People who eat a whole food, plant-based diet are not only healthier but feel better overall than non-vegans. They feel better mentally, have less depression and anxiety, fewer stress problems, and even better interpersonal relationships. They tend to enjoy life more and have a better social life than before becoming vegans.

Key reasons for this are in the diet itself. Fruits and vegetables contain high levels of vitamin C, an important co-factor in the production of dopamine, the neurotransmitter that underlies motivation and promotes engagement by adding attraction or zest to life. Antioxidants in plants such as vitamins E and C, and serum carotenoids reduce bodily inflammation, which is thought to protect against depression.

This talk explores these and other reasons why a whole food, plant-based diet is not only healthy, but also the optimum diet for feeling fantastic.

**TUES., APRIL 11, 2017, 7 P.M.**

**ALa WAI GOLF COURSE CLUBHOUSE**

**OAHU:** 404 KAPAHULU AVE., HONOLULU

(at end of 0.2 mi. driveway between Waikiki-Kapahulu Library and golf course—across from the Chevron station)

**MAUI:** Thursday, April 13, 7 p.m.

Cameron Center, 95 Mahalani street, Wailuku

J erome Kellner is an author and speaker who has served as the Vegetarian Society of Hawaii’s Maui coordinator since 2014. He is certified in Plant-based Nutrition from Cornell University and certified by the American Council on Exercise as a personal trainer and a behavior change specialist. He is the author of The Maui Diet and The Maui Diet Daily Action PlayBook. His newest book is Feel Ferociously Fantastic: Creating a Life of Magnificent Health, which recommends adoption of a whole food, plant-based diet as an essential ingredient of an optimally healthy lifestyle.

**VEGAN DINE-OUT WITH JEROME KELLNER**

**WEDNESDAY, APRIL 12, 6-8 P.M.**

Down to Earth Organic & Natural (Honolulu)

2525 S. King St., Rm. 302

$20 TOTAL

To RSVP & PREPAY to DTE:

VSH.ORG/DINEOUTS

(OR CLICK ON 4/12 VSH DINE-OUT AT DOWNTOEARTH.ORG/ EVENTS/CALENDAR)

**VEGAN BUFFET MENU**

**SALADS**

Vegan Sushi Rolls

Vegetable Platter with

Non-Dairy Ranch Dip

Spinach Milano Salad

Rainbow Kale Salad

**ENTREES**

Brown Rice

Steamed Multi-Colored Quinoa

Kabocha Pumpkin & Tofu Curry

Spicy Raja Cabbage & Potatoes

Non-Dairy Cauliflower Gratin

Roasted Squash Medley

**DESSERTS**

Okinawan Sweet Potato Haupia Pie

Apple Berry Crisp

G-F. Dine-out proceeds go to meal providers, not to VSH.

Vegetarian Society of Hawaii

Join us!

For more info: call 944-VEGI (8344) or visit www.vsh.org.

Oahu and Maui lecture vegan refreshments courtesy of Down To Earth.