Dr. Shintani, Harvard-trained nutritionist and medical doctor, will present the latest information on healthy longevity. Topics include:

- 5 steps to control inflammation naturally
- The Great Gluten Goof-up
- Why detox is important
- Control blood sugar with more carbs
- The emerging role of gut flora in health
- Surprising secrets to longer life.

Dr. Shintani has written 15 books including the Eat More, Weigh Less Diet, The Hawaii Diet, and The Peace Diet (see PeaceDiet.org). He is formally designated a “Living Treasure of Hawaii”. He has conducted health programs in Hawaii over 29 years, and has a YouTube channel at www.AskDrShintani.com.

**Friday, January 11, 6-8 p.m.—Oahu**

Enjoy Dining Out with Dr. Shintani!

Bodhi Tree Meditation Ctr., 654A Judd St., Honolulu

Delicious Vegan Vietnamese Buffet!

$19 total — please pay at event (cash or check)

To RSVP by Jan. 10, text or call Carol before 9 p.m. at (808) 728-6639, and let us know your name, contact info, & number of people coming.

Note: Dining event only. Proceeds go to meal providers, not to VSH.