

**Dr. Rupa Shah - The Vegan Wisdom of Ahimsa: Plant-based Nutrition and Medicines Without Vivisection**

Dr. Will Tuttle:

This is Dr. Will Tuttle, your host for the Worldwide Vegan Summit for Truth and Freedom. We now have the precious opportunity to learn from the many years of accumulated health wisdom and the vegan life experience, of Dr. Rupa Shah of Mumbai, India. Dr. Shah is an allopathic doctor, who has also done intensive research in natural healing remedies and holistic healing. She turned vegan 14 years ago, and experienced the health transformation so deep, that she wanted to share her knowledge with everyone. She co-founded a group that organized India's first and largest annual vegan festival. The vegan festival, the Ahimsa Festival.

These festivals have triggered an all-India vegan movement. She also organized India's first online global vegan business Expo in 2020. Dr. Shah has also published a series of books, and has founded a publishing house that has published a series of books like Dairy Alternatives, and What About my Calcium, as well as India's first vegan print magazine, which is entitled Compassion India. Most recently, she has launched a health consultation service called Kitchen Doctor.

It's really with great happiness, that I bring you Dr. Rupa Shah. And I just want to say that when Madeline and I were in India recently, we had a chance to spend quite a bit of time with Dr. Shah, and learned from her a lot about the situation in India, the movement, transitioning from vegetarianism to veganism, the tremendous work that's being done with the Ahimsa Festivals, and the education that's been done. Dr. Shah, I'd like to ask you, if you could talk to us a little bit about your practice as a medical doctor in India. You focus I'm sure on trying to help people transition toward a plant-based way of eating. Can you tell us about that, and any other things that you use to help people get more healthy during this time of the pandemic, and these heightened concerns that everybody has? Thank you.

Dr. Rupa Shah:

Thank you Dr. Will for having me today for this session. Let me share my journey first. I'm basically an medical doctor trained in Western medicine in India. And about 37 years ago, my journey began with lots of exploration of various natural ways of healing, therapies and remedies. I traveled across the world meeting various people, and understanding about what health, and healing is about, and what is the role of various natural therapies.

I started out by life with homeopathy, and acupuncture, and then I also learnt about flower remedies. With me, my husband we both started making remedies from Indian flowers, and their very gentle way of healing. And this is how we were going on. But about 14 years ago, I attended a workshop by Dr. Nandita Shah in Mumbai, that was about diet and lifestyle. And it was something that I was curious because I knew Dr. Nandita Shah before as a homeopathic doctor. I said let me go and listen what she's talking.

That's the first time I heard the word vegan. I had no idea what was vegan about. But I also thought it was extreme because I'm a vegetarian by birth. We practice vegetarianism at home. We did not take meat or fish or eggs, but dairy, sure we were taking. And I thought Dr. Nandita is extreme. She's saying to give up all the dairy products. I'm already eating organic, healthy, I do

natural therapies. But I said let's give it a try because she's saying about it. She said just try for 30 days.

For 30 days, I gave up dairy products. I come from the vegetarian household, where we do use lots of dairy products in our daily cooking. In lots of recipes, we add dairy products. In my household, is a joint family we live in. It's not easy to cook separately for everybody. I said, "All right, I will not have curd, I will not have buttermilk, I won't have ice-cream. I will not have things that has obvious dairy. But if there is some little bit of dairy in some of the food items, I may just have, because that just make my life easy."

But the surprise happened in the first week itself. In the first week, I just started feeling some kind of lightness in my own body. My aches and pains started disappearing. I used to suffer for 18 years, from severe migraine headaches for which I only to natural remedies. I never took allopathic. But the headaches used to come. They used to be one big headache every month with lots of vomiting, me lying down waking up only next day.

But those headaches, just went away in the first month itself. I lost couple of kilos of weight, I started looking younger. And I was overwhelmed, that I'm a doctor for so many years, by then I was doctor for 27 years, no more than 23 years. I said, "How come I don't know what's going on with dairy products?" After that, Doctor Nandita called up and asked, "What is going on?" I said, "My goodness, it's a big thing. My acidity is gone, my migraine is gone. I'm looking so young, healthy, light. And I feel energetic as I was a 17-year-old. What has happened suddenly, all these years got knocked off. And 30 years and what is it?"

