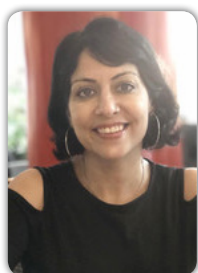


8th International Conference on

Nutrition, Food Science and Technology

December 09-10, 2019 | Dubai, UAE



Rachna Chhachhi

Holistic Nutrition and Certified Cancer Coach, India

Nutrition to heal chronic conditions

As a rheumatoid arthritis patient, myself, 13 years ago, when I was bedridden and had deformities which I continue to have, I didn't have a choice not to heal myself. So, I went from getting pumped with methotrexate, facing severe hair fall, getting injections in my knuckles and bones without anaesthesia all at once, (13 injections in a span of 40 minutes!) to giving up medications completely and taking the path of healing. In retrospect, I understand that it may have been a risky thing for me to do but at that time I was driven by my pain and the focus to get rid of it. I managed to clinically reverse my rheumatoid arthritis, with negligible pain, no swelling, anti-CCP back in range from being above 2000, ESR and C-reactive protein back in range and a negative RA factor. It is only after I got certified as a nutritional therapist that my journey to help thousands of people with lifestyle conditions began. Lifestyle conditions today rely heavily on doctors, hospitals, hence increasing the burden on medical care, health care and health insurance. When we go back to the root causes of why these conditions began in the first place, it is much easier to reverse them without medications or with minimal medications. Management of these conditions with medications usually leads to various organs in the body being affected and a poorer quality of patient life. The focus of nutritional healing is to not only to reverse these conditions, strengthen the organs but also help the patient get a better quality of life and increase longevity. With clinical data and case studies with me in the last 11 years, I am happy to say that I have reversed type 2 diabetes, Rheumatoid arthritis, psoriatic arthritis, heart blockages, high cholesterol, hypertension, endometriosis and many more conditions without medications, with nutrition. At this conference, I will be sharing some of the clinical data via my presentation and how reports which were out of range came back in range as well as other data points for

the patient before and after. When I share that I have been able to use nutrition effectively to reverse lifestyle conditions including cancer and depression, what does that mean? I do not use only physical nutrition; I also use emotional nutrition. The mind and body are connected with each other and in lifestyle conditions, the quality of life of the individual is affected, causing severe anxiety and in many cases of autoimmune conditions (which are not lifestyle conditions but aggravated by stress) and cancer (70% of all cancers are lifestyle related), there is severe depression due to physical disabilities, chronic pain and fatigue. In such cases, once we get the physical nutritional balance in place, we step by step start getting emotional balance in place via oxygenating the body with breathing techniques and meditation. Meditation has clinically been recorded to repair the DNA and I quote the research of Alberta Health Services, Nov 2014, from where this data has been taken. In this clinical data it's only proven that just 3 weeks of meditation was shown to increase the length of telomeres in breast cancer patients, hence scientifically demonstrating the DNA repair. The study was published online in the journal Cancer. This is the power of meditation, or what I commonly use as part of my emotional nutrition practice. With my case studies and a rich inventory of data coming up on clinical studies demonstrating the continued benefits of physical and emotional nutrition to heal chronic conditions, like HbA1C coming back in range & staying there by changing lifestyle habits, cholesterol & heart blockages reducing, auto antibodies reducing, inflammation & cancer markers coming back in range, we should be turning more towards using the science of nutrition to repair and restore the human body and mind rather than using suppressive techniques to just manage a chronic condition. Let us all rethink the way we treat our patients and integrate holistic

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healing so that we can give them an integrated solution that reverses their chronic conditions, improve their quality of life and increases longevity. A lifestyle condition is something that is caused by the lifestyle. The focus should then be to correct the lifestyle which includes how we eat, move (exercise), and how we respond to stress. That is what encompasses physical and emotional nutrition and I have clinically reversed chronic lifestyle conditions by changing the TRUE cause of the disease: it's previous lifestyle.

Speaker Biography

Rachna Chhachhi is a PhD, Holistic Nutrition and Certified Cancer Coach. She has specialised in reversal of chronic lifestyle diseases without medication, as well as WHO certified in Malnutrition for infants & children. She is best known for her work with autoimmune patients, and she helps them reverse their disease clinically, which rheumatologists

say is impossible. But through her and her patient's examples, she has proven in the last 11 years that you can have a pain free, symptom free and medication free life full of energy if you were diagnosed with an autoimmune condition. She is frequently invited to international medical conferences to share her case studies as Keynote Speaker. She has been Keynote Speaker at health conferences in London, Paris, Dubai, Singapore and New York, along with the medical community, to present her papers. She has a health column with Business World magazine and is the author of the book RESTORE. Her book on Cancer is releasing in February 2020. She has conducted over 500 health workshops and sessions for organisations like GE, Marico, Nomura, Accenture, Honeywell, Dunhumby, Aon Hewitt, Aon Consulting, Cargill etc and for groups for doctors, communities for a cause and cancer associations. Rachna has been writing on health and wellness for 20 years. She has health columns with Business Today, Outlook Business Magazine and TOI blogs. She has earlier worked with GE Consumer Finance, India Today, Business Today and PPC Worldwide, a United Healthcare group company.

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