

# Fasting: A Modern Application of an Ancient Practice

A PRESENTATION BY

**ALAN GOLDHAMER, D.C.**

**W**e are currently experiencing an epidemic of obesity and the diseases associated with dietary excess, including high blood pressure, diabetes, and autoimmune disease. This talk will review the cause and the cure for this epidemic and provide practical advice that actually works, including an overview of the use of fasting and the importance of eating a diet that is derived exclusively from plant-based foods, free of added oil, sugar, and salt.

**TUESDAY, DEC. 8, 2015, 7 P.M.**

**ALA WAI GOLF COURSE CLUBHOUSE**

**404 KAPAHULU AVE., HONOLULU**

(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY -  
ACROSS FROM THE CHEVRON STATION)

**6-8 P.M., MONDAY, DECEMBER 7**  
**VEGAN DINE-OUT WITH DR. GOLDHAMER AT**  
**ETHIOPIAN LOVE RESTAURANT**

1112 SMITH ST., HONOLULU

Set Menu — Ethiopian Love Veggie Sampler includes  
6 items with injera bread or the G-F option of brown rice  
1. Mesir Wat (spiced red lentils), 2. Kik Aliche Wat (yellow  
split pea stew), 3. Tikil Gomen (braised cabbage),  
4. Azefa (brown lentil salad), 5. Shiro Wat (chickpea stew),  
6. Dinich Wat (potato & carrot dish).

TO RSVP AND PAY, CALL (808)725-7197  
\$21.60 (INCLUDING TAX AND TIP), CREDIT CARD OR CASH  
ALL PROCEEDS GO TO MEAL PROVIDERS, NOT TO VSH.



**D**r. Alan Goldhamer has been the director of the TrueNorth Health Center for over 30 years. TrueNorth Health Center is an integrative medical facility in Santa Rosa, California, with a staff of 50, including doctors of medicine, osteopathy, naturopathy, chiropractic, acupuncture, and psychology. Its 59 bed in-patient facility specializes in medically supervised fasting and has supervised the care of over 15,000 patients. The affiliated TrueNorth Health Foundation is a 501(c)(3) non-profit foundation involved in public education and clinical research.



**Vegetarian Society of Hawaii**

**Join us!**

For more info call 944-VEGI (8344) or visit VSH.org

**FREE Admission  
& Refreshments**

Refreshments courtesy of Down To Earth.