

The Optimum Diet for Feeling Fantastic

A PRESENTATION BY
JEROME KELLNER



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.

Jerome 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.

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

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 AU 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.

**FREE Admission
& Refreshments**

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