

BACK TO BASICS: A WHOLE FOODS APPROACH A PRESENTATION BY AARON SCHEIBNER



This presentation will focus on taking the complexity out of the vegan diet. Aaron set out to make the film *A Delicate Balance* for a number of reasons – specifically for the environment and the animals. He wanted to highlight how important the foods we eat are to maintaining a healthy balance for the planet and our health. Veganism today is spreading and becoming more socially acceptable and easier. However, this has come about with the advent of processed vegan alternatives that some people have become dependent upon. These alternatives are a progressive step forward, but he feels we must not forget about the foundations of a plant-based diet, rich in grains, legumes, vegetables and fruits. It is important to maintain a balance between these new transitional foods and the whole foods that nature provides.

Aaron Scheibner was born in Sydney, Australia and moved to Southern California as a child. Since a young age he aspired to make films and save the planet. As a teenager, he made short films in high school before moving onto internships at Warner Brothers and the Illusion Factory in Los Angeles.

Aaron was an avid meat-eater and enjoyed dairy. After undergoing research, he discovered that animal agriculture was significantly related to the declining environmental situation. From there he learned about the suffering of animals and the health implications of eating animal-based foods and he went on to make his first feature-length documentary, *A Delicate Balance*. His next project will focus on the relationships between humans and animals.

**SATURDAY, JANUARY 15, 7 P.M.
MCCOY PAVILION
ALA MOANA BEACH PARK**

Mr. Scheibner will also be speaking on Maui: Thursday, January 13, 7 p.m., Kaunoa Senior Center, 401 Alakapa Pl., in Paia.



Vegetarian Society of Hawaii

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