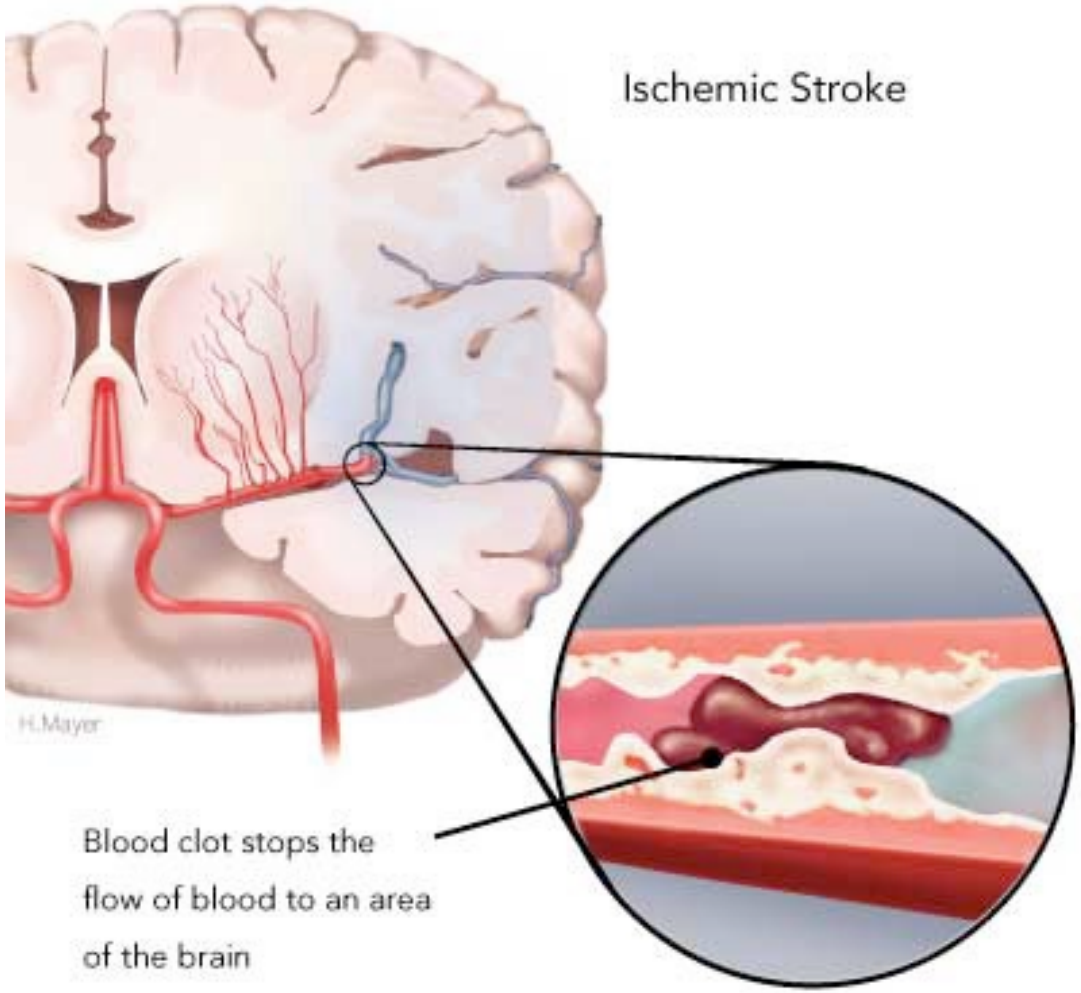

Normal artery
Normal blood flow
Artery with plaque
Restricted blood flow


Normal cut-section of artery
Tear in artery wall
Fatty material is deposited in vessel wall
Narrowed artery becomes blocked by a blood clot