She then was very kind enough to give me lots of literature. At that time, internet was not yet so full of information. And even the video lines were very slow. We didn't have much to use. But she had CDs. There were books and audio series. And so one of the CDs was *The World Peace Diet*, Dr. Will Tuttle. And there were audio files of it. And I put my hand on everything. Whatever vegan, whatever was available across the globe, she just kept giving me, and I kept listening again, and again what are these people talking about?

I also found that when you get the animal products off your plate, you're detaching from animal products from your food, at the higher level of your consciousness, you actually start connecting with them. You connect with them in a very deeper fashion, more like a living, breathing being as your fellow travelers. It's like my world expanded completely. And in the next few months, I also experienced that the subtle subconscious depression that I had felt through the years, not happy with life, or not feeling grounded, or something was missing, that just went away. And there was a very clear state of consciousness. And that is the biggest gift that I received in just three months of time.

And the peace, and the calm that I have felt since then, has never left me. For me, it was not just the physical benefits, but the subtle benefits were very profound. I have been practicing meditation for many years. I'm very spiritually inclined. And for years, and years my spiritual practices, meditation for so many different kinds. And yet the peace, and the calm I had never received which was 24/7, once I became vegan. And then I read the book *World Peace Diet*. Honestly speaking, I didn't order a copy, but I managed to download it I think probably from your website, or somewhere. And I read on my laptop the entire book.

And as I kept reading the page, you can see my face, my entire mind got transformed with the information. The things like you know how we dominate the women, the feminine aspect, or the fact that how everything is connected. All these just completely opened my mind, and completed

the picture, why one should go vegan. Then after that, there was no looking back. I became 100% vegan. I'm 100% convinced there's no looking back. I'm just very aligned.

And then later on, because I'm a Jain, and I follow the path of Ahimsa, I also learned and I searched my own literature about what Ahimsa means, and that also added more information. And now it's of course, aligned to also my religion. That is Jain religion, or we call Hindu philosophy. Also mentions about Ahimsa. Now this is just one aspect of becoming vegan. The second was, about my medical practice. Now I came across the reference from the literature about Pushpa Ayurveda. That is the flower therapy in our Jain scriptures.

And in the beginning, when the Ayurveda was around at the time of Buddha, there were Jain priests who were not very happy with the practice of Ayurveda, as sometimes they were using animal products. The Jain priest, started looking for alternatives, and they started practices like harmless way of healing patients. They discovered flower therapy. And the Jain Acharya, finally healed even Lord Buddha, when he was ill for something, with lotus flower. And this is their ahimsa way of treating. And then they wrote a scripture with 18,000 different flowers, and the healing qualities.

I was so delighted that I had already taken on a path in my medical practice, which was already on the path of ahimsa. I did not have to use the medications in my clinic, which was tested on animals, or any animal parts, or animals were exploited. Nothing like that. So now it became even more complete in my practice. I am also very aligned, and I treat all my patients with the natural therapies. Then of course, the vegan diet was added to it. And that was the missing link.

Because my personal relatives, I have seen them suffering from diabetes for years, and they were taking insulin. And now as I remember retrospectively their diet, there was a lot of dairy consumption. And now I understood that why vegetarians also get diseases just like non vegetarian, because of the dairy consumption. I studied all about dairy products, and I understood that vegetarians in India, if they give up dairy products, we saw them giving up their diabetes medication very quickly.

I had a patient who gave up his insulin in just three days. It was very overwhelming, that some patients gave up their medication just in a month. And that time, Dr. Neal Barnard came to India, and he brought his book. And he had various lectures. And his program was available to us. We Indianized his program, and started a reversing diabetes program in India. And we had no idea how it's going to happen, but just in few months, we were all set because the results kept coming.

And our patients ask us, "That I had diabetes for 10 years. I was on medication. Why did my doctor not tell me the simple diet that you're giving?" I said, "It's just not fault of your own doctor. It's the education. We were not told about it." So recently, we have done a course for nutritionist in India. Plant-based nutrition courses. And we're going to the mainstream nutrition colleges, and we teach the nutritionist about this option available. I think it is so good now, because there's so much data available, so many books, so many doctors. And in here India, we have Dr. Pramod Tripathi, who has started the organization, Freedom From Diabetes.

