

IMMUNONUTRITION: THE INTERRELATEDNESS OF DIET, NUTRITION, THE IMMUNE SYSTEM, THE MICROBIOME, TELOMERES, AND LONGEVITY

A PRESENTATION BY

IRMINNE VAN DYKEN, MD



Dr. Van Dyken will discuss immunonutrition and the factors involved, as well as the many ways in which dietary choices play a role in the health of the immune system. Learn about the microbiome and what we can do to ensure that we are maintaining a healthy gut microenvironment; telomeres, why they are important, and what they mean in regards to longevity and how we can influence this; as well as dietary "biohacks" that enhance the immune system.

**7 P.M., TUESDAY
DECEMBER 13, 2016
ALA WAI GOLF COURSE CLUBHOUSE
404 KAPAHULU AVE., HONOLULU**

(AT END OF 0.2 MI. DRIVEWAY BETWEEN GOLF COURSE & WAIKIKI-KAPAHULU LIBRARY, ACROSS FROM THE CHEVRON STATION)

**MAUI: THURSDAY, DECEMBER 15, 7 P.M.
CAMERON CENTER, 95 MAHALANI STREET, WAILUKU**

**THURSDAY, DECEMBER 8, 6-8 P.M.
VEGAN DINE-OUT WITH DR. VAN DYKEN**

**BODHI TREE MEDITATION CENTER, 654A JUDD ST., HONOLULU
VIETNAMESE VEGAN CUISINE BUFFET**

\$19-PLEASE PAY AT EVENT (NO CREDIT CARDS). FOR INFO & TO RSVP, CALL (UNTIL 9 P.M.) OR TEXT CAROL AT (808) 728-6639.

Dine-out proceeds go to meal provider, not to VSH.



Vegetarian Society of Hawaii

Join us!

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

Born in the Netherlands and raised in Montana, Dr. Irminne Van Dyken is a general surgeon who practices at the Queen's Medical Center. She completed her MD degree, internship and residency at the University of North Dakota School of Medicine and is board certified by the American Board of Surgery. She is a member of the American Society of Breast Surgeons, the Society of Gastrointestinal and Endoscopic Surgeons and the American College of Surgeons.

Dr. Van Dyken is a passionate advocate of a whole foods, plant-based diet. She sees this as a way to prevent and treat many common maladies seen not only in the population of Hawaii but also in the entire United States of America.

She was the keynote speaker at the 2015 Healthy Lifestyle Expo in California, and spoke at the Expo this year, as well.

**FREE Admission
& Refreshments**

Honolulu (Oahu) and Maui vegan lecture refreshments courtesy of Down to Earth Organic and Natural.