

# THE VEGAN HEART DOCTOR'S GUIDE TO REVERSING HEART DISEASE, LOSING WEIGHT, AND RECLAIMING YOUR LIFE

A VSH PRESENTATION BY

**HEATHER JOY SHENKMAN, MD**

**TUESDAY, MAR. 13, 2018, 7 P.M.**

**ALA WAI GOLF COURSE CLUBHOUSE  
404 KAPAHULU AVE., HONOLULU—OAHU**

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

**MAUI—THU. MARCH 15, 7 P.M.—FREE LECTURE**  
CAMERON CENTER, 95 MAHALANI ST., WAILUKU

If you suffer from heart disease, you are all too familiar with the standard treatment plan of pills, doctor's appointments, and tests. What happens inside medical offices and hospitals is only a tiny part of what it *really* takes to heal heart disease. Most conventional doctors barely mention lifestyle. And yet, what you eat and how much you move are central to attaining optimal health. Learn what heart disease is, how a plant-based diet can prevent and reverse heart disease, and some tips on how to transition to a plant-based diet.

**WEDNESDAY, MARCH 14, 6-8 P.M.**

**VEGAN DINE-OUT WITH DR. HEATHER SHENKMAN**

Ethiopian Love, 1112 Smith St., Honolulu, between Pauahi & Hotel Sts.  
Street parking, or nearby lots, incl. Smith & Beretania municipal lot (after 5:50¢/1/2 hr. \$3 max—enter on N. Beretania, exit on N. Pauahi).

Menu: The Large Veggie Platter with an array of six or more deliciously spiced Ethiopian vegetables, stews, and salads served over injera bread (or quinoa upon request.)

**\$23.00 (incl. tax & tip) pay before seating. Cash or credit card.**  
Advance Reservations Requested,

Reserve at: <http://www.ethiopianlovehi.com/reservations/>



**H**eather Shenkman, MD, FACC, is an interventional cardiologist in practice in the Los Angeles area. While she performs complex angioplasties to open up clogged coronary arteries, she prefers to help her patients reduce their risk of heart disease through a healthy lifestyle, including a plant-based diet and regular exercise, in addition to medication when appropriate. She is an avid athlete, having completed over a hundred events of various distances, from sprint triathlons to Ironman distance triathlons, marathons and ultramarathons, and several hundred-mile century cycling events. Dr. Shenkman is a strong believer in a plant-based diet for heart health, as numerous studies have demonstrated prevention and even reversal of coronary artery disease. She has written the just-published: *The Vegan Heart Doctor's Guide to Reversing Heart Disease, Losing Weight, and Reclaiming Your Life*. Her website is [www.drheathershenkman.com](http://www.drheathershenkman.com) and she can be followed on Twitter at @veganheartdoc.



**Vegetarian Society of Hawaii**

**Join us!**

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

HONOLULU AND MAUI LECTURE REFRESHMENTS DONATED BY DOWN TO EARTH.

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& Refreshments**