And he has now data of 10,000 patients, reverse their diabetes completely. This is the largest database in the world. It is completely established. The work is already done, the foundation is owned. Along with this losing weight, thyroid, PCOD, hypertension, heart disease, all these were also happening. And then it was very easy, because patients came with a page full of prescription. It was almost the same. Every patient. Metabolic syndrome X, start your entry with one of the medication, and as you go along, you pick up all the other medication.

And it's only about management of disease, not reversing, right? The Western medicine. So it has been understood very clearly, that we're showing the path, and vegan lifestyle is the way forward. So finally, my country is very dairy obsessed. It is the country where the milk production, is largest in the world. We're one of the exporter of beef in the world, thanks to the dairy industry. So in our culture, in our religion, in our Puja, in our festival, there's lot of dairy consumption.

If you tell people that just give up your tomatoes for a month, they'll give up. Or if you just say give up your dairy products, they'll be not ready. It's so deeply ingrained in our psyche. So it is not easy to inspire people, but we were at it. And in my own kitchen, we experimented a lot of dairy alternatives. We like yoghurt, we like buttermilk, we want our ghee, and we want all these dairy products. Sweets made of dairy. So we had to experiment in the kitchen, and make it.

So finally, curd was the difficult part of it. In South India, people want curd rice. In North India, the Punjab people want their Paneer. In Bengal, they want to milk sweet like Bhapa Doi, they call it, or they have Rasgulla. In the Gujarat, they want buttermilk. In Maharashtra, they want Tal. I said I have to do something about it. Instead of just saying giving up, let's give the alternative. So after experimenting many times, and maybe failing 50 times, I finally figured out how the curd should be made.

And so, we came up with the peanut. Groundnut we call it, groundnut milk. And to reduce the taste of groundnut milk, we added rice milk in it. And then this was much cheaper to make it, very easy, very tasty, and so many different recipes could be easily made. We also like ghari and we also like buttermilk. And it worked out. Then there were like 24 different kinds of plant-based milk available, ice-cream. And so finally, I started with the Healthy Cooking workshops. And I was doing the groups of 20 people, and showing them how to go healthy, how to go plant-based. That was about more than nine years ago. It was like a revolution. People had never heard about it, how this happens.

After doing it several times, doing some of the videos, finally I thought it's time to write a book. And I finally came up with the book, Dairy Alternative. It's a very nice small book, which has got all this beautiful colorful pictures, making it so very pleasing to the eye. And then I made it into Hindi, and also made it into the Gujarati. This has all the basic little guide. Like a little bible of dairy alternatives. If you want to go dairy free, here this is it. And the book has sold more than 10,000 copies right now. And we're at it, just inspiring, and so many different now vegan products are in the market. And they all have been inspired by this little booklet.

This is our journey. But also, when I finished giving talks about dairy, why it should not be taken, what are the practices of the dairy industry. After hearing everything, suddenly someone will just get up and say, "But what about my calcium? Where will I get my calcium, if I don't take dairy products?" I understood that this is not going to go away, particularly if a woman is 45. And she is generally given a calcium supplement, saying that you need calcium, you must take it, you must drink two glasses of milk. I thought I must do something about it.

And so, I finally wrote this another book, *What About My Calcium?* And this is a plant-based calcium sources. And there's a very simple question they ask, "What about my calcium?" And I have a very simple answer. Where does a cow, buffalo, horse, and elephant, gets his calcium from? You will also get it from the same source. And explaining that dairy doesn't do very great for your calcium needs. And you really need to align to the plant-based diet. And after that, calcium is not an issue anymore. So, this is quite a journey, of getting people detached to the dairy products.

But now, just 14 years ago when there were just two, or three people in a potluck party. We have now if I announced a potluck party, they'll be 100 people coming. And it's becoming really big, and it is not in just one city like Mumbai. We have almost every small town of India, also has a vegan group, and are very alert very, very inspired. And there're like even a remote places like Dharamshala, or they have vegan restaurants, and it's all happening. Because of the internet, all the products are available. There're already ... I was so surprised to know that there're now 10 companies selling almond milk, which is quite a story for us because 10 is a big number. So this is happening, it's happening.