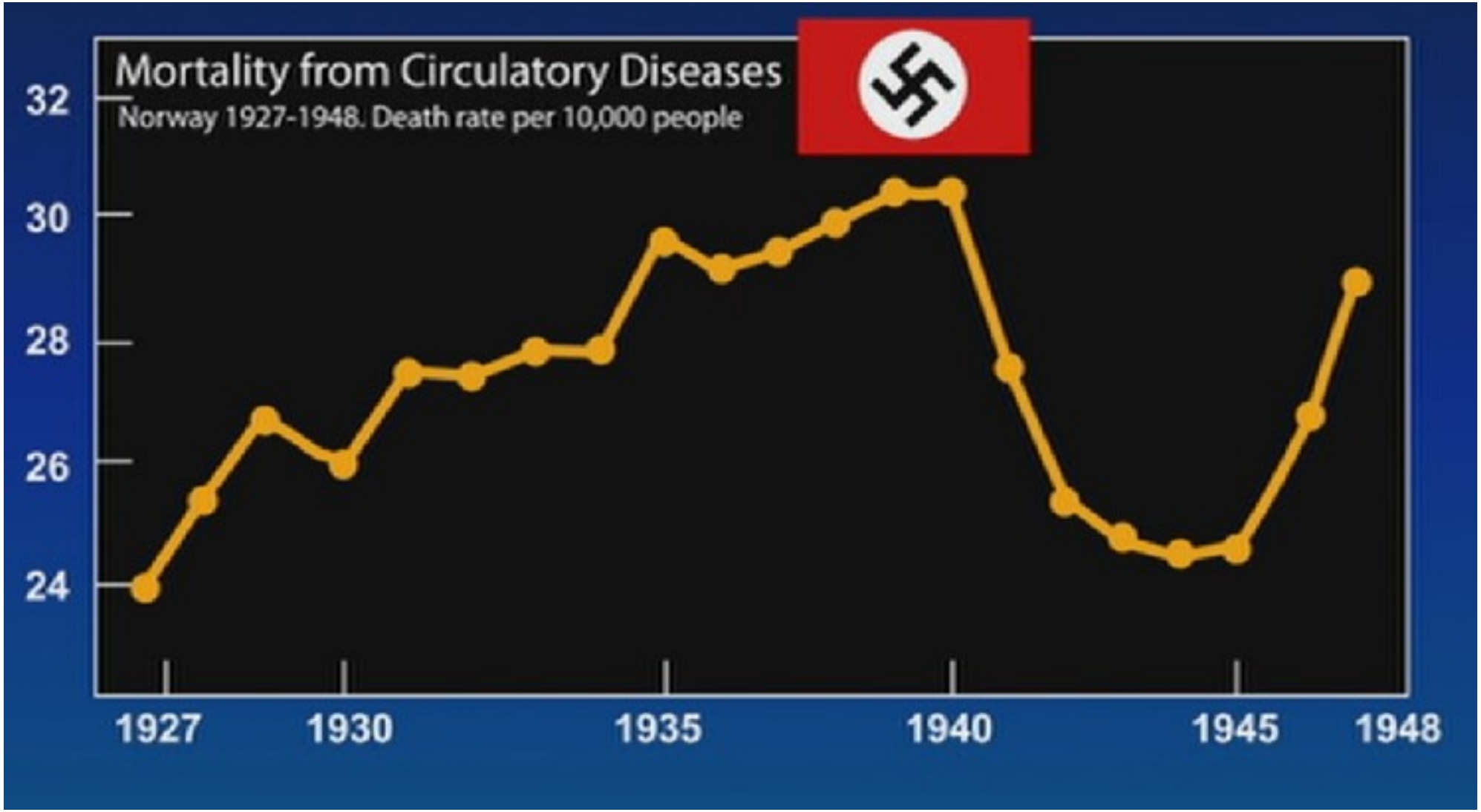
Heart attack / Angina



Stroke


Ischemic Stroke
H.Mayer
Blood clot stops the
flow of blood to an area
of the brain
©Heart and Stroke Foundation of Canada

