

REVERSING LUPUS, SJÖGREN'S AND MANY OTHER CHRONIC DISEASES WITH SUPERMARKET FOODS

A VSH PUBLIC PRESENTATION BY

BROOKE GOLDNER, MD



7 P.M., TUESDAY, JULY 9, 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, JULY 11

MAUI—CAMERON CENTER, 95 MAHALANI ST., WAILUKU

OAHU & MAUI REFRESHMENTS COURTESY OF DOWN TO EARTH.

- * The protocol that reversed Lupus in Dr. Goldner and a multitude of diseases in others including various autoimmune diseases as well as other chronic diseases.
- * Three foods that are making you sick,
- * The three foods essential for healing,
- * The simple thing you can start doing right away that can save your life and make you feel younger, healthier, and more energetic using simple supermarket foods.

6-8 P.M., WEDNESDAY, JULY 10

Enjoy Dining Out w/ Dr. Brooke Goldner!

Peace Café, 2239 S. King St. Honolulu—Oahu

\$25 incl. tax & tip. To RSVP (needed), text (call if needed) Carol at (808) 728-6639. Cash/credit card OK. To pay by phone, call (808) 951-7555.

Vegan menu: Veggie miso soup, mochi cake dessert, & choice of 1 entrée:

1. **BBQ Tempeh Plate**—Tempeh steaks, original BBQ sauce, served with coleslaw, mixed greens & house dressing and brown/black rice.
2. **Peace Sampler**—Brown rice, hijiki, tofu scramble, yuzu carrots, cucumbers, tomatoes, bean & clover sprouts, poke, nori flakes, avocado, mixed greens, TVP, sesame kale, and house dressing.
3. **Tex Mex** (Burrito)—Tortilla, quinoa, taco TVP, tomatoes, avocado, mixed greens, cilantro, black beans, corn salsa and hot sauce.

Note: Proceeds go to meal providers, not to VSH.

Brooke Goldner, MD, has written two best-selling books: *Goodbye Lupus* and *Green Smoothie Recipes to Kick-Start Your Health & Healing*. She has been featured in multiple documentaries such as *Eating You Alive*, *Whitewashed*, and *The Conspiracy Against Your Health*, on TV news and the *Home & Family Show*, as well as many radio shows and podcasts, and is a highly sought after keynote speaker. She's been featured on the front cover of *Vegan Health & Fitness Magazine* 3 times, including the recent cover of *Fit Over Forty*. She is a regular contributor to T. Colin Campbell Center for Nutrition Studies and she was featured in the *Journal of Disease Reversal* reversing lupus in herself, as well as multiple cases studies in reversing end-stage kidney failure with her hyper-nourishing nutrition protocol. She is a graduate of the Temple University School of Medicine, was Chief Resident at UCLA-Harbor Residency, and holds a certificate in Plant-Based Nutrition from Cornell University. She is the founder of VeganMedicalDoctor.com, GoodbyeLupus.com and creator of the Hyper-nourishing Protocol for Lupus Recovery.

**FREE Admission
& Refreshments**



Vegetarian Society of Hawaii

Join us!

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

Looking forward to seeing you! Suggest wearing fragrance-free products for your own health, as well as that of other attendees.