Dr. Will Tuttle:

All Right. Wow, that's very inspiring. I remember when we were in India. We were traveling around, and you and other people, helped to set up events for us, and give talks in many different cities. And I learned basically what you're saying, that India has the largest dairy in the entire world. They also have about the highest rate now of diabetes in the world too, because of the dairy consumption is very hard on the body.

And I learned about the fact that back, I guess was about maybe 25, 30 years ago, the government initiated what they call the White Revolution, which was a big push to increase dairy production among small farmers. And that of course, has caused a lot of problems for the people's health. But do you think that this whole questioning dairy, is something that is really growing quickly, that veganism is getting a strong foothold in India at this point?

Because I remember when I was there, somebody told me, he said, "India is the most ancient country in the world for spirituality, and for compassion, for ahimsa, for non-violence. The highest percentage of people in the whole world are vegetarian." And he said, "Once the Indian people realize that dairy product has a lot of suffering, India will become the leading vegan country in the world very quickly." Do you think there's any truth to that idea?

Dr. Rupa Shah:

The time has come now. We have been also talking to the Jain priests now. And all these years, they were not open. There were only few who were open. And now they're open. The pandemic has changed now the perception about what is health. What are the health-giving systems? And they're looking for alternatives. And now they're very open. They're paying attention when we say, not from only health point of view, also from the compassion point of view. Exploitation of an animal for our milk, is not good at all.

Because in India, just I will give you a small story that I was at a small gathering last Sunday. And there's a family member of my age. And we were eating lunch. And of course, he knows I'm a vegan. And at that moment he asked me, "Can you please tell me why one should not take dairy?" I said, "All right. I will tell you if you're really interested in." So I just started saying that a cow doesn't give milk just like that. A cow has to be pregnant. She has to carry her baby for nine months. And then she gives birth. And she gives milk for her own baby to grow.

Every mother gets milk when her baby's hungry. And her baby suckles her breast, the milk starts coming. It's a very bonding, personal, very emotional exercise. Right? This is all that is. It's about mother and baby. That is what milk is all about. No third parties involved in it. It's a very, very sentimental situation. So all that, and then I mentioned all about what happens to the milk, the calf, and everything. After half an hour or so when we were done, and then he was leaving,

he suddenly came up and asked me that, "You mean to say that a cow doesn't give milk just like that? I thought cow gives."

And so, in someone of my age is under impression that cow just gives milk. We have been told cow gives milk. And that's not correct. Cow doesn't give milk. No mother gives milk. She only gives milk for her own baby, as long as baby needs. She doesn't give milk to another baby. She only wants to feed her own baby. That's all that is all about. This is the kind of information that is spreading. In the textbooks, you will see that a calcium with a glass of milk, milk is complete protein, milk is complete food. It starts right from the kindergarten onwards.

We need to work on it, and start spreading the real information about the industry. There're a few dairy farmers, who have given up their dairy business. And at a conference, I was asked by a person who was a very big dairy promoter. He just suddenly got up, and he asked me the question, "Oh, Madam, you're saying that we should not do all this dairy business. What will all these farmers do then?" I just came up with a very quick answer, "Oh, there we can do the business of dairy alternatives. The whole industry is waiting for them. Tell them that we're waiting. Let them do the dairy alternative business, not the dairy business." The world is waiting for dairy alternatives. Tell them to switch over. That's all that is ... They will not lose their livelihood."

Dr. Will Tuttle:

Yeah. There's a big dairy in Central California that just switched over. And now they're making almond milk. They're using their land to grow almond trees, and they're making almond milk. And there're a number of dairies that are beginning to do that. Either going into dairy alternatives, or one dairy is growing mushrooms, and some other kind of food for people without causing suffering to the animals. Yeah. That's very inspiring. I think and one of the things that I noticed in India, maybe you could just speak to this. In the United States, for example, if someone decides that they would like to become vegan, it's easy for them to do that, relatively speaking in terms of their relationships.

