Diabetes, Pain and Cancer: Get Your Health Back in 10 Days
A Presentation by

Harvard-Trained nutritionist and physician, Dr. Terry Shintani will present information on the connections between diabetes, chronic pain and cancer and steps to control these conditions, as well as on how the new epidemics are diabetes and cancer, and why they are related to each other and to chronic pain.

Some of the topics covered:
- What may be causing diabetes and cancer epidemics
- What diabetes, cancer, arthritis, and Alzheimer’s have in common
- How to control pain with less medication
- 5 “health foods” that are not healthy for you
- How to control weight by eating more food
- How to control blood sugar by eating more carbs
- How to control cholesterol and blood pressure with less meds
- 5 traditional Hawaiian principles to keep you healthy for 120 years

Tuesday, Jan. 10, 2017, 7 p.m.
Ala Wai Golf Course Clubhouse
Oahu: 404 Kapahulu Ave., Honolulu
(0.2 mi. behind the Waikiki-Kapahulu Library - across from the Chevron station)
Maui: Thursday, Jan. 12, 7 p.m., Kaunoa Senior Center, Hana Hwy at 401 Alakapa Place, Paia

Wednesday, January 11, 6-8 P.M.
Dine-Out with Dr. Terry Shintani
The Bayer Estate, 5329 Kalanianaole Hwy, Honolulu
Vegan Buffet: Assorted Appetizers, Moroccan Tagine (warm stew), Brown Basmati Rice, Salad, Fruit Torte & Kabobs, Mint Herb Tea
$20, ages 8-12 $8, 0-7 FREE (sensitivities: G-F, no soy or alliums)
To RSVP & prepay, vsh.org/dineouts or call 531-1929.
VSH dine-out proceeds go to cost of meal, not to VSH.

Vegetarian Society of Hawaii
Join Us!
For more info call 944-VEGI (8344) or visit VSH.org

Refresments courtesy of Down to Earth Organic & Natural.

FREE Admission & Refreshments