

6:30 P.M. TUESDAY, OCT. 13, 2026

ALA WAI GOLF COURSE CLUBHOUSE BALLROOM, 404 KAPAHULU AVE.

5:30 P.M. VEGAN REFRESHMENTS ON 2ND FLOOR LANAI

ON AN ODYSSEY THROUGH THE GI TRACT:

**HOW A PLANT-BASED DIET CAN
CONQUER DIGESTIVE DISEASES AND
BOOST YOUR GUT HEALTH**



- The anatomy and physiology of the GI tract.
- Plant-based sources of protein, vitamins, and minerals.
- The benefits of a plant-based diet on overall digestive health and cancer prevention.

ANKUR JAIN, MD

Dr. Ankur Jain is a Board Certified Gastroenterologist and an Associate Clinical Professor of Medicine at the John A. Burns School of Medicine (JABSOM).

After graduating from Punahou, he attended college and medical school at Northwestern University. He completed his internal medicine

residency at Loma Linda University, where he was selected as chief resident; and completed his fellowship in gastroenterology at Kaiser Permanente in Los Angeles.

Dr. Jain has been in private practice in Honolulu since 2013 alongside his wife, Dr. Shilpa Jain, who is also a gastroenterologist. He has been recognized by Honolulu Magazine as a “Top Doctor in Hawaii” every year since 2016.

Everyone is welcome! If you wish, please feel free to wear a mask, and to sit comfortably apart from others. See many of our VSH lecture presentations on our community TV Vegan series, or at www.vsh.org.

Directions: From Kapahulu Ave. enter driveway (located between golf course & Waikiki-Kapahulu Library). Go 0.2 mi. to the 2-story clubhouse and go upstairs.

Refreshments made possible thanks to the generosity of Down to Earth Organic and Natural.

**Down to
Earth**
ORGANIC
& NATURAL



Vegan Society of Hawaii

Human Health, Animal Rights & Protection of the Environment
A 501(c)(3) nonprofit educational, all-volunteer organization since 1990.

**For info or to join (and enjoy member benefits!)
call (808) 445-9920 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.