But I noticed in India, if someone wants to eat differently than their family, that's very difficult. It's like the either the whole family has to go vegan. Very often, for one person to go vegan. So in your practice, I guess you're encouraging people if they're sick, if they have headaches, if they have diabetes, and so forth, to go vegan. Do you find that, that's helping the whole family go vegan in many cases?

Dr. Rupa Shah:

In the beginning, I remember when I went vegan, my family thought I'm following some cult or something. So they waited. They thought it was some diet fad. She'll get over it. Maybe she wants to lose weight. And maybe she'll get tired. How long she will not have those sweets that she loved, or the ghee. And so they waited on me for a year or two. But I didn't give up. Then there was a lot of opposition, why can't you just have one spoon? Why are you going 100%? You can always do 90%. But I was sure that it's 100%. That's it. We're done with it.

There was a lot of opposition because you don't eat the same thing as them. But I remain very firm on it. But I know so many different families, people if the single person goes vegan, it's very hard initially. But there were two things that I was very clear, on that I will remain always 100% so that they do not get the mixed message. And second thing, is that I will remain very healthy. I

will remain very healthy, and I will become a good example. That going vegan, is also going healthy.

Of course, you have to eat healthy vegan food. But I wanted to show them the path. That this is the path. And if you want to live a life of harmony, peace, medicine free, not dependency on pharmaceutical drugs, or for example, vaccine or something, then it is better to go the plant base healthy. And most of the things are taken care. So as now the years have gone by, recently just about two years ago, I sat with my elder brother, and we watched the movie Game Changers.

Dr. Will Tuttle:

Oh yeah.

Dr. Rupa Shah:

Over the years, they know that I'm vegan, but they would not pay attention. But one day we just said, "Let's watch this movie on Netflix." So I sat with him. And I have seen it but he saw it with me. And then next morning, he just announced, "I'm going vegan." That's it. So we do not know like in our own family, like now my both brothers, and also my dad we're all following vegan lifestyle. But the spouses are not. It's taking time because of the dairy programming is so deep into the system. And so, I'm doing much more than before.

So fair enough, what I also want to do, is to not to impose, let them make their informed choices. Let them learn from various sources. Sometimes they're not open to our own, but they listen to others. But we being the example of who we are, that is good enough. We walk the talk, we walk the path, we just leave, we breathe, and that should be good enough to inspire. And that's what has happened. There're families that have gone vegan completely very quickly. Just as you speak, only for half an hour they get it. So many of different talks that I give because I'm a doctor, and a doctor says why. So many people are on the edge. They're thinking of giving up, they have tried also. But they're halfway through, like 50, 50.

But once they hear me, then they just know it, that it's all possible. And then I have a history now of 10 plus years. And I tell them that see if I was going to be dead, I would have been long ago, but I'm not. I'm alive, nothing happens. If you don't take dairy, you won't go weak, nothing will happen like that. So, the poor people in India are by default, more or less vegan, because they cannot afford dairy, they cannot afford any of the meat, fish, or eggs. They don't eat that. That's not available that freely. They don't have the money also.

Most of the time, they just eat rice, and some lentils, and little bit of vegetable, or some wheat chapati. I tell people, "Look, such a large part of our population, is mostly eating vegan, and is so fit physically. Milk is our comfortable middle-class concept, that you need two glasses of milk, and you have a mother running after a baby trying to bribe him with sugar, and chocolate, and all kinds of things, so that he drinks a glass of milk. And then you make them milk addict actually, after some time as they keep drinking milk."

This is what it is all about. It's just the marketing. It's just constantly convincing that, if you will not drink milk, you will not grow up this concept. I have various ways of convincing, and inspiring them that milk is not necessary. It's more of a concept. Truly, milk is actually related to so many different diseases. There are pesticides. Just yesterday, I posted an article that came in one of the biggest daily of India, Times of India. That milk consumption may cause breast cancer.

Dr. Will Tuttle:

Right.

Dr. Rupa Shah:

That's it. And I was very inspired to see that a mainstream newspaper is carrying such a story. I posted there on my Facebook wall. And I want people to know, that breast cancer cases are increasing in India. Prostate cancer cases are increasing, and they're directly having linked with the dairy products. So please pay attention the way dairy is produced. In my country also, there is also other talk about A2, and A1 cow, and we have Jersey cows. Now 90% of cows in India are Jersey. They give lots of milk, and it is more fat content. And there's also buffalo milk.