Lesson from Norway



Reversal of Heart Disease

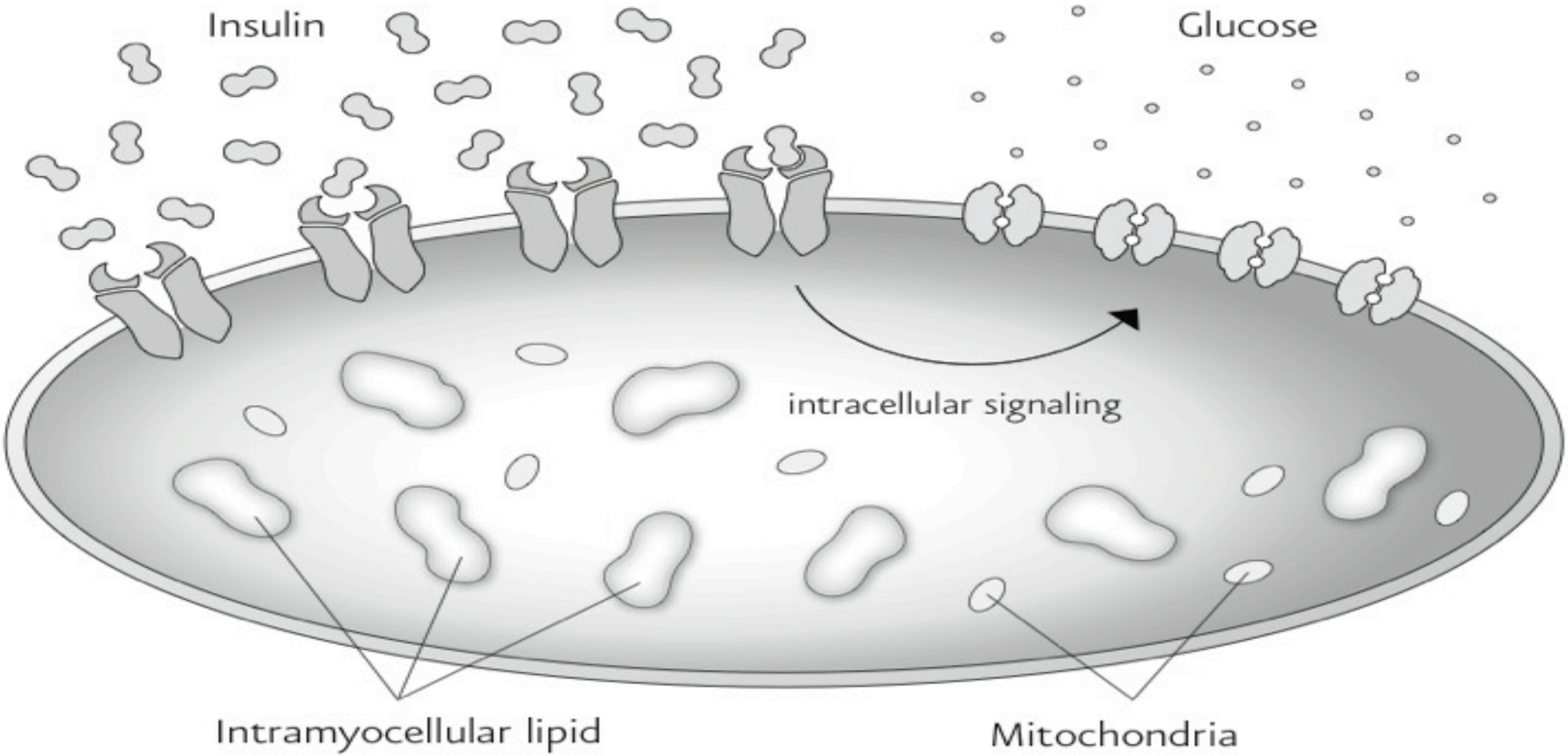
November 27, 1996

July 22, 1999

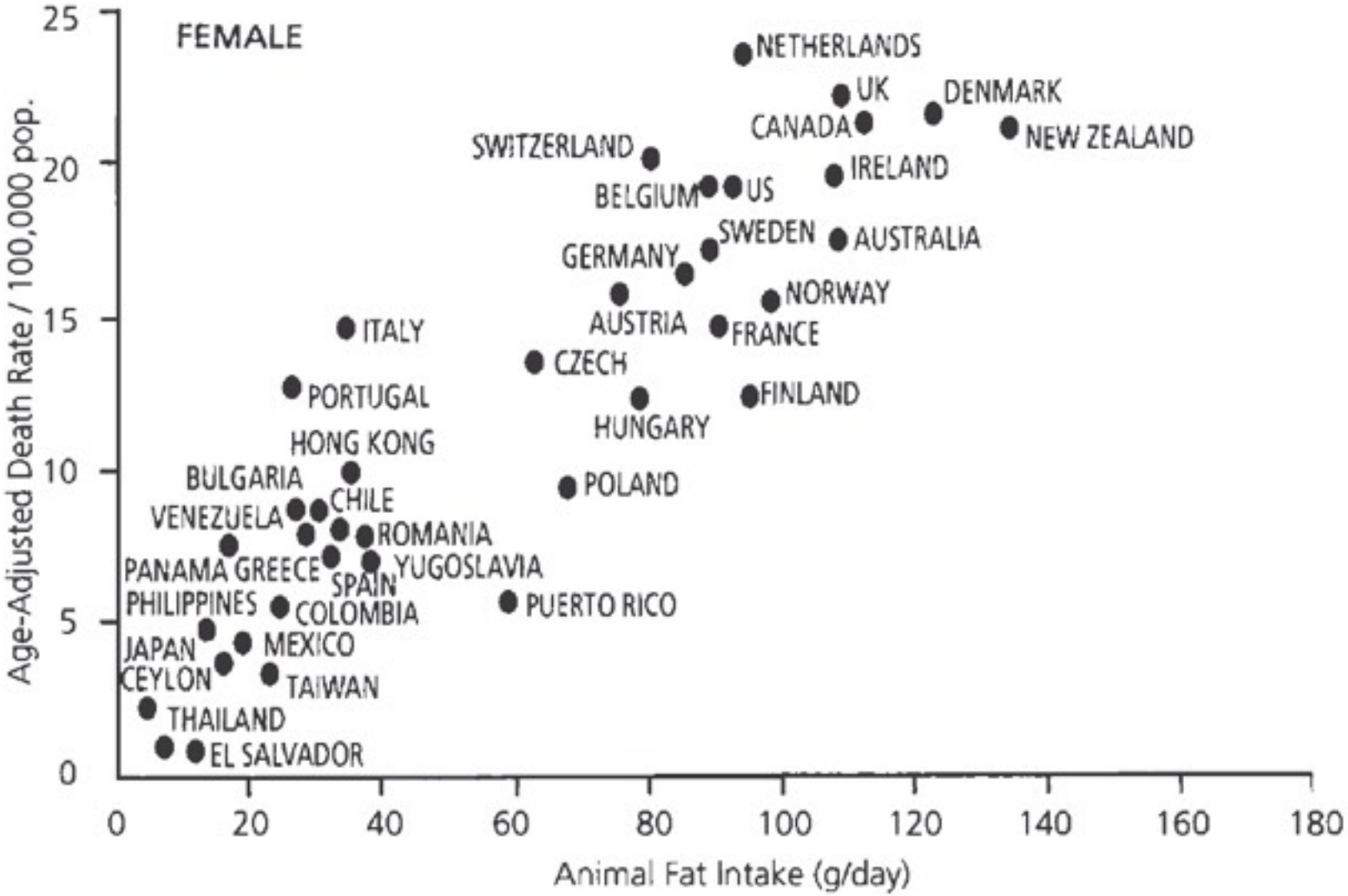
Joseph Crowe, MD. Age 44

Diabetes

Fat Inside Cells Interferes with Insulin's Action



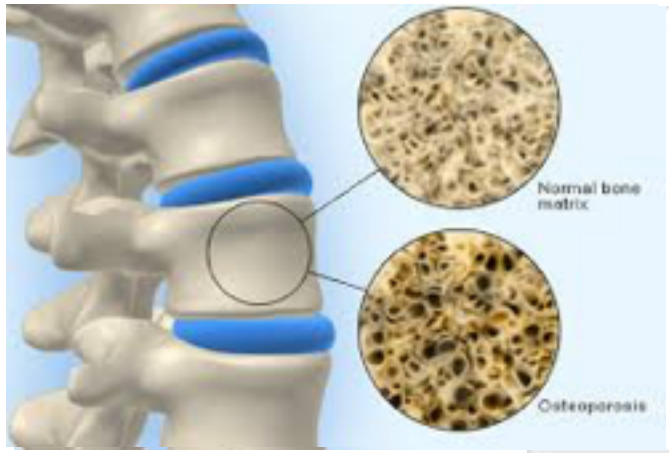
Animal Fat Intake and Breast Cancer



Excess Proteins

Diseases linked to excess protein consumption -

- Osteoporosis
- kidney disease
- gout
- acidity
- cancer
- allergies
- auto-immune diseases



