



Prevent,  
Arrest and  
Reverse Lifestyle diseases

Workshop for Corporates and Citizen Groups



*Whatever you eat  
becomes a part of you.  
It either makes you  
or breaks you.  
Essentially you are  
what you eat.*

An initiative of



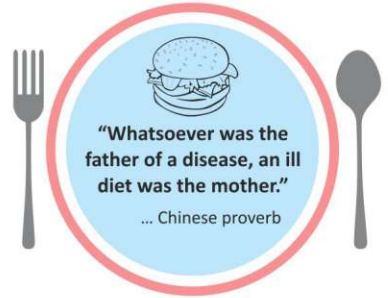
**Classical  
Homoeopathic  
Research  
Centre<sup>®</sup>**

and

**NEST – Lifestyle Disorder Reversal Program**

## What is Appetite for Change?

- It is a Health Workshop for **Preventing, Arresting and Reversing Diseases** by bringing about a simple CHANGE in lifestyle.
- Faulty food habits and unhealthy lifestyles lead to diseases like diabetes, hypertension, high cholesterol, coronary artery diseases and cancer.
- FOOD Matters** ... the workshop highlights how a human body is structured, how it functions and how health can be regained faster along with homoeopathic medicine when supported by right food.
- Participants will learn how to eat **Food as Medicine**, rather than eating medicine as food.
- It includes various **healthy alternatives** to the unhealthy food practices that one follows i.e. understanding from **Table to Able**.



## Why do you need to develop an Appetite for Change?



Did you know that Diabetes is an epidemic in India and we have the dubious distinction of being the Diabetic CAPITAL of the world ?

Did you know that every 30 seconds amputation happens across the world because of diabetes ?

Did you know that this is EASILY PREVENTABLE and REVERSIBLE?

There is an urgent need to bring about this change, because ...

- Today's lifestyle is a disease.**
- Sickness causes enormous human suffering; not just for the patient, but also for the **whole family**.
- These diseases are a **threat to our economy** by affecting the young as well as experienced members of the workforce.

**All this can CHANGE and we will show you how easy it is!**

## Why should it be encouraged?

- Fittest are the Happiest!**
- Healthy Citizens are the **greatest asset** to the society, as employees are to an organization. A healthy person is happy and productive.
- It's your choice ... to choose **Diet or Drugs**.  
ADR (Adverse Drug Reaction) is the 6<sup>th</sup> leading cause of death in the world.
- We encourage organizations to let their employees enjoy a **happy 'health' leave** rather than a painful and draining 'sick' leave.







## **The Workshop**

It is conducted by Dr. Prasad and Dr. Falguni. Prevention is very close to their heart and they firmly believe that **Prevention is Primary**.

## **Duration**

The workshop is of 3 hours (approx.) with a small break in between. It is an interactive and audio-visual presentation. It can also be customized and/or disease specific if desired by the Organizers.

## **Organize a session ... Get in touch**

-  You can write to us at [seminars@chrcindia.com](mailto:seminars@chrcindia.com)  
Or
-  Call CHRC on **022 – 28934455**.

## **Nutritional collaboration**

**Everybody Eats ... but What and How** makes all the difference. We can collaborate with your organization or group in making simple changes in the Cafeteria menu or kitchen to initiate this change. We can make people who are nutritionally deficient into nutritionally optimal individuals by simply changing what goes in their mouth ... **If you change the way you look at things, the things that you look at change!**

## **About Classical Homoeopathic Research Centre (CHRC)**

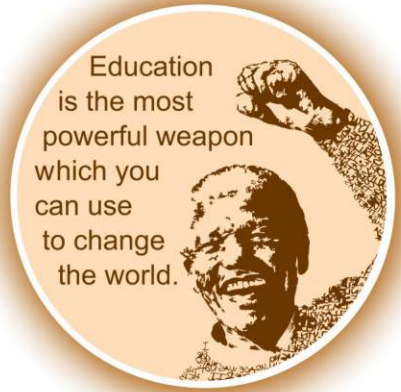
CHRC is recognized and appreciated all over the world for its sincere commitment in treating and reversing highly pathological cases like diabetes, hypertension, hyperlipidemia, coronary artery blocks, etc. **NEST – Lifestyle Disorder Reversal Program** and **Nutrition total** are flag ships of their initiative in making the fundamental change in preventing, arresting and reversing diseases.

## **About Doctors**

Dr. Falguni K. Khariwala and Dr. Prasad S. Shetye are consulting classical homoeopaths and have been conducting **Appetite for Change** sessions regularly. They have been doing pioneering work in implementing the nutritional change and in educating people at large in preventing, arresting and reversing highly pathological diseases.



*(To learn more about them and CHRC visit [www.chrcindia.com](http://www.chrcindia.com))*



## **Classical Homoeopathic Research Centre**

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