So because of all that, people are now thinking, "Oh, should I switch over to the desi cow?" A2 cow. I said, "Up to you, but you don't need the milk." So basically, that thinking, the disturbance in the mind has happened about the dairy not being the health food.

Dr. Will Tuttle:

Right. Yeah. I remember when I was there, you had initiated a vegan festival in Mumbai, that was 18 days long. And I was there for the first day, and gave a lecture. And then you had for 18 days, you had people giving cooking classes, giving lectures. That wonderful man, a vegan who was the first vegan to go to the top of Mount Everest, gave a lecture. And you had many other lectures. And so this kind of educational approach, I think is really important.

And it's so refreshing I have to say, to hear a medical doctor who's actually giving alternatives to pharmaceutical medication. We're getting a little bit close to the end of our time. Could you just say a little bit about, especially now that we're in this time of heightened awareness about health, about viruses, about possible medications, and all these problems, everybody's worried about being sick. You're not using drugs, and medications, you're not recommending the typical pharmaceutical medications, which is to me very refreshing.

And one of the main points I think as Gandhi pointed out, all of these pharmaceutical drugs, they're all tested on animals. Many of them have animal ingredients in them. There are no drugs that don't cause vivisection and suffering to animals. So really, as vegans, I think we're morally obliged to do the best we can, not to support that. And we find very few even vegan doctors, who take a good strong moral stance about giving holistic plant-based medications, for people and being an example for that. Not using them yourself, or giving them in your practice as little as possible. Can you say a little bit about that, how people can be healthy now especially without using these animal-tested pharmaceuticals?

Dr. Rupa Shah:

Sure. So that is the aim, is to live a life of compassion. We do not want to exploit any animals. So we follow the principle of nature cure, where the five elements, Sun, Ether, Air, Water, Earth. We combine and implement these five principles in our life. Our diet should be fully aligned, the pattern should be aligned, which is plant-based of course. There should be some amount of fasting, some alkaline juice, some salads, then conservatively cooked meals, which are plant-based, and that should be our alignment. Every day a little bit of sunshine, some exercise, good sleep. These are non-negotiable. These have to be followed as a part of your routine.

When your lifestyle is fully aligned with nature cure principle, then the need for medication is very, very less. If the situation arises for example, the disease never happens just like that. We're not victim. It has to have a cause, that we have made a mistake somewhere. So just last week, I was treating a young boy who had fever. The mother panicked. And she said, "Oh, what should I do? Should I give a paracetamol?" I said, "No, no, no, no, no fever yes. I'm sure he's done something wrong. What is he eating?" "Oh, he's eating lots of junk food." I said, "That's right. So now the junk food has created certain toxins. The body is raising the temperature to get rid of all those toxins. Please wait, we have to sustain the fever. Please don't suppress the fever. It will take four days, but everything will be done."

But she got everything tested because of panic. Everything came negative. Every day, I sent her some natural flower remedies. We just sustained fever. I don't suppress fever. I believe that fever has a job to do. Let us give the remedies which are in alignment with the way body cleans itself. The way we take from nature, exactly the same way. Never against the rules of nature. The fever came down in fourth day. He wanted to go out of town. I said, "Go play, go have fun. You will have no weakness, nothing." Whenever you overcome disease naturally, then your immunity is always stronger.

Dr. Will Tuttle:

Right.

Dr. Rupa Shah:

This is what I follow. In the times of viruses, virus will mutate. That is the nature. Changes life. It's a dynamic equilibrium. Everything happens by the second. The bacteria, viruses, they're part of us. They're billions of viruses, and bacteria are we call it as microbiome. They're within us, there is the virome, they're within us, they're our friends, they sustain us, we need them. We should never be killing them against them, never perceive them as something that's going to get us off.