Diseases linked to Lack of Fibre

- Constipation

Empty Calories

Packaged Foods and Chemicals

- Liver complaints
- Kidney disease
- Hormonal complaints
- Cancers

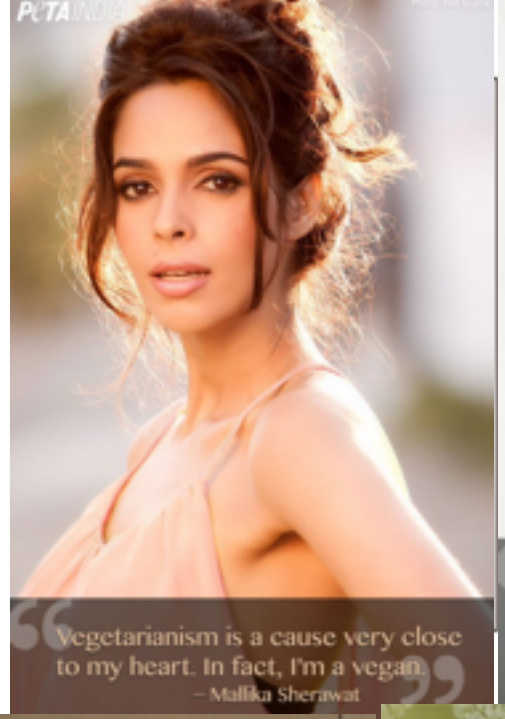
Lack of Nutrients

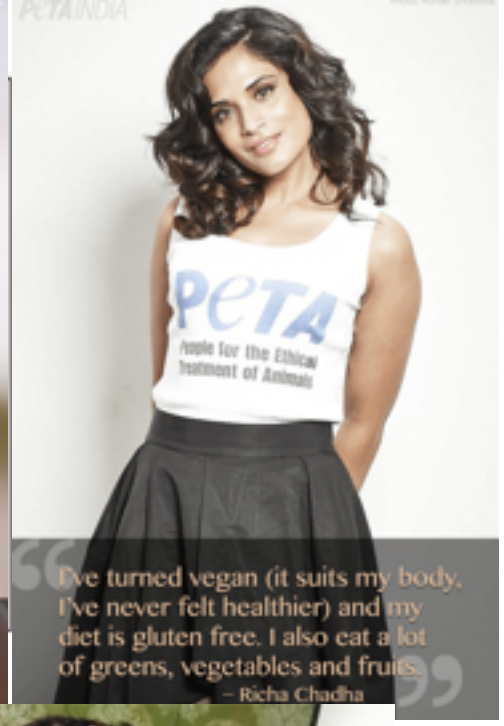
Uprooting the Leading Causes of Death

Dr Michael Greger

ASCAP

HARRY WINS
RENAULT
amfAR
MAKING AIDS HISTORY
RENAULT
Moët Hennessy


PETA INDIA
Vegetarianism is a cause very close to my heart. In fact, I'm a vegan.
– Mallika Sherawat


PETA INDIA
PETA
People for the Ethical Treatment of Animals
I've turned vegan (it suits my body. I've never felt healthier) and my diet is gluten free. I also eat a lot of greens, vegetables and fruits.
– Richa Chadha

Being vegan is something that has changed my life tremendously. I believe in it. I live it every day now.
– Ayesha Takia

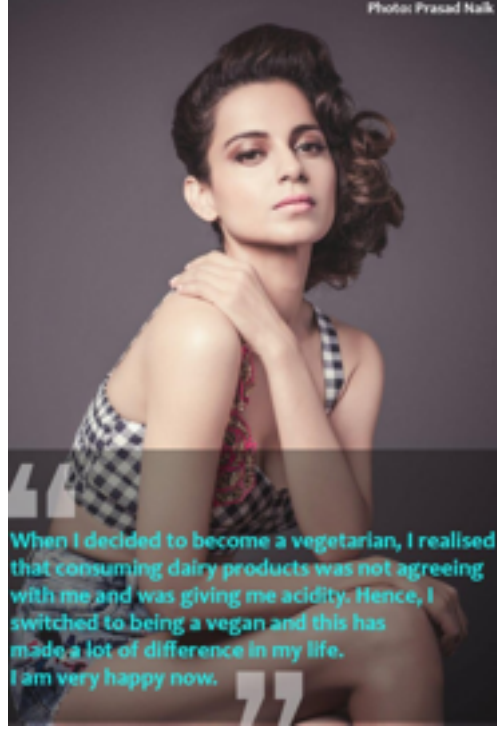


Photo: Prasad Naik
When I decided to become a vegetarian, I realised that consuming dairy products was not agreeing with me and was giving me acidity. Hence, I switched to being a vegan and this has made a lot of difference in my life.
I am very happy now.

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Summary

- Eat and live the way we were designed to by nature or God
- Minimize medicines and chemicals
- Trust in the body's ability to heal

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Sanctuary for Health and Reconnection to Animals and Nature