

HOW TO FEED YOUR CANCER: DIETARY STRATEGIES TO KEEP CANCER AT BAY

A VSH PUBLIC PRESENTATION BY
IRMINNE VAN DYKEN, MD



7 P.M., TUESDAY, FEB. 12, 2019

ALA WAI GOLF COURSE CLUBHOUSE

OAHU — 404 KAPAHULU AVE., HONOLULU

(AT END OF 0.2 MILE DRIVEWAY BETWEEN GOLF COURSE &
WAIKIKI-KAPAHULU LIBRARY)

7 P.M., THURSDAY, FEBRUARY 14

MAUI—CAMERON CENTER, 95 MAHALANI ST., WAILUKU

OAHU & MAUI REFRESHMENTS COURTESY OF DOWN TO EARTH.

At any given time a few of the 37 trillion cells in our human body have mutated into cancer cells. Our bodies, when given the right conditions, regularly perform targeted attacks on these mutants. What happens when conditions worsen to the point that our body can't keep up, or can't adequately attack these cells?

Join us for a riveting discussion on how the simple decisions you make every day can have the most profound impact on your life. We will talk about lifestyle and dietary strategies to keep cancer at bay. We will talk about the controversial stuff like soy, fasting, and the keto diet.

6-8 P.M., WEDNESDAY, FEBRUARY 13

DINE-OUT WITH DR. VAN DYKEN AT ETHIOPIAN LOVE!

1112 Smith St., Honolulu — Oahu

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).

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

\$24.09 (incl. tax & tip) pay at restaurant. Cash or credit card.

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

Write your name, number in party and "Veg Soc". (Some walk-ins OK.)

Note: Dining event only. Proceeds go to the restaurant, not to VSH.

Irminne Van Dyken MD, is a general and trauma surgeon who lives on Maui and works for the Hawaii Permanente Medical Group. She thoroughly enjoys her busy practice. It is especially rewarding for her to see her patients do a 180 and completely restructure their lives around plant based living - the changes are unprecedented.

Dr. Van Dyken is a fellow of the American College of Surgeons. She is also the first physician on Maui (and first surgeon in Hawaii) to be board certified by the American College of Lifestyle Medicine, which she obtained in October 2018. She is also a member of the American Society of Breast Surgeons, the Society for Endoscopic and Gastrointestinal Surgeons, and the Southwestern Surgical Society.

In her spare time Dr. Van Dyken loves yoga, photography, sailing, cycling and playing various musical instruments including the guitar, ukulele and violin. She shares her life with her husband Russell, 15-year-old dog Chaucer, 1-year-old puppy Watson, and two cats. She has been vegetarian since she was 9 years old and strictly plant-based since 2010. She is a board member of the Vegetarian Society of Hawaii and has a passion for educating others and sharing the benefits of healthy plant-based living. She and her husband Russell created "[Out of the Doldrums](#)" - a YouTube Channel and online presence promoting healthy, active, plant based living (on [Instagram](#), [Facebook](#) and [YouTube](#)).



Vegetarian Society of Hawaii

Join us!

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

**FREE Admission
& Refreshments**