

The Dinner That Changed Everything



“As a physician with over twenty years of education, I had never been taught the power of food.”



My story started very differently.
I had already spent more than twenty years
in education and medical training.



Medical
School



Internship



Epidemiology



Clinical
Trials



Research

Like many physicians, I believed I understood health.

Then one dinner changed everything.

One evening after a long day at work,
I lovingly prepared my husband's favorite meal.
I placed it in front of him.
He looked at it and said:

“I don't want to eat this.”

Excuse me?

“What do you mean you don't want to eat this?”

“It has dairy.”

I nearly lost it.

“What's wrong with dairy?!”

My husband had recently watched a
documentary called Forks Over Knives.
He started sharing information that challenged
everything I thought I knew about nutrition.

At first, I resisted.

Then I became curious.

So I watched it too.

And what I learned shocked me.

I discovered there was an entire body of nutrition
science that I had never been taught in
medical school.

As a physician with over twenty years of education, I had never learned:

- ✓ How food influences chronic disease
- ✓ How nutrition impacts heart disease
- ✓ How lifestyle affects diabetes
- ✓ How dietary patterns can influence blood pressure
- ✓ How food can sometimes help reverse disease

I couldn't believe it.



**IF I DIDN'T KNOW THIS...
HOW COULD MY
PATIENTS KNOW?**

That realization changed
my life forever.



Food Is About More Than Food

Food isn't just nutrition.
Food is connected to every
aspect of our lives.



Family



Culture



Tradition



Comfort



Celebration



Stress Relief



Social Connection



Habit

Food is grandma's recipes.

Food is birthday cake.

Food is Christmas dinner.

Food is Friday night takeout.

Food is comfort after
a difficult day.

*How do you change something
that is connected to every
aspect of life?*

That became my obsession.

THE PROBLEM WITH MODERN HEALTHCARE

As I continued learning, another realization hit me.
Most chronic diseases are heavily influenced by lifestyle.
Yet our healthcare system is largely designed to
manage disease after it develops.

The system rewards:

- ✗ More appointments
- ✗ More tests
- ✗ More prescriptions
- ✗ More procedures



**10-15
MINUTES**

Average time
physicians have
with a patient.

But it rarely rewards spending hours teaching people
how to change their lifestyle.

Most physicians only have 10 to 15 minutes with a patient.

Think about that.

How do you undo 50 years of habits in 15 minutes?

- ✓ Not because doctors don't care.
- ✓ Not because patients don't care.
- ✓ Because the system isn't designed for it.

I realized that if I truly wanted to help people transform
their health, I needed a different model.

WHY WE CREATED GIFT OF HEALTH



Arjun brought the
evidence that disease
could be prevented,
improved, and often
reversed through
lifestyle.



I brought the
understanding that
sustainable change
requires much more
than information.



Together we realized
something powerful:

- ✓ People don't just need knowledge.
- ✓ They need a system.
- ✓ They need support.
- ✓ They need skills.
- ✓ They need accountability.
- ✓ They need community.

Most importantly...

They need hope.



So we created Gift of Health.

A place where people could learn
not only what to do...

But how to do it. ♥