Only when we make mistakes, on we only when we deviate from our natural lifestyle, plant-based lifestyle. Then the diseases happen, then the toxins accumulate, then the body is having cold and cough and fever and body ache and maybe other symptoms. So pay attention, correct your lifestyle, and then take the support of natural remedies as, and when necessary. And that should be it. In my clinic, I get of course, people who are very sick with lots of medication. Heart attacks, and diabetes, and all kinds of medications, blood thinners, cholesterol medicine going on. So what I do, I see them. I take a note of all the medication that they're taking. I make a note of all the mistakes in the lifestyle. And then we start one step at a time.

For a while like a month or so, I just want to do dietary changes, and then observe how the body's coping. Reversing or handling it. And then we start cutting down the medication. We do the blood sugar daily. As soon as the blood sugar comes down, we start cutting down the medication. I am 100% convinced that diseases happen only because of the mistakes that we have made. And there is no other way but to correct this mistake. Every disease comes for us to learn a lesson. And until we finished learning this lesson, the disease will not go away.

You may want to suppress a disease, but it is not cure. You're driving the disease deeper into your system, and it will come up with another disease. So what if you say I got cured of virus, but I got insomnia and anxiety. You're not cured, you're only driving the disease deeper into the system. The modern medicine is into management of disease. It has a very short linear view. It's

all about killing, and eliminating, not looking at the cause, not into reversing. So that's the unfortunate part of it. It's also linear approach, is creating lots of other effects. I don't even want to call it a side effects, because sometimes they're the main effects.

That's very funny. You cannot treat a human being through such a narrow linear approach. Then there're drug interactions. I routinely see patients that he took medicine for one disease, then second disease came, he was given another medication. And then third disease came. And no doctor has time to go through this entire history, to figure out that series of things are going wrong, and it could be the medication. So it's just the disease in the first place. Then there is another disease created because of so much of medication. And we have to differentiate between the two, and then start sorting it out with the one step at a time.

It's quite a job. And as a society, we have been convinced that we need to pop up some pills, or some supplements. That's not correct, our body is very intelligent. It's self-sufficient, it is self-repairing, it is self-rejuvenating, we do not need any outside help. We all have this inner doctor within us. This doctor is actually 24/7 looking after us. We just need to listen to this inner doctor, where do I need to change? What do I need to do? And we get the guidance, and the life can be fully in alignment.

So in my journey over the many years, I found that I actually am more healthy each year, than the previous year. I joke with my friends, that as the age passes by, do you have to be weaker? And feel aged, and have lots of supports in terms of medications? Or do you want to become healthier? You should be healthier not only physically, but in your mind, you also have wisdom of an elder. And that is the part of becoming older, wiser. That's what I want to be.

Dr. Will Tuttle:

Wow. That's a beautiful way to bring our talk to a close, because I think that's the thing, to pass on some wisdom for the next generation. And requires us to actually question the official narratives in our society, that keep us sick, and keep us drinking dairy products, using medications that have toxic side effects like you're saying. It's so inspiring really, to hear your story and to hear your experience with people in India, and feel your underlying spirituality. And the ancient wisdom of the Jain tradition, of Ahimsa, and how it's so more important today than ever really. I think it's more important today than ever, especially given the challenges that we're facing from the pharmaceutical industries, and so forth. I just want to thank you from the bottom of my heart, for all this wisdom. Can you just tell us maybe at the very end the last thing just, if people want to learn more about you, and your work, what's the best way to do that?

Dr. Rupa Shah:

I have a website. It's very simple. It's called as [www.drrupashah.com](http://www.drrupashah.com). From where you can get to me. I also have a couple of YouTube channels. One is called A Circle of Health, which is dedicated to promoting all the plant-based health coaches, and doctors who are promoting it. There're like 400 different videos over there. We also have another channel, which is dedicated to flower remedies, which is Healing Temple. My clinic is called as Healing Temple in India. And I'm also on Instagram as Dr. Rupa Shah and also on Facebook as Rupa Shah. This is where I update all my whatever information I want to share, or any events, or I'm also very closely associated with the Compassion Magazine. And I promote and publish all this compassionate stories from across the world.

Dr. Will Tuttle:

Beautiful. Thank you again, and may your light, and your life continue to be a great blessing to the people in India and beyond. I really appreciate it. Thank you so much Dr. Shah.

Dr. Rupa Shah:

Thank you very much Dr. Will for having me.