

# FOOD, MOOD, AND WOMEN'S HEALTH: WHAT'S THE CONNECTION?

A VSH PUBLIC PRESENTATION BY  
**LINDA CARNEY, MD**



**7 P.M., TUESDAY, JUNE 11, 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, JUNE 13**

**MAUI—CAMERON CENTER, 95 MAHALANI ST., WAILUKU**

**OAHU & MAUI REFRESHMENTS COURTESY OF DOWN TO EARTH.**

**H**ow can food influence fertility, hot flashes, and the risks for cancer? Do vegans really suffer less depression than those on low-carb, high-protein diets? If studies show that whole food plant-based diets promote better moods, how does that work? Find out the scientific evidence that shows how food choices can enhance women's health, emotional health, and financial health.

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

**Enjoy Dining Out w/ Dr. Linda Carney!**

**The Ripple of Smiles, 3040 Waiialae Ave. (Oahu)**

Park in lot or across Waiialae Ave. in front of Wayne's Carpet & Downing Hawaii.

**\$18.50 (incl. tax & tip) Cash. Credit card OK for parties of 3+.**

**RSVP (needed): Text or call Carol before 9 p.m. at (808) 728-6639;**  
w/ your name, phone no., number of diners & entrée choice(s).

Vegan Dinner Includes.

**1 Summer Roll (1/2 order) w/ peanut sauce & choice of entrée:**

**1) Veggie Curry: tofu, taro, carrots, white onion, peanuts, brown rice.**

**2) Veggie Fried Brown Rice with tofu, peas, carrots & onion, with tomato, cucumber, pickles & soy sauce.**

**3) Veggie Pho Noodle Soup with rice noodles, tofu, broccoli, cabbage, carrots, mushroom, culantro, cilantro, onions & vegan broth, served with bean sprouts, culantro, jalapeno and lime.**

**4) Stir-Fried Vegetables & Tofu with cabbage, broccoli, green beans, carrot, tofu, mushroom and sauce, served with brown rice and soy sauce.**

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

**L**inda Carney MD, is double board-certified by ABEM and ABLM, and practices Lifestyle Medicine in her private Family Practice near Austin, TX. She documented corporate cost-saving health improvements for Whole Foods Market employees while serving as the first medical director for Rip Eselstyn's Engine 2 Immersions. As a co-founder of [www.ATXalive.com](http://www.ATXalive.com), she promotes oil-free vegan restaurant events and free health presentations at PlantPure Communities potlucks. She blogs regularly on [www.DrCarney.com](http://www.DrCarney.com) offering photos of her patients' success stories, where viewers find more than 1000 scientific abstracts of studies supporting the plant-based lifestyle. Dr. Carney's life-changing seminars, videos, and food coaching phone consults are offered through [www.Veggievore.com](http://www.Veggievore.com).

**FREE Admission  
& Refreshments**



**Vegetarian  
Society of Hawaii**

**Join us!**

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